

Mindfeed contains an extraordinary amount of significant nutrients for your overall brain health and cognition.

In this section, we decided to tell you more about them and how they might help you.

Korean panax ginseng

Panax ginseng is the botanical cousin of Siberian ginseng. It is a rich source of phyto-oestrogen and the biologically active ingredients are called eleutherosides, supporting the recuperative power of the body.

As such, it is traditionally used for supporting overall health and well-being, to strengthen the immune system and to help fight off stress and disease.

Guarana extract

This is a herb that grows in the Brazilian Amazon rainforest. It contains significant amounts of guaranine (the active constituent that is virtually identical to caffeine) and has thus been used for centuries by indigenous tribes to help reduce hunger, relieve fatigue and treat obesity.

Guarana is a valuable aid for temporarily increasing energy levels. Its ability to "free" fatty acids (fat cells) into the bloodstream in order to be broken down and used up for energy makes it a natural choice for effective fat loss products.

It also has a mild diuretic effect. We use an extract form of guarana, enhancing these beneficial actions.

Bacopa monieri extract

Bacopa monieri is an adaptogen and nootropic herb that has been used in traditional medicine for longevity and cognitive enhancement. Supplementation can reduce anxiety and improve memory formation.

Bacopa monieri interacts with the dopamine and serotonergic systems, but its main mechanism concerns promoting neuron communication. It does this by enhancing the rate at which the nervous system can communicate by increasing the growth of nerve endings, also called dendrites.

Bacopa monieri is also an antioxidant.

Ginkgo leaf extract

Ginkgo leaf is often taken for memory disorders, including Alzheimer's disease. It is also used for conditions that seem to be due to reduced blood flow in the brain, especially in older people.

These conditions include memory loss, headache, ringing in the ears, vertigo, dizziness, difficulty concentrating, mood disturbances and hearing disorders. Some people use it for other problems related to poor blood flow in the body, including leg pain when walking (claudication), and Raynaud's syndrome (a painful response to cold, especially in the fingers and toes).

It is also used for disorders related to Lyme disease, chemotherapy and depression.

Silica (from bamboo)

Bamboo is packed with vitamins and essential minerals such as niacin, vitamin A, vitamin B6 and vitamin E. It is known to naturally enhance collagen production, help to detox the body and boost natural immunity. It is also often used in a health context due to its antioxidant and anti-inflammatory actions. Bamboo is also a natural source of silica (the richest known source of natural silica, containing over 70%).

Silicon (Si)

This is the second most abundant element on earth after oxygen, and a sister element of carbon. Silicon's role as an essential nutrient was not established until 1972, but it is now known to play a part in the integrity of the skin, ligaments, tendons and bone.

Although there's no NRV for silica, most nutritionists agree a daily intake is important. Our formula provides over 37mg of silica per serving.

Green tea leaf extract

Camellia tea or green tea, is a rich source of potent catechin polyphenols. Epigallocatechin gallate (EGCG), in particular, is a powerful antioxidant. Polyphenols are active compounds that have beneficial health properties.

For instance, some studies have shown green tea polyphenols to have a stronger antioxidant action than vitamin C and vitamin E - two of the most powerful antioxidants. Green tea can also support healthy weight loss, because the polyphenols are thought to induce thermogenesis and stimulate fat oxidation.

Caffeine.

Caffeine is a powerful natural stimulant found in many foods and drinks such as coffee, tea and chocolate. It has many positive actions on the brain, e.g. it can increase alertness and well-being, help concentration, improve mood and limit depression.

L-Theanine.

L-theanine is an amino acid that is found in tea leaves. It was identified in tea by Japanese scientists in 1949. While tea is the most common dietary source for L-theanine, this compound is also found in some types of mushrooms.

In foods, particularly green tea, L-theanine is thought to be a source of umami, the savoury, brothy taste. Scientists studying umami flavour have made some interesting discoveries.

Umami has been linked to decreased risk for obesity. It may stimulate metabolism, and may boost sensations of fullness and lengthen the time before hunger returns after eating. L-theanine promotes relaxation and facilitates sleep by boosting levels of GABA serotonin and dopamine.

These chemicals are known as neurotransmitters, and they work in the brain to regulate emotions, mood, concentration, alertness, and sleep, as well as appetite, energy, and other cognitive skills. Increasing levels of these calming brain chemicals promotes relaxation and can help with sleep.

At the same time it is increasing chemicals that promote feelings of calm.

L-theanine also reduces levels of chemicals in the brain that are linked to stress and anxiety. This may also be a way that L-theanine can protect brain cells against stress and age-related damage.

L-theanine also enhances alpha brain waves. Alpha brain waves are associated with a state of “wakeful relaxation.” That’s the state of mind you experience when meditating, being creative, or letting your mind wander in daydreaming. Alpha waves are also present during REM sleep.

L-theanine appears to trigger the release of alpha-waves, which enhances relaxation, focus, and creativity. One of the appealing aspects of L-theanine is that it works to relax without sedating.

That can make L-theanine a good choice for people who are looking to enhance their “wakeful relaxation,” without worrying about becoming sleepy and fatigued during the day.

