



# BRAIN FOOD



## Brain Food Supplementation

Research cited herein suggests the nutrients contained in Brain Food may support cerebral and nervous system function in a variety of ways.\* Moreover, these nutrients work in concert for proper DNA maintenance, energy production, amino acid metabolism, and a variety of other processes.\*

The most pertinent research-backed benefits of supplementation with Brain Food may include:

- Supports cognitive function and healthy mood\*
- Supports and maintains DNA\*
- Supports blood and oxygen flow to the brain\*
- Supports neurotransmitter production and neural tissue\*
- Helps metabolize amino acids\*

## How Brain Food Works

Brain Food contains key B vitamins, including niacin, pyridoxine, folate, and vitamin B12 (methylcobalamin), which assist in production of neurotransmitters.\* Longitudinal studies suggest that deficiencies in several of the B vitamins accelerates brain tissue atrophy and cognitive decline.

For example, chronic deficiency of vitamin B12 can lead to serious, irreversible health consequences such as damage to the brain and nervous system and/or pernicious anemia (lack of red blood cell production). This is not surprising given that vitamin B12 is needed for the body to convert homocysteine to methionine; methionine is necessary for the formation of S-adenosylmethionine (S-AdoMet), which is involved in the synthesis of catecholamines and various neurotransmitters.

Recent research suggests that supplemental folic acid and vitamin B12 work synergistically to support cognition, energy production, and neural tissue.\* Pyridoxine is also important for cognition as it is necessary for conversion of L-DOPA to dopamine, as well as conversion of glutamate to GABA, and proper metabolism of L-tryptophan.\*

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Furthermore, niacin stimulates production of a protein/growth factor in humans called brain-derived neurotrophic factor (BDNF). BDNF acts on neurons throughout the nervous system to encourage growth and replication, which is crucial for supporting long-term memory, learning, and overall cognition.\*

Brain Food also contains acetyl-L-carnitine (ALCAR), a highly bioavailable form of L-carnitine. ALCAR can cross the blood-brain barrier, where it helps to manage oxidative damage, support mitochondrial function, and maintain normal neurotransmitter activity.\*

Rounding out the Brain Food formula are alpha-glycerolphosphorylcholine (alpha-GPC), phosphatidylserine, and uridine monophosphate (UMP). These phosphorylated compounds are readily absorbed by the body and support production of neurotransmitters such as acetylcholine and dopamine.\* Studies suggest these nutrients work synergistically to support cognition and learning capacity.\*

## Supplement Facts

Serving Size: About 1 Scoop (5.6 g)

Servings Per Container: About 30

Ingredients:	Amount	%DV*
Calories	20	
Total Carbohydrates	3 g	1%*
Niacin (as Niacinamide)	100 mg NE	625%
Vitamin B6 (as Pyridoxine HCl)	25 mg	1471%
Folate (as [6S]-5-Methyltetrahydrofolic Acid Glucosamine Salt) (Quatrefolic®) (600 mcg folic acid)	1,000 mcg DFE	250%
Vitamin B12 (as Methylcobalamin)	2,000 mcg	83,333%
Calcium (as Dicalcium Phosphate and Calcium Silicate)	97 mg	7%
Sodium (from Uridine-5-Monophosphate Disodium Salt)	65 mg	3%
Acetyl-L-Carnitine (as Acetyl-L-Carnitine HCl)	750 mg	**
Alpha-glycerolphosphorylcholine (Alpha-GPC)	600 mg	**
Uridine-5-Monophosphate Disodium Salt	500 mg	**
Phosphatidylserine	150 mg	**

**Other Ingredients:** Organic Rice Syrup Solids, Natural Flavors, Silicon Dioxide, Stevia Leaf Extract, Citric Acid, Annatto Seed Powder (Color).

Quatrefolic® a registered trademark material of Gnosis USA Inc.

**Directions:** Mix 1 scoop (5.6 g) of Brain Food in 8 ounces of water daily as a dietary supplement, or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.

**JUST  
BE  
WELL** SUPER FOOD



NON-GMO



GLUTEN-FREE



DAIRY-FREE



VEGETARIAN



PRODUCED IN A  
cGMP FACILITY

\* 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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