Brain Select™

MOSS NUTRITION

The Moss Nutrition Professional Line

COMPREHENSIVE SUPPORT FOR HEALTHY COGNITIVE FUNCTION

Supplement Facts
Serving Size: 2 Capsules
Servings Per Container: 30 and 60

	Amount Per Serving	% DV
Vitamin B3 (as niacinamide)	400 mg	2000%
Vitamin B6 (as pyridoxal-5'-phosphate)	50 mg	2500%
Acetyl-L-Carnitine	425 mg	**
DMAE Bitartrate	100 mg	**
Glycerylphosphorylcholine (as AlphaPrime-GPC™)	75 mg	**
Phosphatidylserine (as Sharp•PS® GREEN from sunflower lecithin)	75 mg	**
Vinpocetine	10 mg	**
Huperzine A	250 mcg	**

** Daily Value (DV) not established.

Other ingredients: Cellulose (capsule), microcrystalline cellulose, vegetable stearate, silicon dioxide, sunflower lecithin.
Does not contain gluten.

SUGGESTED USE: 2 CAPSULES PER DAY OR AS DIRECTED BY YOUR HEALTHCARE PROFESSIONAL.

WARNING: IF TAKING MEDICATION, PREGNANT OR NURSING, CONSULT A PHYSICIAN BEFORE USING.

AlphaPrime-GPC™ is a trademark of Vesta Ingredients, Inc.

Sharp•PS® GREEN is a registered trademark of Enzymotec, Ltd.

- Clinically relevant levels of researched brain-specific nutrients, including antioxidants to protect healthy brain & nerve tissue.*
- Promotes synthesis & function of key neurotransmitters involved in learning, concentration and healthy mood regulation.*
- Supports optimization of age-related cognitive health & memory.*

Brain Select™ contains a thoughtful blend of premium ingredients researched to help support healthy brain and neurological activity. With increasing age, the production of neurochemicals declines, affecting memory recall and other cognitive functions. **Brain Select™** is rich in nutrients studied to help boost neurotransmitter and cholinergic activity, enhance blood circulation in the brain, protect nerve and brain cells, and promote healthy mood and mental balance.

Vitamins B6 and B3 (as biologically active *pyridoxal-5'-phosphate* and flush-free *niacinamide*) are required cofactors for healthy nerve impulse transmission in the brain and central nervous system. Niacinamide, a key cofactor for brain energy production, helps promote the conversion of tryptophan into serotonin. Vitamin B6 participates in the synthesis of mood-regulating neurotransmitters (notably dopamine and serotonin) and helps optimize homocysteine levels. High homocysteine is a risk factor for impaired cognitive function.

Acetyl-L-Carnitine (ALC) is a well-known cognitive support nutrient with antioxidant activity, studied to help reduce oxidative stress and inflammation in the brain. Research suggests that ALC may enhance or mimic the function of acetylcholine, a primary neurotransmitter involved in learning and memory. As a supplement, it has been shown to offer protection against amyloid-beta neurotoxicity and age-related neurodegeneration, particularly in adults age 65 and younger. ALC has been studied to help promote healthy mood and to improve energy production in the brain, and is one of our most valuable brain support nutrients.

DMAE (dimethylaminoethanol) is another cholinergic compound that, by serving as a choline precursor, helps to promote acetylcholine synthesis in the brain. DMAE also functions as an antioxidant and may help to inhibit protein cross-linkages associated with aging. It has been suggested to help promote healthy memory, enhanced mental focus and vivid dream recall.

Glycerylphosphorylcholine (GPC) provided as Alpha-GPC is an essential phospholipid compound and natural choline source.

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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.

Like DMAE, GPC also serves as an acetylcholine precursor, helping to support healthy brain levels of this essential neurotransmitter associated with cognitive health and memory maintenance. Research suggests GPC may help to promote healthy brain circulation and to support recovery from neurodegenerative trauma due to ischemic damage or other causes. Alpha-GPC is the most bioavailable of the naturally occurring choline compounds. As a supplement, it is frequently used to help support healthy cognitive function, concentration and memory in both elderly and young patients.

Phosphatidylserine (PS) is a phospholipid present in all cell membranes but most highly concentrated in brain and neuronal tissue. PS has been clinically shown to help enhance cholinergic function and to help optimize age-associated cognitive health and memory. This nutrient also has been suggested to help promote a relaxed mood in young adults, and to blunt the release of cortisol in response to exercise stress. Our premium, vegetarian phosphatidylserine is provided as soy-free Sharp•PS GREEN®, derived from natural, non-GMO sunflower lecithin.

Vinpocetine is a compound derived from the plant *Vinca minor* (Periwinkle). It has been used since the 1960's to support cerebral vascular health, healthy blood flow to the brain and healthy brain metabolism. Vinpocetine exhibits potent antioxidant activity. Research suggests it may help protect neurons through the promotion of healthy cerebrovascular function.

Huperzine A is derived from *Huperzia serrata*, a type of "firmoss" or clubmoss native to India and Southeast Asia. Historically, this plant is used in Traditional Chinese Medicine to reduce inflammation, pain and swelling due to trauma, and to help support healthy cognitive function. Huperzine A is best known for helping to preserve healthy levels of the learning neurotransmitter acetylcholine by inhibiting acetylcholinerase activity. Research suggests that Huperzine A may be a potent neuroprotective agent against glutamate and beta-amyloid, and that it may help support the proliferation of healthy brain stem cells.

Brain Select™ is verified gluten free by independent laboratory analysis. The ingredients and finished product are rigorously tested for purity and potency both pre and post manufacturing, in order to provide maximum safety and benefits.

REFERENCES

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