L-Tyrosine

This is an amino acid, as well as a precursor of several important neurotransmitters, including l-dopa, dopamine, norepinephrine, and epinephrine. These are important contributors to mood, cognitive performance as well as combating stress. L-tyrosine is also a precursor to the thyroid hormone, thyroxine (also known as T4) and supplementation may have a positive effect on thyroid hormone levels which help to contribute to an increased metabolic rate.

N-Acetyl L-Carnitine

Acetyl-L-Carnitine (ALCAR, ALC or LAC) is a synthesized version of L-Carnitine, which is a derivative of the amino acids lysine and methionine. ALCAR is more bioavailable than L-Carnitine, because it easily crosses the blood-brain barrier and delivers L-Carnitine across cell membranes (which it would not be able to cross on its own).

L-Carnitine is naturally made in your liver and kidneys, and then transported to other tissues including your brain and heart. ALCAR helps brain energy metabolism and it helps the transport of fatty acids into mitochondria where they are needed for energy metabolism.

It also helps to fuel your cells “power plants” and this in turn can boost physical and mental energy.

ALCAR is a necessary ingredient for acetylcholine formation and important neurotransmitter. This boosts memory, mental alertness and fluid thought.

Acetyl-L-Carnitine provides neuroprotective qualities, boosts Brain-Derived Neurotrophic Factor (BDNF), and promotes cerebral blood circulation.

Rosemary leaf extract.

Scientists have found that rosemary is beneficial for the brain. It contains an ingredient called carnosic acid, which can fight off damage by free radicals in this vital organ.

Studies have identified that rosemary is also useful for people who have experienced a stroke. This is because it appears to be protective against brain damage and supports recovery. Other studies have suggested that rosemary may significantly help prevent brain ageing.

Docosahexaenoic acid (DHA)

DHA is an omega-3 fatty acid that is abundant in oily fish and forms a primary structural component of the human brain, cerebral cortex, skin, and retina.

It is also instrumental in the function of brain cell membranes, which are important for the transmission of brain signals.

DHA is essential for normal brain and eye development. DHA deficiencies have been linked to depression, dementia, mood changes, attention deficit hyperactivity disorder (ADHD), memory loss and visual problems.

Choline and phosphatidylcholine.

Choline is a water-soluble nutrient. It is usually grouped within the B-complex vitamins. Humans cannot produce choline, and therefore must source it through their diet.

Choline contributes to normal lipid metabolism. Lipids are fat-like substances found in your blood and body tissues.

Phosphatidylcholines (PC) are a class of phospholipids that incorporate choline as a headgroup. The synthesis of the neurotransmitter acetylcholine (ACh) is largely dependent on the choline provided by phosphatidylcholine. ACh is critical for cognition, learning and memory.

Cinnamon extract.

Cinnamon may delay or reverse cognitive impairment. A study in rats found that cinnamon improved cognition and reduced oxidation in the brain. It may also be beneficial for Parkinson's patients. A mouse study found that cinnamon protected dopamine production systems and improved motor function in Parkinson's disease.

Turmeric root (with curcuminoids)

Curcumin is the main bioactive compound in turmeric. It is responsible for turmeric's brilliant gold colour and most of its impressive health benefits. But curcumin really shines as a brain health enhancer and protector. Curcumin can lift your mood, tame stress and anxiety, and help to protect your brain against ageing and neurodegenerative disease. It is naturally anti-inflammatory, antioxidant, antiviral, antibacterial and antifungal.

Vitamin B3 (niacin):

Niacin, also known as nicotinic acid, is an organic compound and a form of vitamin B3 - an essential human nutrient. It contributes to normal psychological function, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal mucous membranes, the maintenance of normal skin and the reduction of tiredness and fatigue.

Phosphatidyl serine.

PS is a phospholipid and is a component of the cell membrane. It plays a key role in cell cycle signalling, specifically in relationship to apoptosis (the death of cells which occurs as a normal and controlled part of an organism's growth or development).

Vitamin B5 (pantothenic acid)

PA contributes to normal energy-yielding metabolism, normal mental performance, normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters, and the reduction of tiredness and fatigue.

Black pepper

Black pepper may help to forestall brain ageing and help prevent Alzheimer's disease, according to a study published in a 2012 "Journal of Alzheimer's Disease."

In the animal study, elderly dogs consumed a daily supplement that contained a combination of turmeric, green tea, N-acetyl cysteine, alpha-lipoic acid and black pepper for three months. Results showed improvement in spatial attention.

Zinc

Zinc contributes to normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal cognitive function, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal bones, the maintenance of normal hair, nails and skin, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision, the normal function of the immune system, the protection of cells from oxidative stress and it has a role in the process of cell division.

Vitamin B12 (cyanocobalamin).

Vitamin B12 contributes to normal energy-yielding metabolism, normal functioning of the nervous system, normal homocysteine metabolism, normal psychological function, normal red blood cell formation, normal function of the immune system, the reduction of tiredness and fatigue and it has a role in the process of cell division.

Folic acid

Folic acid contributes to normal psychological function, the normal function of the immune system, the reduction of tiredness and fatigue, normal homocysteine metabolism, normal amino acid synthesis, normal blood formation, the process of cell division and maternal tissue growth during pregnancy. Iodine:

Iodine

This mineral contributes to normal energy-yielding metabolism, the normal production of thyroid hormones and normal thyroid function.