



**Multi-modal nutritional support for brain health, cognitive performance, and sharp memory**

## APPLICATIONS / BENEFITS

- Healthy focus, memory, clarity and mood
- Promotes neurogenesis and brain energy
- Optimizes neurotransmitter production
- Supports healthy cerebral circulation

## OVERVIEW

**Patient One NeuroOne™** supplies advanced support for focus, memory and mood. NeuroOne activates serotonin (5HT-1a) receptors, promotes healthy cerebral blood flow, supports neurotransmitter production, provides antioxidant protection against brain oxidative stress, and supplies vital building block nutrition for neurogenesis – the creation of new brain cells. NeuroOne is an ideal formula for optimizing cognitive function, whether supporting mental focus and attention span or promoting bright mood and addressing mild memory problems associated with aging.

## KEY INGREDIENTS

### Acetyl-L-Carnitine:

Acetyl-L-Carnitine is the acetylated form of L-carnitine, and the two compounds share similar energy producing and fat metabolism promoting properties. Found naturally in the body, Acetyl-L-Carnitine readily crosses the blood-brain barrier and promotes healthy nerve cell function by maintaining normal mitochondrial bioenergetics and stabilizing cell membranes, to support emotional health and mental function.

The acetyl group from Acetyl-L-Carnitine also contributes to the production of acetylcholine, an important neurotransmitter that plays a role in learning, memory and attention. Acetyl-L-Carnitine also supports the brain's natural defenses against free radical attack.

### Citocholine:

A naturally occurring nutrient found in the healthy brain and the most well-studied choline agent precursor, Citocholine supports enhanced overall cognitive health. Choline precursors promote repair and growth of cell membranes. Citocholine helps support the brain's

metabolic activity and has a variety of neuro-protective and neuro-regenerative properties. This brain health nutrient is an essential building block for certain key neurotransmitters that help focus, attention and memory.

### Sharp-PS® Phosphatidylserine:

Sharp-PS® supplies high purity phosphatidylserine (PS), derived from sunflower lecithin through a patented process. PS is a structural component of cells that is found in all biological membranes of plants, animals and other forms of life. The human body contains about 30 g of phosphatidylserine, about half of which is found in the brain.

This orthomolecule is a raw material in neurogenesis, the creation of new brain cells. PS promotes brain cellular energy and catalyzes neurotransmitter production, promoting communication between brain cells. Pre-clinical and clinical studies support improved cognitive function with oral administration of phosphatidylserine.

Because neuronal cells do not readily regenerate, it is important that these cells have a superior survival mechanism. High levels of PS in neuronal membranes were shown to be important for neuronal survival by facilitating several important cellular processes. Maintaining PS levels in neuronal tissues has been associated with normal and efficient signal transduction processes, efficient neuronal glucose consumption and other biological pathways that are crucial for normal and healthy cognitive and mental functions.

### BaCognize® *Bacopa monnieri*:

The neurotransmitter serotonin is key for higher-level cognitive function including working memory and

measures of focus and mood. Brewed concoctions containing *Bacopa monnieri* (Brahmi) has long been a part of daily life for children and adults in India. Bacopa extracts are widely used in integrative medicine to assist with cognitive function. However, not all Bacopa compounds are equally active, and not all extracts are the same.

BaCognize® extract is a proprietary, concentrated, clinically researched extract of *Bacopa monnieri* which has undergone rigorous scientific validation. Clinical research indicates Bacopa offers broad benefits for cognitive health, linked to three major neuro-supportive mechanisms: neurotransmitter receptor binding activity, antioxidant capacity and anti-inflammatory activity. Standardized to 45% bacosides, this extract of *Bacopa monnieri* has shown potent activity at the site of human serotonin (5HT-1a) receptors and has been shown to promote aspects of cognitive performance, memory and mood. It may help address fuzzy thinking and forgetfulness.

### Ginkgo Biloba:

Neurons are completely reliant on a continuous supply of oxygen and glucose, which is delivered to them by the blood. Neurological tissue is especially vulnerable to oxidative stress because of its high demand for oxygen, high levels of polyunsaturated fatty acids in neural membrane phospholipids, and low antioxidant defenses. This antioxidant botanical is a vasodilator that enhances cerebral blood flow and cerebral oxygenation, supporting healthy brain energy and optimizing delivery of NeuroOne's neuronutrient complex. *Ginkgo* also supports acetylcholine availability.

### Proprietary Botanical Neuro Complex:

With grapeseed, trans-resveratrol, quercetin, ginger, and Perluxan® hops, NeuroOne's proprietary blend supplies dual-action nutritional support for key factors associated with cognitive decline: It modulates brain inflammation and supplies abundant antioxidant activity to neutralize brain oxidative stress.

### REFERENCES

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## Supplement Facts

Serving Size: 2 Capsules Servings Per Container: 30

### Amount Per Serving

Acetyl-L-Carnitine (as HCl)	300 mg*
Citicholine (cytidine 5'-diphosphocholine)	200 mg*
Phosphatidylserine (as Sharp-PS® Green Phosphatidylserine, from sunflower)	100 mg*
Bacognize® ( <i>Bacopa monnieri</i> ) (whole-herb extract) [Std. to 45% bacosides (135 mg) and 12% total bacopa glycosides (36 mg)]	300 mg*
<i>Ginkgo biloba</i> (leaf) extract [Std. for 24% ginkgoflavonglycosides (14.4 mg) and 6% total terpene lactones (3.6 mg)]	60 mg*
<b>Proprietary Blend:</b> Perluxan® Hops Std. Extract ( <i>Humulus lupulus L.</i> ) (cones), Ginger Root Std. Extract ( <i>Zingiber officinale</i> ) (rhizome), Spanish Rosemary Extract ( <i>Rosmarinus officinalis</i> ) (leaves), Grapeseed extract ( <i>Vitis vinifera</i> ) (inner core of fruit) [Std. for 95% proanthocyanidins], trans-Resveratrol (from <i>Polygonum cuspidatum</i> extract) (root) and Quercetin (as Quercetin dihydrate)	30 mg*

\* Daily Value not established

**Other Ingredients:** vegetable cellulose, rice flour, calcium palmitate, silica

**Free of:** milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

**Suggested Use:** Take 2 capsules once daily as a dietary supplement, or as directed by your health practitioner. Store in a cool, dry place.

**Caution:** If you are pregnant, nursing, or taking blood thinners or other medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.**

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Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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