NutriDyn®

# Brain Restore Powder

Nutritional Support for Cognitive Function♦


## Brain Restore Powder Supplementation

Research cited herein suggests the nutrients contained in Brain Restore Powder may support cerebral and nervous system function in a variety of ways.♦ Moreover, these nutrients work in concert for proper DNA maintenance, energy production, amino acid metabolism, and a variety of other processes.♦

The most pertinent research-backed benefits of supplementation with Brain Restore Powder may include:

- Supports cognitive function and healthy mood♦
- Supports and maintains DNA♦
- Supports blood and oxygen flow to the brain♦
- Supports neurotransmitter production and neural tissue♦
- Helps metabolize amino acids♦

GLUTEN-FREE DAIRY-FREE VEGETARIAN

NON-GMO cGMP cGMP FACILITY

## How Brain Restore Powder Works

Brain Restore Powder contains key B vitamins, including niacin, pyridoxine, folate, and vitamin B12 (methylcobalamin), which assist in the production of neurotransmitters.♦ Longitudinal studies suggest that deficiencies in several B vitamins accelerate brain tissue atrophy and cognitive decline. ♦[1,2,3]

For example, chronic deficiency of vitamin B12 can lead to serious, irreversible health consequences such as damage to the brain and nervous system and/or pernicious anemia (lack of red blood cell production).♦[4] This is not surprising given that vitamin B12 is needed for the body to convert homocysteine to methionine; methionine is necessary for the formation of S-adenosylmethionine (SAMe), which is involved in the synthesis of catecholamines and various neurotransmitters.♦[5]

Recent research suggests that supplemental folate and vitamin B12 work synergistically to support cognition, energy production, and neural tissue.♦[6] Pyridoxine is also important for cognition, as it is necessary for the conversion of L-DOPA to dopamine, as well as the conversion of glutamate to GABA and the proper metabolism of L-tryptophan.♦

Furthermore, niacin stimulates production of a protein/growth factor in humans called brain-derived neurotrophic factor (BDNF).♦[7] BDNF acts on neurons throughout the nervous system to encourage growth and replication, which is crucial for supporting long-term memory, learning, and overall cognition.♦

## How Brain Restore Powder Works Continued

Brain Restore Powder also contains acetyl-L-carnitine (ALCAR), a highly bioavailable form of L-carnitine. ALCAR can cross the blood-brain barrier, where it helps to manage oxidative damage, support mitochondrial function, and maintain normal neurotransmitter activity.♦[8]

Rounding out the Brain Restore Powder formula are alpha-glycerolphosphorylcholine (alpha-GPC), phosphatidylserine, and uridine monophosphate (UMP). These phosphorylated compounds are readily absorbed by the body and support the production of neurotransmitters such as acetylcholine and dopamine.♦ Studies suggest these nutrients work synergistically to support cognition and learning capacity.♦[9,10,11]

# Supplement Facts

**ORANGE CREAM**

Serving Size: About 1 Scoop (5.6 g)
Servings Per Container: 30

| Amount Per Serving | | %DV* |
|---|---|---|
| Calories | 20 | |
| Total Carbohydrate | 3 g | 1%* |
| Niacin (as Niacinamide) | 100 mg NE | 625% |
| Vitamin B6 (as Pyridoxine HCl) | 25 mg | 1,471% |
| Folate (as Calcium L-5-methyltetra-hydrofolate) (BioFolate®) | 1,000 mcg DFE | 250% |
| Vitamin B12 (as Methylcobalamin) | 2,000 mcg | 83,333% |
| Calcium (as Dicalcium Phosphate and Calcium Silicate) | 97 mg | 7% |
| Sodium (from Uridine-5-Monophosphate Disodium Salt) | 65 mg | 3% |
| Acetyl-L-Carnitine (as Acetyl-L-Carnitine HCl) | 750 mg | ** |
| Alpha-glycerolphosphorylcholine (Alpha-GPC) | 600 mg | ** |
| Uridine-5-Monophosphate Disodium Salt | 500 mg | ** |
| Phosphatidylserine | 150 mg | ** |

**Other Ingredients:** Organic Rice Syrup Solids, Natural Flavors, Silicon Dioxide, Stevia Leaf Extract, Citric Acid, Annatto Seed Powder (Color).

BioFolate® is a federally registered trademark of MTC Industries, Inc.

**Directions:** Mix 1 scoop in 8 ounces of water or as directed by your healthcare practitioner.

**Caution:** If pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

**References:**


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♦ These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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