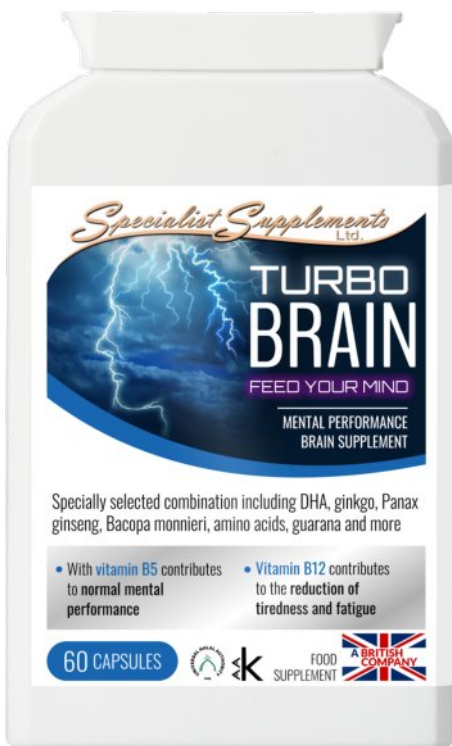


TURBO BRAIN

NATURAL NOOTROPIC • NUTRITIONAL COGNITIVE ENHANCER • ENERGY BOOSTER



Mental performance brain supplement PLUS

Turbo Brain is a powerful food supplement for the brain - a natural nootropic, nutritional cognitive enhancer, and more! **With EFSA approved health claims.**

It contains a special combination of **vitamin and mineral ingredients** that support focus, concentration, mental performance, memory recall and energy levels: **zinc, vitamin B12 (cyanocobalamin), vitamin B3 (niacin), vitamin B5 (pantothenic acid) and folic acid (folate).** Together, these nutrients support the ability to think more clearly and provide valuable additional nutritional energy to the brain and body.

Synergistic herbal and other nutritive allies have also been added to the formula, to boost its efficacy and provide additional nutrients. These include: **Korean Panax ginseng, guarana, Bacopa monnieri, cinnamon, ginkgo leaf, turmeric root (curcuminoids), green tea leaf, caffeine anhydrous, L-Theanine, L-Tyrosine, N-Acetyl L-Carnitine, rosemary leaf, DHA, silica (from bamboo), choline, phosphatidylcholine, black pepper and phosphatidyl serine.**

Turbo Brain is the most complex formula we could create compared to other similar products, but at the same time, excellent value too!

BENEFICIAL FOR...

- Focus / concentration
- Mental performance
- Memory recall
- Energy levels
- Reduction of tiredness and fatigue
- Mental clarity / brain "fog"
- Immune system
- Nervous system
- Cognitive function
- Metabolism
- Antioxidant levels
- Stress levels



About the ingredients...

Korean panax ginseng: Panax ginseng is the botanical cousin of Siberian ginseng. It is a rich source of phyto-oestrogen and the biologically active ingredients are called **eleutherosides**, supporting the recuperative power of the body. As such, it is traditionally used for supporting overall health and well-being, to strengthen the **immune system** and to help fight off stress and disease.



Guarana extract: This is a herb that grows in the Brazilian Amazon rainforest. It contains significant amounts of **guaranine** (the active constituent that is virtually identical to caffeine) and has thus been used for centuries by indigenous tribes to help **reduce hunger, relieve fatigue** and treat obesity. Guarana is a valuable aid for temporarily increasing **energy levels**. Its ability to "free" fatty acids (fat cells) into the bloodstream in order to be broken down and used up for energy makes it a natural choice for effective fat loss products. It also has a mild diuretic effect. We use an extract form of guarana, enhancing these beneficial actions.

Bacopa monnieri extract: Bacopa monnieri is an **adaptogen** and **nootropic** herb that has been used in traditional medicine for **longevity** and **cognitive enhancement**. Supplementation can reduce anxiety and improve memory formation. Bacopa monnieri interacts with the dopamine and serotonergic systems, but its main mechanism concerns promoting neuron communication. It does this by enhancing the rate at which the nervous system can communicate by increasing the growth of nerve endings, also called dendrites. Bacopa monnieri is also an antioxidant.



Ginkgo leaf extract: Ginkgo leaf is often taken for **memory** disorders, including Alzheimer's disease. It is also used for conditions that seem to be due to reduced **blood flow in the brain**, especially in older people. These conditions include memory loss, headache, ringing in the ears, vertigo, dizziness, difficulty concentrating, mood disturbances and hearing disorders. Some people use it for other problems related to poor blood flow in the body, including leg pain when walking (claudication), and Raynaud's syndrome (a painful response to cold, especially in the fingers and toes). It is also used for **thinking disorders** related to Lyme disease, chemotherapy and depression.

