



SPINEgroup® Brain & Neuro Support

Description

SG Brain & Neuro Support, formulated by SPINEgroup® and manufactured by Canadian nutraceutical company *Professional Botanicals Inc.*, combines vitamins, minerals, lipids, extracts, co-enzymes and serotonin precursors that synergistically work to nourish and keep your nervous system working optimally.

The supplement is designed to be used in conjunction with our *Cognitive Rehabilitation Program* and *Metabolic Weight Management Program* but may also be used alone to support your brain, neural tissues and for balancing mood.

Functions

SG Brain & Neuro Support is a synergistic blend of several ingredients to support feelings of well being. Serotonin, along with its amino acid precursor, tryptophan, allows the brain to restore itself to maintain a level mood. The most important nutrients for serotonin production have been included in this formula, to help maintain neural functioning and stabilize mood. This is important for overall cognitive function as well as appetite control.

As co-enzymes, the **B vitamins** are essential components in most major metabolic reactions. They play an important role in energy production, including the metabolism of lipids, carbohydrates, and proteins. B vitamins are also important for blood cells, hormones, and nervous system function. As water-soluble substances, B vitamins are not generally stored in the body in any appreciable amounts (with the exception of vitamin B-12). Therefore, the body needs an adequate supply of B vitamins on a daily basis.

Thiamine (Vitamin B-1) is converted quickly into thiamin pyrophosphate, which is required for glycolytic and Krebs cycle reactions. Thiamin also appears to be related to nerve impulse transmission. Vitamin B-3 is a component of the coenzymes NAD and NADP, which are involved in energy production, as well as biosynthetic processes. Pantothenic acid, vitamin B5 is also a coenzyme essential for energy production from dietary fats, carbohydrates, and proteins. It is a component of coenzyme A and of phosphopantetheine, and is therefore essential for Krebs cycle operation and assists the body convert food (carbohydrates) into fuel (glucose).

Serotonin, an important brain neurotransmitter, is key in the regulation of appetite, mood, and melatonin production. The presence of serotonin in the brain is associated with a balanced emotional state. This is achieved in part by decreasing the activity of certain

excitatory hormones, including dopamine and nor-adrenaline. Serotonin also acts as a satiety signal in the brain, thereby naturally regulating food intake. Additionally, as a precursor of melatonin, serotonin is involved in regulating sleep patterns. Serotonin is unable to cross the blood-brain barrier and is therefore synthesized in the brain. Tryptophan, an essential amino acid, is a precursor for the synthesis of serotonin. Tryptophan crosses the blood-brain barrier and is converted to L-5-hydroxytryptophan (5HTP), which in turn is converted into serotonin. **5-HTP** is used to combat depression, increase sleep quality and suppress appetite.

Gamma-Amino Butyric acid (GABA) is the most abundant amino acid which acts as a neurotransmitter in the central nervous system, and especially in the cerebral cortex, which is where thinking occurs and sensations are interpreted. GABA inhibits nerve transmission in the brain, calming nervous activity and enabling optimal thought transmission.

Phosphatidyl Serine (PS) has proven to be a safe and effective therapeutic agent in treating memory deficit disorders and for improving other higher brain functions. Phosphatidylserine enables your brain cells to metabolize glucose and to release and bind with neurotransmitters, all of which is important to learning, memory and other cognitive functions. **Acetyl-L-carnitine** is used for a variety of cognitive disorders including Alzheimer's disease, age-related memory loss and depression.

Formula: Brain & Neuro Support Formula (120 caps)

Recommended dosage: Take 2 capsules 2x daily

Each capsule contains:

Thiamine	20 mg
Niacinamide	25 mg
Folic Acid	1 mg
Vit B 12	50 mcg
Vit B 6	25 mg
Pantothenic Acid	25 mg
5HTP	100 mg
GABA	250 mg
Phosphatidylserine	250 mg
Acetyl carnitine	100 mg
Gingko Biloba	150 mg
Omega 3 Oils	500 mg

Warning:

If you are pregnant, nursing or taking any prescription Medication (especially anticoagulants, oral contraceptives, anti-depressants, anti-seizure medications, drugs to treat HIV or prevent transplant rejection), consult your physician before using this product. This product may cause photosensitivity or skin rashes in some people. Avoid excessive exposure to sunlight, tanning lights or UV sources while taking this product. This product may cause serotonin syndrome in sensitive patients and may cause hair loss.

Storage: Store in a cool, dry place away from direct light. Keep out of reach of children.