

# Memory Symptoms\* Are Systems out of Alignment

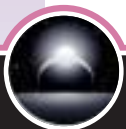


**A**ging and nutritional imbalances can disrupt the multiple body systems that affect healthy brain function. The result: cognitive symptoms\* such as forgetfulness, inability to focus, and mental fatigue.

MENTAL EDGE® is a Bio-Aligned Formula™ that supports the interdependent body systems involved with healthy brain function. These include neurotransmitter production, myelin sheath generation, stress response, energy metabolism, and antioxidant defense.



\*The term symptom as used in this literature refers to the effects of nutrient shortages or imbalances and is not related to the diagnosis, treatment, cure or prevention of any disease.



**S O U R C E   N A T U R A L S**®  
Strategies for Wellness<sup>SM</sup>

## Mental Edge®: A Bio-Aligned Formula™

Many scientists believe that only a small portion of the brain is fully utilized. MENTAL EDGE is a literal multivitamin for your brain. This comprehensive herbal-nutrient formula optimizes brain function by addressing the multiple body systems involved with cognitive health.

### Neurotransmitter Production

Neurons (nerve cells) communicate with each other when neurotransmitters (brain chemicals) cross a small gap called a synapse to convey a message from one neuron to the next. Second messengers help transmit the message from the membrane of a receiving neuron to its inner environment. MENTAL EDGE supports neurotransmitter production with L-glutamine, L-phenylalanine, L-pyroglutamic acid, taurine, L-tyrosine, manganese, vitamins B-1 and B-6, and inositol.



### Acetylcholine Production

Acetylcholine is one of the most important neurotransmitters. It is vital for memory and muscle movement. The ingredients DMAE, phosphatidylcholine, L-pyroglutamic acid, vitamin B-5 and choline are precursors to acetylcholine. DMAE is particularly important because it crosses the protective blood-brain barrier more easily than the others. DMAE also enhances mental concentration.

### Antioxidant Defense

Antioxidants defend tissues and cell membranes from free radicals. Antioxidants are critical for the brain because neuron cell membranes, where electrical signaling takes place, are primarily composed of lipids (fats) that are vulnerable to peroxidation (rancidification) by free radicals. MENTAL EDGE contains the antioxidants DMAE, ginkgo biloba, zinc and vitamin C.

### Stress Response

Adaptogenic herbs help provide the brain with the support and energy it needs to deal with the physical and mental stresses of an ever-changing environment. MENTAL EDGE supports stress response with the botanicals gotu kola, schizandra, and Siberian ginseng, and with the nutrients taurine, calcium, magnesium, potassium, vitamins B-5 and C, and inositol.



## Lifestyle Tips for Cognitive Health: A Strategy for Wellness<sup>SM</sup>

**Eat Well:** Recent research suggests that diets rich in beta-carotene and vitamins C and E help reduce memory problems, probably by lessening oxidative stress. And new animal research at the University of Toronto found that a high-fat diet slowed the ability of rats to learn new tasks.

**Use Your Brain:** Learn a foreign language or new hobby, do crossword puzzles, read books, and cut back on TV. Scientists at Case Western found that people who were less mentally active in middle age were three times more likely to experience memory decline as they got older.

**Stay Active:** Vigorous walking can improve mental processes in aging individuals, according to research. Aerobic exercise increases oxygenation and blood flow to the brain, resulting in improved memory, organization, and the ability to juggle intellectual tasks.

**Manage Stress:** Long-term anxiety or depression can make a person more forgetful. Try to regulate stress, increase social contacts, and, if necessary, seek professional help.

**Get Organized:** Make the most of your cognitive abilities through the use of memory aids such as “to-do” lists, notes, or calendars.

### Energy Metabolism

Just as every cell needs the proper nutrients to survive, so do neurons. The brain accounts for 2% of our body weight, yet uses 15% of our total energy supply. Adequate levels of energy-generating nutrients are vital to the high-powered functioning of this organ. MENTAL EDGE supports energy generation with ginkgo biloba, L-glutamine, calcium, magnesium, manganese, potassium, zinc, B-vitamins, biotin and folic acid.

### Myelin Sheath Generation

Myelin, composed of fat and protein, makes up the myelin sheath that forms a protective insulating covering around certain nerve fibers. Properly formed myelin increases nerve impulse conduction. MENTAL EDGE contains vitamins B-5 and B-12, which are needed for myelin sheath generation.



# MENTAL EDGE®: a Bio-Aligned Formula™

## Multi-System Support for Memory Symptoms\*

<b>Neurotransmitter Production</b>	L-Glutamine, L-Phenylalanine, L-Pyroglutamic Acid, Taurine, L-Tyrosine, Manganese, Vitamins B-1 & B-6, Inositol
<b>Acetylcholine Production</b>	DMAE, Phosphatidylcholine, L-Pyroglutamic Acid, Vitamin B-5, Choline
<b>Antioxidant Defense</b>	DMAE, Ginkgo Biloba, Zinc, Vitamin C
<b>Stress Response</b>	Gotu Kola, Schizandra, Siberian Ginseng, Taurine, Calcium, Magnesium, Potassium, Vitamins B-5 & C, Inositol
<b>Energy Metabolism</b>	Ginkgo Biloba, L-Glutamine, Calcium, Magnesium, Manganese, Potassium, Zinc, Vitamins B-1, B-2, B-3, B-5, B-6, & B-12, Biotin, Folic Acid
<b>Myelin Sheath Generation</b>	Vitamins B-5 and B-12

\*The term symptom as used above refers to the effects of nutrient shortages or imbalances and is not related to the diagnosis, treatment, cure, or prevention of any disease.



To learn more about Source Naturals Bio-Aligned Formulas™, visit our website, [www.sourcenaturals.com](http://www.sourcenaturals.com), or look for the Bio-Aligned Chart Book at participating health food stores.



**SOURCE NATURALS®**  
*Strategies for Wellness<sup>sm</sup>*

The above information has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.