Brain Care II Fact Sheet

Since the Millennium-TBI Centers inception in 2004, we have been providing assessment and treatment for all forms of head trauma associated with the development of post-concussion syndrome, CTE, mild TBI, symptomatic TBI, and PTSD. Our patient population consists of civilians, professional athletes, Veterans, active military, law enforcement and fire department individuals. Each has a different and unique story, but all suffer with the same or similar complaints.

In 2009, we entered the world of Translational Medicine taking incredible research from the bench to clinical application and monitored the results. Those results have been incorporated into the development of Brain Care II which is now available to consumers.

The Science behind Brain Care II

DHA – One of the major building blocks of the brain, the omega-3 fatty acid **docosahexaenoic acid (DHA)** is critical for optimal brain health and function at all ages of life. Researchers are now finding that DHA provides brain-boosting benefits in infants and aging adults. A key mechanism of DHA is the protection of neural tissue by the production of Resolvin and Protectin D1.

Tocopherol – Also known as Vitamin E (alpha, delta, and gamma) which has been found to reduce the production of inflammation by downregulating the production of the transcriptional factor NFkB responsible for signaling DNA to manufacture the inflammatory chemicals.

Ascorbic Palmitate – Unique to the different formulations of Vitamin C is this fat-soluble form which can easily enter into the blood supply feeding the brain. Once in the brain, Vitamin C is a major anti-inflammatory and free radical scavenger reducing inflammation.

Quercetin – This is a natural polyphenolic, flavonoid antioxidant and has a number of important effects on the metabolism of the brain and reduction of inflammation. First, Quercetin can increase the production of mitochondria starting within 7 days yielding a higher production of energy as ATP (adenosine tri-phosphate). This ATP is used to run cellular functions which can be perceived as clearing thoughts, more energy and loss of fogginess. Second, Quercetin downregulates the production of the transcriptional trigger for inflammation, the notorious NFkB.

N-Acetyl-Cysteine – This is the two amino acid precursor of Glutathione that functions as the front-line defense against oxidative stress in the brain. After trauma, the levels of Glutathione are reduced, through consumption and damage to the enzyme system that regenerate it, and this allows for the accumulation of free radicles. This increased Oxidative Stress, which damages neurons and alters the molecular chemistry in the brain, is the focus of this and the entire Brain Care II product.

EGCG - Epigallocatechin gallate is the active agent in Green Tea. Studies on post-stoke patients and those with dementia and Alzheimer's disease all benefited with an improvement in cognitive functioning when placed on EGCG.

How to take Brain Care II

A. Standard Protocol

Initial 2-Weeks: One teaspoon upon arising. Place in mouth and swish around for 30 seconds before swallowing. Repeat prior to dinner using one teaspoon, swish for 30 seconds and then swallow.

Subsequently: One teaspoon upon arising. Place in mouth and swish around for 30 seconds before swallowing.

B. CME Protocol w/Brain Care II

Combination: Same as the Standard Protocol except you add Clear Mind & Energy to the morning serving of Brain Care II. This can be separated by minutes making sure you swish each around the mouth for 30seconds.

1. References - DHA

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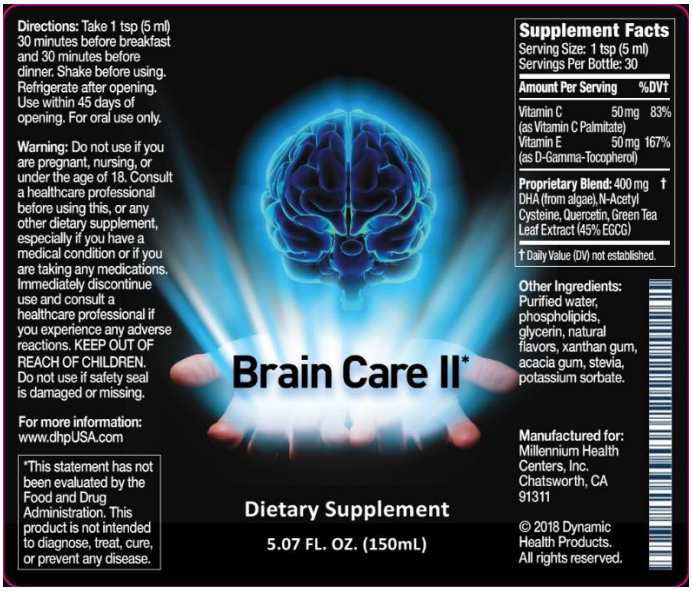

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