

# Huperzine A

## Neurotransmitter Support



One of the most terrifying aspects of aging, for many, is the fear of losing one's memory and cognitive abilities. Significant research has been performed in the issue of maintaining normal mental function.

In numerous clinical trials in China, Europe, and now the U.S., Huperzine A has been shown to increase cognitive function in all ages. Primary research has focused on maintaining mental acuity for the

elderly, but positive effects for all ages have been found in both short "brain boost" functions or longer-term supplementation to support healthy mental functions.

Source Naturals is pleased to bring you HUPERZINE A, natural antioxidant and neuroprotector to support cognitive function.



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## Natural Support for Brain Function

Huperzine A is a plant alkaloid derived from the Chinese club moss plant *Huperzia serrata*. It has been found to protect neurotransmitters in the brain. Specifically, it protects acetylcholine, a messenger molecule in the central and peripheral nervous system that is strongly involved in vital functions such as cognition, concentration, and memory.

## It's All About Balance

When people have loss of brain function, insufficient messenger molecules, like the important neurotransmitter acetylcholine, remain to do their jobs. It is thought that in aging people, or people with compromised health, the enzyme acetylcholinesterase does not keep balance in the brain but instead wipes out too much acetylcholine. The brain loses function. Huperzine A is what keeps the acetylcholinesterase in check, making sure that enough messenger molecules remain at work. Huperzine A protects the messenger molecules, the acetylcholine.

## Heightened Cholinergic Function

The cholinergic function is the pathway or circuit that neurons travel to relay signals, which in turn is how memory and cognition work. Slight cholinergic deterioration plays a role in benign memory changes associated with healthy aging, but it is also a factor of more severe cognitive declines. Brain choline decreases naturally with age, however Huperzine A appears to protect the number, size and function of cholinergic neurons. It has

been shown to affect the survival and out-growth of central cholinergic neurons.

## All Ages Can Benefit

Worldwide studies have shown the efficacy of Huperzine A in memory and learning in adolescents, particularly benefiting students in scores of accumulation, recognition, association, factual memory, and recitations.

## Wellness Revolution

Age-related cognitive decline is not inevitable. Through a deeper understanding of brain chemistry, youthful functions can be maintained. Source Naturals and your natural foods outlet are pleased to bring you HUPERZINE A, an important addition to your health and well-being.

## References:

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