

# Brain Reset

Designed to promote concentration, mental clarity, and memory associated with brain fog<sup>‡</sup>

## INDICATIONS

- Ages 18 and up

## BENEFITS

- Promotes concentration, mental clarity, and memory with a multi-faceted blend of nutrients and herbal extracts<sup>‡</sup>
- Promotes neuroimmune health by supporting cellular function, neuroprotection, and immune mediator balance<sup>‡</sup>

## FEATURES

- Unique ginkgo-phosphatidylserine sunflower phytosome complex for enhanced absorption and bioavailability<sup>‡</sup>
- 400 mg lion's mane mushroom extract and 100 mg luteolin per serving

## VERIFIABLE SCIENCE

Brain Reset is designed to promote concentration and memory with multi-faceted support for healthy blood flow, immune mediator production, neuroprotection, and cognitive function. Ginkgo biloba and butcher's broom help sustain the strength and elasticity of blood vessels and capillaries, and may also promote the flow of oxygen and blood to the brain. Ginkgo biloba is included in this formula as Virtiva<sup>®</sup> ginkgo-phosphatidylserine phytosome complex. Phytosomes boost resistance to degradation in the digestive tract and promote efficient absorption across membranes for enhanced bioavailability. In a randomized, double-blind, placebo-controlled crossover study, phosphatidylserine-bound ginkgo extract enhanced secondary memory performance and significantly increased speed of memory task performance at 1, 2.5, 4 and 6 hours, compared to standard ginkgo extract or phosphatidylcholine-bound ginkgo extract.<sup>1</sup> In another study, ginkgo extract promoted executive function in women.<sup>2</sup> Preliminary research suggests that ginkgo may also support dopamine levels in the prefrontal cortex of the brain. Bacopa extract has over 35 years of clinical research focusing on support for memory and peak cognitive performance. In a randomized, controlled trial involving healthy adults, 320 mg of bacopa extract promoted performance on cognitively demanding tests.<sup>3</sup> In another study, it promoted multi-tasking performance at 1 and 2 hours after administration, and supported positive mood.<sup>4</sup> In a third trial, 90 days of supplementation with Bacopa promoted working memory performance, including spatial working memory accuracy and visual information processing accuracy.<sup>5</sup> Riboflavin and feverfew have been studied for their ability to promote cranial comfort, with numerous randomized, double-blind, placebo-controlled trials exploring their

supportive effects. Feverfew is thought to act in part by maintaining healthy cytokine, leukotriene and prostaglandin metabolism, as well as promoting healthy cranial vascular muscle function. Luteolin promotes neuronal health through antioxidant, immunomodulating, and mast cell stabilizing actions, helping to moderate the release of immune mediators. In a randomized, double-blind trial involving older men and women, daily supplementation with 3.2 grams of lion's mane powder (equivalent to 800 mg of Lion's mane 30% polysaccharides extract) daily for 12 weeks promoted cognitive function, as assessed by the Mini mental state examination questionnaire (MMSE).<sup>6</sup> It may also offer support for relaxation and mood. In vitro and animal research suggest that lion's mane promotes neuronal health by supporting nerve growth factor (NGF) synthesis.<sup>‡</sup>

## SUGGESTED USE

As a dietary supplement, take 2 capsules daily, between meals, or as directed by a health professional.

## STORAGE

Store in a cool, dry place.

## WARNING

Not to be taken by pregnant or lactating women. If you have any health condition or are taking any medication, consult your health professional before use.

## NOTES

Capsule size 00  
 Bottle count 60  
 Order code BRT6  
 Bottle size 190 cc  
 Gluten-free (certified)  
 Hypoallergenic  
 Vegan/Vegetarian  
 Non-GMO<sup>†</sup>

## REFERENCES

1. Kennedy DO, et al. Hum Psychopharmacol Clin Exp. 2007;22:199- 210.
2. Ong Lai Teik D, et al. PLoS One. 2016 Mar 3;11(3):e0150447.
3. Downey LA, et al. Phytother Res. 2013 Sep;27(9):1407-13.
4. Benson S, et al. Phytother Res. 2014 Apr;28(4):551-9.
5. Stough C, et al. Phytother Res. 2008 Dec;22(12):1629-34.
6. Saitsu Y, et al. Biomed Res. 2019;40(4):125-131.

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## SUPPLEMENT FACTS

**2 capsules daily, between meals.**

**Two (size 00) capsules contain:**

|  |        |
|--|--------|
| Riboflavin   | 20 mg  |
| Lion's Mane mushroom<br>( <i>Hericium erinaceus</i> ) extract (fruiting body)  | 400 mg |
| Bacopa ( <i>Bacopa monnieri</i> ) extract (aerial parts)<br>(standardized to contain 20% bacosides)  | 320 mg |
| Virtiva® ginkgo-phosphatidylserine phytosome<br>(Ginkgo biloba extract (leaf) and sunflower phospholipid complex)<br>(standardized to contain 5% ginkgoflavonglucosides<br>and 12% phosphatidylserine) | 120 mg |
| Butcher's broom ( <i>Ruscus aculeatus</i> ) extract (root)   | 150 mg |
| Feverfew ( <i>Tanacetum parthenium</i> ) extract (leaf)  | 150 mg |
| Luteolin   | 100 mg |
| Other ingredients: vegetarian capsule (cellulose, water)   |        |

Virtiva® is a registered trademark of Indena S.p.A., Italy.

**Not to be taken by pregnant or lactating women.**



| Brain Reset | Quantity | Order Code |
|-------------|----------|------------|
|             | 60       | BRT6       |

<sup>†</sup>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.