

BDNF Support



Clinical Applications

- Improved Cognition, Mood, and Memory*
- Support for Recovery from Brain and Nerve Injuries*
- Potential Symptom Improvement and Reduced Progression of Various Neurodegenerative Conditions*

BDNF Support contains a comprehensive array of brain-supportive nutrients formulated to optimize brain function and help prevent or partially reverse age, injury or disease-related cognitive and neurological decline while stimulating new brain cell formation.* It provides building blocks for the regeneration of brain phospholipids, crucial structural components of neuronal synapses. BDNF Support also provides precursors to the brain neurotransmitter acetylcholine (ACh) and improves production and receptor function for various other neurotransmitters. It is formulated to help boost brain cell energy production, reduce age-related mitochondrial decline, and provide antioxidant protection.

All Absolute Health Formulas Meet or Exceed cGMP Quality Standards

Discussion

BDNF Support is a comprehensive formula that contains a variety of natural compounds vital to maintaining brain health and function. Your brain is made up of an estimated 100 billion cells called neurons, with *trillions* of connections— called synapses—between these cells. As we age, the structure and function of these neurons may naturally become compromised, which can affect memory, learning, concentration, and the ability to focus. Factors such as stress, suboptimal blood sugar regulation, excessive alcohol consumption, and certain nutrient deficiencies can affect brain cells and cognitive ability.

Acetyl L-Carnitine: a form of the amino acid derivative L-carnitine, which helps energize the brain. It plays an important role in the transport of fatty acids into neuronal mitochondria. Mitochondria are the “power plants” of most cells—the actual site of cellular energy generation. The brain uses as much as 25% of the entire body’s energy supply, so supporting brain energy production is crucial for memory, sharp thinking, and overall cognition.*

Phosphatidylserine (PS): a vital component of all cell membranes, the protective layer that surrounds cells, including neurons. PS helps support overall brain wellness and helps maintain healthy levels of cortisol, a hormone released in response to stress. Chronic stress may be a factor in declining memory and cognition, so it’s important to support the body and brain during times of stress.

Glycerophosphocholine (GPC): a naturally occurring compound in all cells and in mother’s milk. GPC is a supportive nutrient for the brain and a building block for phospholipids, the main structural components of cell membranes—like the load-bearing walls of a house. Adequate availability of GPC and synthesis of brain phospholipids help us think, sleep, and remember.* (A baby’s growing brain and its constant assimilation of information and sensory input explains why GPC is a critical component in mother’s milk.)

Citicoline: a substance found in every cell of the body and vital to brain health. It supplies precursors for the synthesis of phospholipids, major constituents of brain tissue that support neuronal communication.* Upon digestion, citicoline is broken down into two compounds: Choline, which crosses the blood-brain barrier and may be used to produce acetylcholine (a neurotransmitter crucial for memory processing and learning) or the formation of phosphatidylcholine, a structural component of brain cells. Cytidine, which boosts the synthesis of cytidine triphosphate, a cofactor to produce phosphatidylcholine.

Ginkgo biloba: an herbal extract used in Chinese medicine for over 5000 years. Ginkgo provides critical antioxidant protection and enhances “brain microcirculation,” which is the flow of blood through the body’s smallest vessels. Ginkgo helps to support healthy mood, mental focus, and energy.*

Coffee fruit concentrate: an extract from the whole coffee cherry (including the flesh of the berry that surrounds the coffee bean), which contains several distinctive compounds not found in coffee beans themselves. Coffee fruit concentrate may help support healthy levels of brain-derived neurotrophic factor (BDNF), which has been called “fertilizer for your neurons.” This property is unique to the concentrate and is not observed with brewed coffee, green coffee bean extract, caffeine, or chlorogenic acid, which are other coffee compounds and derivatives. Contains less caffeine per serving than a typical cup of decaf coffee.

*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.

Absolute Health
7350 SW 60th Ave., Suite 2
Ocala, FL 34476
www.AbsoluteHealthOcala.com

BDNF Support



Supplement Facts

Serving Size 2 capsules Servings
Per Container 30

Amount Per Serving	% Daily Value	
Acetyl-L-Carnitine HCl	500 mg	*
Citicoline (as Cognizin®)	250 mg	*
Glycerophosphocholine (from soy lecithin) Coffee Fruit Concentrate	200 mg	*
(as NeuroFactor™)(<i>Cofea arabica</i>)(whole fruit)	100 mg	*
Phosphatidylserine (from sunflower lecithin)	100 mg	*
Ginkgo (<i>Ginkgo biloba</i>)(leaf) [standardized to contain 24% ginkgo flavonoglycosides and 6% terpenoid lactones]	100 mg	*

*Daily Value not established.

Other Ingredients: Cellulose (capsule), silicon dioxide,
dicalcium phosphate, vegetable stearate

Directions

As a dietary supplement, take 2 capsules per day with meals, or as directed by your health care provider.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner.



References

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