

AdvancedBrainHealth™

Purpose & Rationale

This product supplies nutrition that is often limited by typical diets and factors associated with the natural aging process, and shown to support healthy brain structure and function during the aging process. Several substances show potential to support brain function and to slow age-related decline in mental function. These substances include phosphatidylserine (PS), acetyl-L-carnitine (ALC), alpha-lipoic acid (ALA) and vitamin B-12, which have been found to offer support to the maintenance of aging brain function. Following the middle-age years, supplementation with these compounds may balance a decline in the body's production or absorption of these substances, which are essential for normal brain and neurological function.^{139,140,141,142} Clinical findings support the benefit of nutritional supplements for cognitive performance and mood/behavior and suggest that additional supplementation may be required for the elderly.^{143,144}

Typical Use

Typical dosage based on age and split with meals throughout the day:

- 45-55 years: One serving (4 capsules) per day with any meal
- 56-65 years: Two servings (8 capsules) per day. One serving (4 capsules) with the morning meal and one serving (4 capsules) with the evening meal.
- Over 65 years: Three servings (12 capsules) per day. One serving (4 capsules) with the morning meal and two servings (8 capsules) with the evening meal.

Unique Features

- Contains well-researched brain support substances in their proper amounts.
- Complements the dotFIT multivitamin, antioxidant and Omega-3 formulas.
- This formula considers use of other dotFIT products to help the user maintain a safe and optimal range of total nutrient intake.
- Manufactured in a facility in compliance with Good Manufacturing Practices (GMPs) exclusively for dotFIT.
- Third-party tested.

Contraindications

Contraindicated in pregnancy and lactation and for anyone suffering adverse reactions to any of the ingredients. In all cases, consult with a physician.

Supplement Facts		
Serving Size: 4 Softgel Capsules		Servings Per Container: 60
	Amount Per Serving	%DV*
Calories	20	
Calories from Fat	20	
Vitamin B12 (as Cyanocobalamin)	100 mcg	1,667%
Acetyl-L Carnitine	500 mg	**
Phosphatidylserine	100 mg	**
Alpha Lipoic Acid	100 mg	**
* Percent Daily Value based on a 2,000 calorie diet. ** % Daily Value(DV) not established		
Other Ingredients: Rice Bran Oil, Gelatin, Glycerin, Water, Beeswax, Sunflower Lecithin and Carob		