



Millennium Neuro-Regenerative Centers

Applying the sciences of recovery

Tri-Pak Responses

Hello Dr Mark,

I wanted to give you an update on Albert, (70 years-old with mild-moderate dementia).

It has been only 9 days since he started taking B is for brain, brain care 2, and the clear mind and energy liquids.**

I have noticed an increase in energy and a clearer mind and better focus since the second day he started taking the products.

I am hoping for greater improvement as he continues with the second round of the tri-pack.

How long should he continue taking the tri-pack and is there anything else he can add to it to boost the effect?

Thanks for all you do. Warm Regards, Betty H. **The Tri-Pak

Dr. G

It has only been 10 days since starting the Tri-Pak

I feel like a brand-new person. I have been feeling tired at 9pm and getting in bed at a decent time, but I have stayed on my phone until midnight every night. I wake up at 5am feeling refreshed and ready for the day. This is the first time in years that I have been able to consistently wake up for work on time.

I have not been depressed. I have had enough mental energy to want to work out. This is the first time in years that I have wanted to take my health/fitness seriously again. I am quitting smoking as well.

I am more focused, sharp, and exponentially more productive at work and home. Last night I even caught myself researching new certifications to test for.

AB is Veteran Marine, age 29, with blast trauma and a number of VA diagnosed neuropsychiatric issues.

Dr. G.

As an aside, I wanted to give an interim update:

Right now, I have had only one migraine since starting the protocol. (Down from several a week...HOLY SHIT!!) That migraine was on Day 9 of the protocol. I am keeping a calendar of significant events related to the protocol.

Cognition and memory improvements are substantial, obvious to myself and people who know me, but sleep has dropped to 5 hours max with 4 hours or less being average. At the start of the protocol the effects were almost immediately noticeable. The first three days were objectively amazing for me cognitively, with the sudden improvements tapering into consistent noticeable improvement, albeit at a much more relaxed pace up to this point. I am no longer using several adaptive changes I had to make to mask my deterioration, one of which was calling everyone "Bud" or "Buddy" including my children because I was not reliably remembering names or pronunciation for people I have known for decades.

Thanks, from the bottom of my heart, I cannot believe how much better things have gotten for me in just the last 23 days. Sincerely, JB Veteran, 48 years old.



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Dr. Gordon

Been one week on the Brain Care II and Clear Mind & Energy and I have to say I am already doing better. The constant headaches, brain fog, and zero energy levels have subsided quite a bit. Do not really feel as depressed and somehow, I'm sleeping better. Also, appetite has improved which is interesting (I take daily notes). Not sure what is in this stuff! I can tell there is still work to do but I'm improved.

I still feel really sore after light/moderate exercise/work and not able to recover (like I stay sore for days if not weeks). But mentally I am doing a lot better. I am actually a little shocked since I have not gotten my lab kit in the mail yet so we have not even started addressing issues that could be found with my hormones. So clearly, I was needing some element found in these products. I look forward to receiving my lab kit and continuing to improve on your protocols! LU, Veteran.