



The Tri-Pak for Brain Health*

INTRODUCING
The Tri-Pak for Brain Health*

Place your order through Shopify at www.MillenniumHealthStore.com
Proceeds from sales go to support our Veterans' with TBI/PTSD Programs.

A total of **16** different components blended into **3** unique brain health products.

Brain Care II:
(BC2) Protecting the brain from Inflammation*

Composition:
 DHA
 Tocopherol
 Ascorbic Palmitate
 Quercetin
 N-Acetyl-Cysteine
 EGCG

Clear Mind & Energy:
(CME) Stimulate the brain to its full potential*

Composition:
 Lepidium meyenii (Maca)
 Guarana
 Rhodiola rosea
 Quercetin
 Vitamin B12
 EGCG

B is for Brain:
(B4B) Fueling the brain to optimize functioning

Composition:
 PQQ
 Vitamin CoQ10
 Vitamin B1
 Vitamin B2
 Vitamin B5
 Vitamin B12

Most common combinations:

1. Pre-breakfast: 1 teaspoon of CME and one teaspoon BC2.
 2. Pre-breakfast: 1 teaspoon of BC2 and one teaspoon B4B.
 3. Pre-breakfast: 1 teaspoon of CME, 1 teaspoon BC2, and 1/2 to 1 teaspoon of B4B.
- Note: Any ONE of these combinations can be mixed in 4oz(120cl) of water or carbonated water and then consumed. We have found that the on-set of effects is faster.

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For more product information please visit www.dhpUSA.com
 To learn about our Brain Health Programs please visit www.TBIHelpNow.org

A total of 16 different components blended into three unique brain health products.



Brain Care II: Protecting the brain from Inflammation*.

Over-view: Brain Care II (BC2) was developed over the past 16 years, initially using powdered forms of the supplements. Once the most effective combination of these supplements was achieved it was developed into a liposomal product for enhanced absorption. When BC2 was launched in May 2019, active military medics were our test subjects who responded with a 50-70% improvement in 90 days.

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 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.



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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. Vitamin C also increases the enzyme, Glutathione synthetase, that helps to make more brain and liver Glutathione that protects the brain and also helps detox from alcohol.

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 triphosphate). This ATP is used to run cellular functions which can be perceived as clearing thoughts, more energy and loss of foginess. 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-stroke patients and those with dementia and Alzheimer's disease all benefited with an improvement in cognitive functioning when placed on EGCG.

Dosing: As a stand-alone product: one teaspoon pre-breakfast and one teaspoon pre-dinner for two weeks and then just one teaspoon pre-breakfast. (30min prior)



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Clear Mind & Energy: Stimulate the brain to its full potential*.

Over-view: Released in March 2017, to the Navy SEALs, after 8 years of development and testing, CME provides mental clarity, focus, and greater endurance under stress. To date we have not had anyone state they had a “Crash” as with the energy drinks.

Composition:

Lepidium meyenii (Maca) - Also known as Peruvian ginseng. Scientific evidence showed that maca has nutritional, energizer, and fertility-enhancer properties, and it acts on sexual dysfunctions, osteoporosis, benign prostatic hyperplasia, memory, and learning, and protects skin against ultraviolet radiation.

Guarana – In the article, improved cognitive performance in human volunteers following administration of guarana (*Paullinia cupana*) extract, the researchers stated, “Given the low caffeine content of the dose (6-9mg) these results provide the first demonstration in humans of the psychoactive effects of guarana. Noted was the improvement in task performance throughout the day.

Rhodiola rosea – The ability of Rhodiola to enhance memory and mental energy has been found to be due to its ability to increase the neurotransmitter Acetylcholine by decreasing its destruction by the enzyme acetylcholine esterase.

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 triphosphate). 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.

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.

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.

Dosing: As a stand-alone product: one teaspoon pre-breakfast only. (30min prior) If an additional dose is needed, we suggest one-half of a teaspoon to avoid any effect on sleep.



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



Over-view: The composition of B is for Brain(B4B) was partially derived from the observation that B complex with PQQ and Co-Q10, cleared the minds of Veterans with blast related cognitive decline, memory loss, and foggy thoughts. Additionally, recent articles supported the mental benefits of many of the lesser used vitamins that we have incorporated into making B4B.

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.

Dosing: As a stand-alone product: one teaspoon pre-breakfast only. (30min prior)



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Most common combinations:

1. Pre-breakfast (30min prior): one teaspoon of CME and one teaspoon BC2.
2. Pre-breakfast (30min prior): one teaspoon of BC2 and one teaspoon B4B.
3. Pre-breakfast (30min prior): one teaspoon of CME, one teaspoon BC2, and ½ to 1 teaspoon of B4B.

Note: Any **ONE** of these combinations can be mixed in 4oz(120cc) of water or carbonated water, apple juice, cranberry juice, and then consumed. We have found that the on-set of effects is faster.

Augmented protocol

1. Add pre-dinner: One teaspoon of Brain Care II.

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