

Neuro Complex

Magnesium L-threonate, a form of magnesium that crosses the blood brain barrier



**DESIGNS
FOR SPORT™**

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Several studies indicate that synaptic connections in the brain hippocampus, a critical region for learning and memory, decline during the normal process of aging. Neuro Complex, which uses the unique, patented, chelated mineral Magtein®, contains magnesium which is chelated to threonic acid (magnesium L-threonate). It is superior to other forms of magnesium at getting through the blood brain barrier because it is able to transport magnesium ions across lipid membranes, including those of brain cells.* Researchers at MIT concluded that elevating brain magnesium content via supplementation with magnesium L-threonate may be a useful strategy to support cognitive abilities and decrease common age-related memory decline.**

Magnesium plays many key roles in the body, including its role as an intracellular cofactor for more than 300 enzymes. Several functions of magnesium promote normal brain and cognitive function.

The prevalence of sports related TBI is approximately 1.6 million to 3.8 million sport-related in the United States alone¹, with over 50% not being reported². It is well documented that there is a loss in magnesium after traumatic brain injury that can result in loss of motor and cognitive function, PTSD and depression.

USES

- Cognitive health and aging
- May help support sleep quality and quantity
- Support memory and learning
- NeuroBehavioral conditions (anxiety, depression, PTSD, phobias, ADHD)
- May support concussion

HOW TO TAKE

- As a dietary supplement, take three capsules per day, or as directed by your health care practitioner
- Divide dose for best results



Supplement Facts

Serving Size 3 capsules
Servings Per Container 30

Amount Per Serving		% Daily Value
Magnesium	144 mg	34%
(from 2 g Magtein® Magnesium L-Threonate)		

Other Ingredients: Cellulose (capsule), microcrystalline cellulose vegetable stearate.

REFERENCES

¹ Langlois J.A, Rutland-Brown W, Wald M.M. The epidemiology and impact of traumatic brain injury: A brief overview. J Head Trauma Rehabil. 2006;21(5):375-378.

² McCrea M. et al. Unreported concussion in high school football players: Implications for prevention. Clin J Sport Med. 2004;14(1):13-17. [PubMed] <https://pubmed.ncbi.nlm.nih.gov/15466958/>