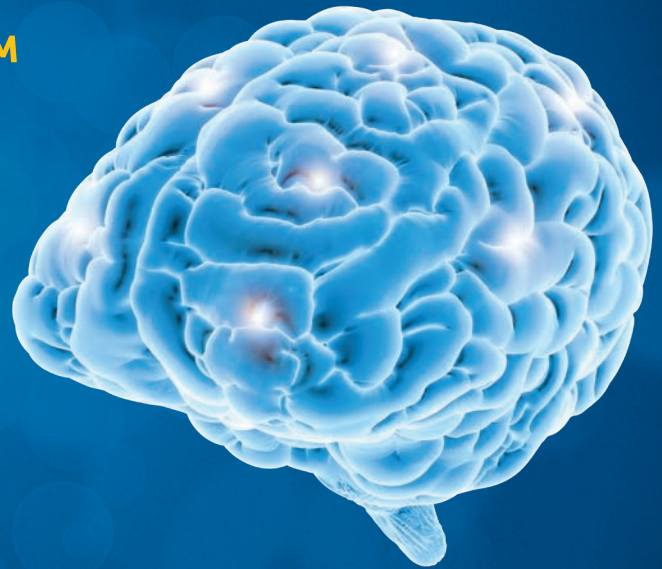


# BDNF Essentials™

## Promote Healthy Brain Function



New research demonstrates the adult brain is capable of reorganizing its neural network by forming new connections — and this is known as neuroplasticity. Neuroplasticity means the brain continues to generate new neurons & synapses throughout life, helping the brain heal from injuries.

### KEY ACTIVITIES TO INCREASING NEUROPLASTICITY INCLUDE:

- ✓ Physical Exercise
- ✓ Learning New Skills
- ✓ Increase BDNF (Brain Derived Neurotrophic Factor)
- ✓ Good Nutrition
- ✓ Sleep
- ✓ Intermittent Fasting

Brain Derived Neurotrophic Factor (BDNF) is one of the key proteins that promote the survival, development and function of neurons. BDNF promotes neuroplasticity, the repair and generation of new neurons as well as supporting healthy telomerase activity.

**BDNF ESSENTIALS™**, formulated to promote healthy BDNF levels, neuroplasticity and healthy cytokine function, includes the following researched-based nutrients:

✓ **NeuroCyto Protect™ Blend:**

Lions Mane Mushroom, Skullcap, Bilberry, Bacopa, Ashwagandha

✓ **Cognition Blend:**

CDP Choline, Phosphatidylserine



### Joseph Burrascano Jr., MD

*"I am impressed with the formula of BDNF Essentials™ - it has all the things I look for when recommending this type of product."*



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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.