Product No. RN162

BDNF Essentials®

Neuroplasticity Support Formula

Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 60

Amount Per Serving		%Daily Value**
Choline (as Cytidine Diphosphate Choline Sodium Salt)***	25 mg	5%
Sodium (as Cytidine Diphosphate Choline Sodium Salt)***	5 mg	<1%
NeuroCyto Protect™ Blend	1175 mg	†
Lions Mane Mushroom (Fruiting body extract) mycelium Powder, Skullcap (*Scutellaria lateriflora*) Herb Powder, Bilberry (*Vaccinium myrtillus*) Fruit Extract, Bacopa (*Bacopa monnieri*) Herb Powder, Sensoril® Ashwagandha (*Withania somnifera*) Root and Leaf Extract		
Cognition Blend	175 mg	†
CDP Choline Sodium Salt, Sharp-PS® Phosphatidylserine		

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Hypromellose (capsule), leucine.

Contains: Ingredients derived from soy.

Manufactured without milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, corn and gluten. Produced in a GMP facility that may process other ingredients containing these allergens.

***Sodium and Choline are from Cognition Blend
Sensoril® is a registered trademark of NutraGenesis, LLC.
Sharp-PS® is a registered trademark of Enzymotec USA, Inc.

Features & Benefits*

BDNF Essentials® is a comprehensive supplement designed to support neurological health. This unique formula is based on ingredients that have been shown to aid in the formation of nerve growth factors such as BDNF, which helps to support neuron health while promoting neuroplasticity, and neurogenesis.

Mechanisms of Action*

Promotes healthy:

- Neuroplasticity
- Brain cytokine levels
- BDNF & neurogenesis (generation of new neurons)
- Oxidative stress
- Cognitive function
- Nrf2 (brain antioxidant)
- Cell membranes & function
- Acetylcholine levels
- Cortisol levels

Suggested Use

Take 2 capsules twice daily with or without meals, or as directed by your health care professional.

Cautions

If pregnant or nursing, consult your health care professional before use.

Each Capsule Includes:

Features	Constituents/ Actions	Benefits*
NeuroCyto Protect™ Blend	• Skullcap • Ashwagandha • Bacopa • Lion's Mane • Bilberry	• Promotes healthy BDNF formation • Supports normal cytokine levels • Nurtures a healthy mood
Cognition Blend	• Phosphatidylserine • Citicoline	• Support healthy cognitive function • Promote healthy cellular membrane function • Promotes healthy cortisol levels

* 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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BDNF & Neuroplasticity

Key Concepts

Increasing BDNF in the brain helps the brain work better

Brain-derived neurotrophic factor (BDNF) is a protein made in the central nervous system. This protein is a growth factor or "Miracle-Gro" for the brain. BDNF is the key factor in the ability of the brain to change and grow in a process called neuroplasticity. Neuroplasticity involves the ability of the brain to generate new nerve cells through neurogenesis. In addition to building new brain cells, these cells can also be repaired and change function. BDNF also helps the brain strengthen and develop new connections between neurons. By strengthening these connections called synapses, it helps improve neurotransmitter transport between neurons which maximizes their function without changing levels. Clinically, higher BDNF levels are associated with improved cognition and better mood. These levels can be supported through exercise and targeted supplementation.

Patient Benefit: Healthy BDNF levels increase a person's ability to learn, focus, remember, tolerate stress, sleep, improve mood & is adversely related to neurogenerative disorders.

Research Suggests...

- Healthy BDNF levels are critical for cognition, development, sleep, and healthy aging
- BDNF levels decline with age
- Patients with psychiatric and neurodegenerative disorders have lower BDNF levels
- BDNF is one of the most important molecules involved in both memory and learning
- Decreased levels of BDNF have been found in adults and children with ADHD
- BDNF is critical for healthy neuroplasticity, which is responsible for the brains ability to recover from injury.

What lowers BDNF levels?

- Neuroinflammation levels from toxins & infections
- Elevated cortisol levels
- Chronic stress
- Traumatic brain injury
- Oxidative stress
- Sugar
- Social Isolation

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