Silica (from bamboo): Bamboo is packed with **vitamins and essential minerals** such as niacin, vitamin A, vitamin B6 and vitamin E. It is known to naturally enhance collagen production, help to **detox** the body and boost natural **immunity**. It is also often used in a health context due to its **antioxidant** and **anti-inflammatory** actions. Bamboo is also a natural source of silica (the richest known source of natural silica, containing over 70%).

Silicon (Si) is the second most abundant element on earth after oxygen, and a sister element of carbon. Silicon's role as an essential nutrient was not established until 1972, but it is now known to play a part in the integrity of the skin, ligaments, tendons and bone. Although there's no NRV for silica, most nutritionists agree a daily intake is important. Our formula provides over 37mg of silica per serving.



Green tea leaf extract: Camellia thea, or green tea, is a rich source of potent catechin **polyphenols**. Epigallocatechin gallate (EGCG), in particular, is a powerful **antioxidant**.

Polyphenols are active compounds that have beneficial health properties. For instance, some studies have shown green tea polyphenols to have a stronger antioxidant action than vitamin C and vitamin E - two of the most powerful antioxidants. Green tea can also support healthy weight loss, because the polyphenols are thought to induce **thermogenesis** and stimulate fat oxidation.

Caffeine: Caffeine is a **powerful natural stimulant** found in many foods and drinks such as coffee, tea and chocolate. It has many positive actions on the brain, e.g. it can increase **alertness** and well-being, help **concentration**, **improve mood** and **limit depression**.

L-Theanine: L-theanine is an **amino acid** that is found in tea leaves. It was identified in tea by Japanese scientists in 1949. While tea is the most common dietary source for L-theanine, this compound is also found in some types of mushrooms. In foods, particularly green tea, L-theanine is thought to be a source of umami, the savoury, brothy taste.



Scientists studying umami flavour have made some interesting discoveries. Umami has been linked to decreased risk for obesity. It may **stimulate metabolism**, and may boost sensations of fullness and lengthen the time before hunger returns after eating.

About the ingredients...

L-theanine promotes **relaxation and facilitates sleep** by contributing to a number of changes in the brain:

- Boosts levels of GABA and other calming brain chemicals. L-theanine elevates levels of GABA, as well as serotonin and dopamine. These chemicals are known as neurotransmitters, and they work in the brain to **regulate emotions, mood, concentration, alertness, and sleep, as well as appetite, energy, and other cognitive skills**. Increasing levels of these calming brain chemicals promotes relaxation and can help with sleep.
- Lowers levels of “excitatory” brain chemicals. At the same time it is increasing chemicals that promote feelings of calm, L-theanine also reduces levels of chemicals in the brain that are linked to stress and anxiety. This may also be a way that L-theanine can protect brain cells against **stress and age-related damage**.
- Enhances alpha brain waves. Alpha brain waves are associated with a state of “wakeful relaxation.” That’s the state of mind you experience when meditating, being creative, or letting your mind wander in daydreaming. Alpha waves are also present during REM sleep. L-theanine appears to trigger the release of alpha-waves, which enhances **relaxation, focus, and creativity**.

One of the appealing aspects of L-theanine is that it **works to relax without sedating**. That can make L-theanine a good choice for people who are looking to enhance their “wakeful relaxation,” without worrying about becoming sleepy and fatigued during the day.

L-Tyrosine: This is an amino acid, as well as a precursor of several important neurotransmitters, including l-dopa, dopamine, norepinephrine, and epinephrine. These are important contributors to **mood, cognitive performance as well as combating stress**.

L-tyrosine is also a precursor to the thyroid hormone, thyroxine (also known as T4) and supplementation may have a positive effect on **thyroid hormone levels** which help to contribute to an increased metabolic rate.

N-Acetyl L-Carnitine: Acetyl-L-Carnitine (ALCAR, ALC or LAC) is a synthesized version of L-Carnitine, which is a derivative of the amino acids lysine and methionine. ALCAR is more bioavailable than L-Carnitine, because it easily crosses the blood-brain barrier and delivers L-Carnitine across cell membranes (which it would not be able to cross on its own). L-Carnitine is naturally made in your liver and kidneys, and then transported to other tissues including your brain and heart. ALCAR helps:

Brain energy metabolism: L-CAR helps the transport of fatty acids into mitochondria where they are needed for energy metabolism. Fueling your cells “power plants” can boost physical and mental energy.

Neurotransmitters: ALCAR is a necessary ingredient for acetylcholine formation. Which boosts memory, mental alertness and fluid thought.

Brain optimisation: The antioxidant properties of Acetyl-L-Carnitine provides neuroprotective qualities, boosts Brain-Derived Neurotrophic Factor (BDNF), and promotes cerebral blood circulation.

