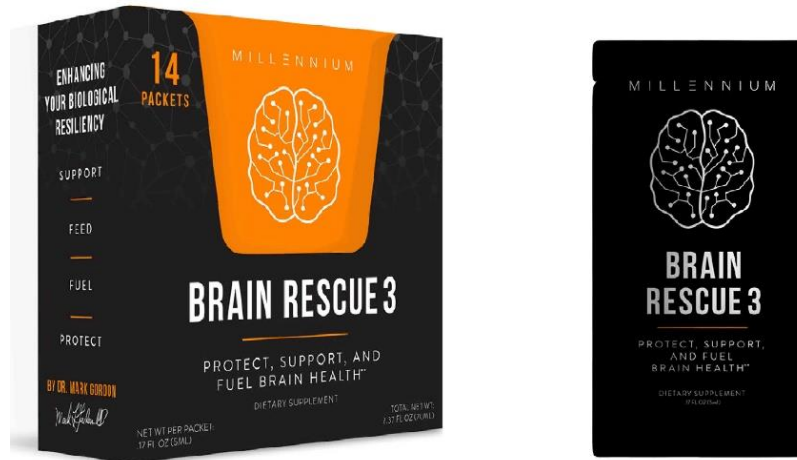




MILLENNIUM

## Brain Rescue 3



**Brain Rescue 3 is a blend of Clear Mind & Energy, Brain Care II, and B is for Brain** which has been sold in the past as the **Tri-Pak**.

**Brain Care II:** Addresses brain Inflammation.

Composition:

**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. 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 Resolvins 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 inflammatory chemicals - Cytokines.

**Ascorbic Palmitate** – Unique to the different formulations of Vitamin C is this fat-soluble form which can easily enter the blood supply feeding the brain. Once in the brain, Vitamin C is a major anti-inflammatory and free radical scavenger product that reduces inflammation. Vitamin C also increases the enzyme, Glutathione synthetase, that helps to make more brain and liver Glutathione that protects the brain and helps detox from alcohol.

**Quercetin** – This is a natural polyphenolic, flavonoid antioxidant and has several 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 triphosphate). This ATP is used to run cellular functions which can be perceived as clearing thoughts, more

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energy and loss of foggiess. Second, Quercetin downregulates the production of the transcriptional trigger for inflammation, the notorious NFkB.

**Glutathione** – 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 the Brain Care II product.

**EGCG** - Epigallocatechin gallate is the active agent in Green Tea. Studies on post-stroke patients and those with dementia and Alzheimer’s disease all benefited with an improvement in cognitive functioning when placed on EGCG due to its neuroprotection.

## **B is for Brain: Fueling the brain to optimize functioning.**

Composition:

**PQQ** - (Pyrroloquinoline quinone) is a compound known to influence multiple cellular pathways, including the production of nerve growth factor (NGF). By protecting neurons and stimulating nerve growth in the brain, PQQ also supports cognitive performance, including memory and attention. Additional benefits of PQQ are its ability to remove free radicals and lower oxidative stress, increase production of ATP, and to stimulate the production of Mitochondria.

**Vitamin CoQ10** – (Ubiquinone) It is a component of the electron transport chain and participates in aerobic cellular respiration, which generates energy in the form of ATP. Ninety-five percent of the human body's energy is generated this way. Organs with the highest energy requirements— such as the brain, heart, liver, and kidney—have the highest concentrations. The more energy produced the better and clearer the brain functions.

**Vitamin B1** – (Thiamine) is important for production of neurotransmitters, memory, mental clarity, cognition, and steady gait. Vitamin B1 is important for production of energy from carbohydrates. Vitamin B1 can treat symptoms associated with Wernicke-Korsakoff syndrome and reduce oxidative stress.

**Vitamin B2** – (Riboflavin) deficiency is associated with neurodegeneration, peripheral neuropathy, loss of thyroid (T4) metabolism with personality changes. Vitamin B2 might also protect the eyes from Cataracts.

**Vitamin B5** – (Pantothenic acid) functions as the required precursor of coenzyme A (CoA), through which it plays key roles in multiple biological processes, including many that regulate carbohydrate, lipid, protein, and nucleic acid metabolism. Acetyl-CoA is necessary for synthesis of the complex fatty-acyl chains of myelin, and of the neurotransmitter acetyl- choline all for brain functioning.

**Vitamin B12** – (Methyl-Cobalamin) deficiency express itself by a wide variety of hematological, neurological, psychiatric, gastrointestinal, and skin disorders. Nervous system disorders, such as brain atrophy, myelopathy, and neuropathy, are often the earliest and, in some cases, the only clinical symptoms of vitamin B12 deficiency. Ongoing research suggested that the imbalance of cytokines and growth factors may be essential to the pathogenesis of the white matter lesions and thus neuropathy due to cobalamin deficiency.



## **Clear Mind & Energy:** Removing fogginess and improving clarity with energy.

Composition:

**Rhodiola Rosea** - Used to stimulate the nervous system, enhance physical and mental performance, treat fatigue, psychological stress and depression.

**Guarana** – Has been found to have neuroprotective qualities against oxidative stress, as well as mood elevation and cognitive performance. It improves fatigue in cancer patients, and improves sleep quality, anxiety, and **depression** symptoms.

**Vitamin B12** – (Methyl-Cobalamin) deficiency express itself by a wide variety of hematological, neurological, psychiatric, gastrointestinal, and skin disorders. Nervous system disorders, such as brain atrophy, myelopathy, and neuropathy, are often the earliest and, in some cases, the only clinical symptoms of vitamin B12 deficiency. Ongoing research suggested that the imbalance of cytokines and growth factors may be essential to the pathogenesis of the white matter lesions and thus neuropathy due to cobalamin deficiency.

**Hesperidin** - Can effectively protect neurons from damages induced by oxidative or nitrosative stress. Moreover, it enhances cognitive functions through elevating brain derived neurotrophic factor (BDNF) and reversing the disruptive effect of global cerebral ischemia/reperfusion (I/R) injury which can cause cognitive deficits, excitotoxicity, neuroinflammation, oxidative stress and brain edema.

**Lepidium meyenii (Maca)** - Maca has been demonstrated to possess multiple biological properties, such as anti-fatigue, improving sexual performance, and neuroprotective activities possibly due to its improvement in mitochondrial function (oxidative phosphorylation to make ATP).

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

**Use instructions are on the side of each product.** Our most common patient protocol is Brain Rescue 3 pre-breakfast and DHEA (15mg – 50mg), Pregnenolone (50mg – 100mg) and Vitamin D3(125mcg – 250mcg) 15-30 min after dinner. It is always highly recommended that you consult with your physician before starting any supplements or medications.

To purchase:

**Brain Care 3, Brain Care 2, Clear Mind & Energy, Brain Care II, and B is for Brain** are available at [www.MillenniumHealthStore.com](http://www.MillenniumHealthStore.com) . When you open an account or if you already have one, make sure that you check the box  *“Keep me up to date on exclusive offers and discount codes”* this will allow any discount code to work.