

# 3 BRAINS™

NPN 80072091

## BRILLIANT MIND™

### SUPPORTS COGNITIVE HEALTH & BRAIN FUNCTION



### THREE BRAINS™

When it comes to mental health, it's not all in your head. There is an intricate communication network between the heart, the brain, and the gut. Together these three "brains" influence mental, emotional, and physical health. The Three Brains supplement line is designed to help maintain optimal brain health by supporting that critical relationship.

### PRODUCT SUMMARY

Brilliant Mind is specifically formulated to support cognitive and cardiovascular health by combining nutrients that nourish both the brain and heart. Omega-3 fatty acids support cardiovascular health and cognitive function, while green tea extract provides antioxidant support.

### BENEFITS

- Helps maintain cardiovascular health
- Support cognitive function and brain function
- Uses Sharp-PS® phosphatidylserine, a non-GMO sunflower lecithin complex
- 50 mg green tea extract, standardized to contain 75% catechins, 40% EGCG\*

\*Epigallocatechin-3 gallate

### HOW IT WORKS

Brilliant Mind is a comprehensive blend of six brain-boosting nutrients that supports healthy cognitive function and cardiovascular health. The fish oils provide a source of omega-3 fatty acids, including both eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Omega-3 fatty acids are long-chain, polyunsaturated fats that cannot be synthesized by the human body. The consumption of omega-3 fatty acids, including both DHA and EPA, is associated with a decreased risk of many forms of cardiovascular disease due to the anti-arrhythmic effects of these polyunsaturated fats (1). Given the homologous nature of ion channels and protein channels in the brain and heart, it is theorized that omega-3 fatty acids can positively impact the electrical activity of the brain in a manner similar to their effects on the heart (2). Population studies have supported this theory by examining the relative cognitive decline of individuals based on the levels of omega-3 found in their diets. Regular consumption of the omega-3 fatty acids EPA and DHA has been associated with postponed cognitive decline, thus suggesting that these fatty acids support healthy cognitive function (3).

Phosphatidylcholine is a phospholipid derived from lecithin, which is found in many plants including soybean, sunflower, and mustard. Phosphatidylcholine has been seen to support healthy memory function by acting as a supply of choline, a precursor to the neurotransmitter acetylcholine, the production of which decreases with age (4,5). Indeed, phosphatidylcholine provides the largest store of choline in the body. Oral doses of phosphatidylcholine are readily absorbed and thus can significantly increase the choline levels in the body, promoting steady neurotransmitter function in the brain (6).

Alpha-glycerophosphorylcholine (alpha-GPC) is understood to support memory function by promoting the release of free choline, thereby increasing plasma levels of choline. The increase in choline further promotes the production of acetylcholine and phosphatidylcholine in the body (7). Alpha-glycerophosphorylcholine also helps reduce the loss of neuroconnecting fibres and brain cells, thus supporting healthy cognitive function into old age (5).

Phosphatidylserine is the most abundant phospholipid in the human brain. Although phosphatidylserine occurs endogenously in our bodies, it has been seen to decline with age. Supplementing our bodies' supply of phosphatidylserine can help normalize the lipid content in our brains and, thus, restore healthy neuronal function. The restoration of important lipids like phosphatidylserine has been theorized as being particularly important for people with memory impairments, which may result from changes in the functioning of neurotransmitters (8).

Finally, the green tea extract in Brilliant Mind provides both brain-stimulating and calming properties conducive to healthy alertness and stress reduction. The constituent flavonoid epigallocatechin-3-gallate (EGCG) in particular, has been shown to significantly increase alpha, beta, and theta activity in the brain, resulting in calmness and stress reduction (6). As a powerful antioxidant, green tea extract protects the brain against oxidative stress and restores healthy glutathione levels (5).

## SUPPORTS COGNITIVE HEALTH & BRAIN FUNCTION

Brilliant Mind's unique formula draws on the emerging scientific evidence that the human body functions with a heart "brain," in addition to the head brain with which we are all familiar. Thus, by supporting cognitive and cardiovascular health, Brilliant Mind brings a "whole body" perspective to the maintenance of cognitive function.

### Each softgel contains:

Fish oil (anchovy, sardine, and/or mackerel).....	180 mg
Omega-3 fatty acids .....	90 mg
Eicosapentaenoic acid (EPA).....	45 mg
Docosahexaenoic acid (DHA).....	30 mg
Phosphatidylcholine ( <i>Glycine max</i> ) (seed) .....	50 mg
Phosphatidylserine ( <i>Helianthus annuus</i> ) (seed) .....	25 mg
(Provided by 138 mg of Sharp-PS® non-GMO sunflower lecithin complex)	
Also contains naturally occurring phosphatidylcholine (PC), phosphatidylinositol (PI), and phosphatidylethanolamine (PE).	
Alpha-GPC (L-alpha-glycerophosphorylcholine ( <i>Glycine max</i> ) (seed).....	50 mg
Green tea extract ( <i>Camellia sinensis</i> ) (leaf (75% catechins, 40% EGCG*).....	50 mg

\*Epigallocatechin-3-gallate

**Recommended adult dose:** 2 softgels 2 times daily or as directed by a health care practitioner. Consult a health care practitioner for use beyond 12 weeks.

**Cautions:** Consult a health care practitioner prior to use if you are pregnant or breastfeeding, if you have an iron deficiency, a liver disorder or develop symptoms of liver trouble (such as abdominal pain, dark urine or jaundice). Keep out of the reach of children.

*Contains no artificial colours, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, egg, shellfish, salt, tree nuts, or GMOs.*



### References

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3. van Gelder, B.M., Tijhuis, M., Kalmijn, S., et al. (2007). Fish consumption, n-3 fatty acids, and subsequent 5-y cognitive decline in elderly men: the Zutphen Elderly Study. *Am J Clin Nutr*, 85(4), 1142-7.
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6. Hasengschwandtner, F. (2005). Phosphatidylcholine treatment to induce lipolysis. *Cosmet Dermatol*, 4, 308-13.
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8. Crook, T.H., Tinklenberg, J., Yesavage, J., et al. (1991). Effects of phosphatidylserine in age-associated memory impairment. *Neurology*, 41, 644-9.