Rosemary leaf extract: Scientists have found that rosemary is beneficial for the brain. It contains an ingredient called **carnosic acid**, which can fight off damage by free radicals in this vital organ. Studies have identified that rosemary is also useful for people who have experienced a stroke. This is because it appears to be protective against brain damage and supports recovery. Other studies have suggested that rosemary may significantly help prevent brain ageing.

Docosahexaenoic acid (DHA): DHA is an **omega-3 fatty acid** that is abundant in oily fish and forms a primary structural component of the human **brain, cerebral cortex**, skin, and retina. It is also instrumental in the function of **brain cell membranes**, which are important for the transmission of brain signals. Essential for normal brain and eye development, DHA deficiencies have been linked to depression, dementia, mood changes, attention deficit hyperactivity disorder (ADHD), memory loss and visual problems.



About the ingredients...

Choline and phosphatidylcholine: Choline is a water-soluble nutrient. It is usually grouped within the B-complex vitamins. Humans cannot produce choline, and therefore must source it through their diet. Choline contributes to normal lipid metabolism. Lipids are fat-like substances found in your blood and body tissues. Phosphatidylcholines (PC) are a class of phospholipids that incorporate choline as a headgroup. The synthesis of the **neurotransmitter** acetylcholine (ACh) is largely dependent on the choline provided by phosphatidylcholine. ACh is critical for **cognition, learning and memory**.

Cinnamon extract: Cinnamon may delay or reverse cognitive impairment. A study in rats found that cinnamon improved **cognition** and reduced **oxidation** in the brain. It may also be beneficial for Parkinson's patients. A mouse study found that cinnamon protected **dopamine** production systems and improved motor function in Parkinson's disease.

Turmeric root (with curcuminoids): Curcumin is the main bioactive compound in turmeric. It is responsible for turmeric's brilliant gold colour and most of its impressive health benefits. But curcumin really shines as a **brain health enhancer and protector**. Curcumin can **lift your mood**, tame stress and anxiety, and help to protect your brain against ageing and neurodegenerative disease. It is naturally **anti-inflammatory**, antioxidant, antiviral, antibacterial and antifungal.

Vitamin B3 (niacin): Niacin, also known as nicotinic acid, is an organic compound and a form of vitamin B3 - an essential human nutrient. It contributes to normal **psychological function**, normal **energy-yielding metabolism**, normal functioning of the **nervous system**, the maintenance of normal mucous membranes, the maintenance of normal skin and the reduction of **tiredness and fatigue**.

Phosphatidyl serine: PS is a **phospholipid** and is a component of the cell membrane. It plays a key role in cell cycle signalling, specifically in relationship to apoptosis (the death of cells which occurs as a normal and controlled part of an organism's growth or development).

Vitamin B5 (pantothenic acid): PA contributes to normal energy-yielding metabolism, normal **mental performance**, normal synthesis and metabolism of steroid hormones, vitamin D and some **neurotransmitters**, and the reduction of **tiredness and fatigue**.

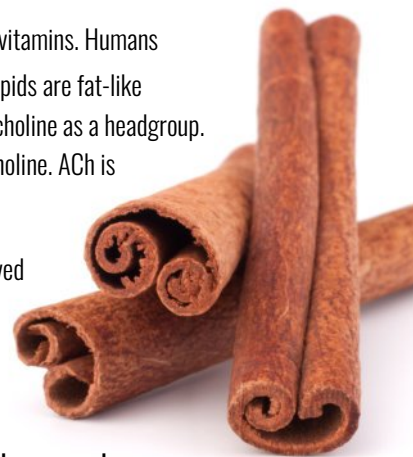
Black pepper: Black pepper may help to forestall **brain ageing** and help prevent Alzheimer's disease, according to a study published in a 2012 "Journal of Alzheimer's Disease." In the animal study, elderly dogs consumed a daily supplement that contained a combination of turmeric, green tea, N-acetyl cysteine, alpha-lipoic acid and black pepper for three months. Results showed improvement in spatial attention.

Zinc: Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal **cognitive function**, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the **immune system**, the **protection of cells from oxidative stress** and it has a role in the process of cell division.

Vitamin B12 (cyanocobalamin): Vitamin B12 contributes to normal energy-yielding metabolism, normal functioning of the **nervous system**, normal homocysteine metabolism, normal **psychological function**, normal red blood cell formation, normal function of the **immune system**, the reduction of **tiredness and fatigue** and it has a role in the process of cell division.

Folic acid: Folic acid contributes to normal **psychological function**, the normal function of the **immune system**, the reduction of **tiredness and fatigue**, normal homocysteine metabolism, normal amino acid synthesis, normal blood formation, the process of cell division and maternal tissue growth during pregnancy.

Iodine: Iodine contributes to normal energy-yielding metabolism, the normal production of thyroid hormones and normal thyroid function.



**Turbo Brain is available for re-sale under your own label (or our label)
and can be dropshipped by us.**

*See our **Trade Price List** for trade prices, RRP's, discounts, dropshipping rates etc.