

# Memory Support Complex

Vital nutrients to preserve your memory as you age.

Memory Support Complex contains four naturally-occurring agents that have been shown to boost levels of the brain chemical (neurotransmitter) that is responsible for memory. This brain chemical is known as acetylcholine. As we age the brain loses the ability to synthesize optimal amounts of acetylcholine, and thus most people experience memory loss as they get older, especially after the age of 54. The severe memory loss in Alzheimer's disease, for instance, is largely a result of low brain levels of acetylcholine. Alzheimer's disease presents a special set of circumstances, however, as the build up of beta-amyloid plaque, an insoluble protein, progressively destroys brain cells. Thus, management of Alzheimer's disease requires more than simply boosting acetylcholine levels, although that is an integral feature of drug treatment for this condition.

However, from a memory preservation standpoint, the available research suggests that it is wise for individuals over the age of 54 to take a supplement that can maintain or restore optimal levels of acetylcholine on a day-to-day basis. Human clinical trials suggest that the most effective and safest ingredients to use in this regard include:

CDP-Choline, Phosphatidylserine, Bacopa Monnieri and Huperzine A – all of which are contained in Adeeva's Memory Support Complex.

Each of these natural agents has been used in human clinical trials, involving patients with a wide variety of memory loss problems, and has shown a remarkable ability to support brain acetylcholine levels and improve memory and other aspects of cognitive performance. Experimental studies indicate that some of these nutrients also improve nerve conduction, enabling better communication between brain cells to occur, and can help guard against free radical damage to the brain, another important aspect of brain anti-aging.

As memory loss is a common feature of aging, which often leads to diminished quality of life, it is highly desirable to begin taking one capsule of Memory Support Complex per day by age 55, as a means to support brain acetylcholine levels and other aspects of brain cell function. This practice should be accompanied by supplementation with the Adeeva All-In-One Multiple Vitamin and Mineral and



Nature's Essential Oils throughout all of adult life, as these two products contain additional nutrients that support brain health in other important ways.

## Clinical Applications:

Prevention of age-related memory loss after 54 yrs old
Therapy for early stage memory deficit prior to drug intervention
Improvement of memory at any age
General support for brain structure and function

## Active Ingredients

CDP-Choline	50 mg
Phosphatidylserine (50% grade)	100 mg
Huperzine A	25 mcg
Bacopa Monnieri (std to 20% Bacosides content)	50 mg

Amounts per capsule, 30 per bottle

## Contraindications & Considerations

Conditions:

- Pregnancy
- Breast Feeding (Lactation)
- Kidney Failure (Renal Failure)<sup>1</sup>
- Received a transplant of any kind<sup>1</sup>
- If kidney has been removed<sup>1</sup>
- Kidney clearance problems (e.g., dialysis)<sup>1</sup>
- Taking any drugs for Alzheimer's disease, dementia or memory loss<sup>1</sup>

<sup>1</sup>Requires approval from specialist/physician