

CLINICAL PROTOCOLS

COGNITIVE SUPPORT

A Suggested Nutritional Protocol for Cognitive Support

Brain ENERGY

Formulated by Eric R. Braverman M.D. to help support neurological functioning. Dopamine, phenylalanine, tyrosine, Rhodiola rosea and methionine are essential nutrients carefully formulated in this product to provide nutritional support for increased brain energy.

Suggested usage: *Two capsules in the morning or with lunch.*

GABA

500mg per capsule of gamma amino butyric acid (GABA) per capsule. GABA is an amino acid that functions as a neurotransmitter in the brain.

Suggested usage: *One capsule daily with meals.*

Cognitive Factors (Pure Encapsulations)

Advanced support for cognitive function. Helps with mild memory problems associated with aging as well as improves memory.

Suggested usage: *One to two capsules daily, in divided doses, with meals.*

Alpha-GPC

Glycerophosphocholine (GPC choline) is a water-soluble pro-phospholipid found in high quantities in adult tissue and breast milk. While not a true phospholipid, the body can convert it readily into phosphatidylcholine, the most abundant phospholipids found in the body. Human studies indicate that GPC may play important roles in maintaining neurological health.

Suggested usage: *Two capsules daily.*

Opti- DHA™ (enteric-coated)

DHA is of primary importance for the structural integrity of neuronal membranes. As most abundant fatty acid in the brain, adequate amounts of DHA are needed throughout infancy and adulthood for ongoing optimal function.

Suggested usage: *Two enteric-coated softgel capsules daily, with meals.*

OR

DHA Liquid

DHA Liquid is derived from algae, a vegetarian friendly source, in a great tasting, natural, light lemon flavour. This liquid provides 280 mg of DHA (docosahexaenoic acid) per dropper and is ideal for children. The omega-3 essential fatty acid DHA is well recognized for its ability to support neural and cognitive function.

Suggested usage: *1/2-1 dropper per day, with a meal.*

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OR

Omega Soft Chew DHA

This great tasting, sugar free, naturally flavored orange soft chews are produced in Norway via the patent-pending ConCordix™ emulsion technology. This technology allows for the creation of an omega-3 supplement that delivers enhanced absorption and does not have the “fishy” taste sometimes associated with marine lipid supplements.

Suggested usage: *take one soft chew daily or as directed by your health professional.*

Krill Plex

Phosphatidylcholine, a key source of choline, phosphatidylethanolamine and phosphatidylinositol comprise the phospholipid profile. Furthermore, the phospholipid-fatty acid profile closely resembles that of human brain phospholipids. As a result, this complex easily transverses the blood brain barrier, enriches brain neural tissue and potentially provides cognitive support.

Suggested usage: *Two softgels per day with breakfast for one month and one softgel thereafter or as directed by a health professional.*

Phosphatidyl-SERINE

This important brain nutrient from soybean lecithin is a safe and well-recognized source of phosphatidylserine. This product can be used for improving memory and cognitive function.

Suggested usage: *One capsule daily, with meals.*

