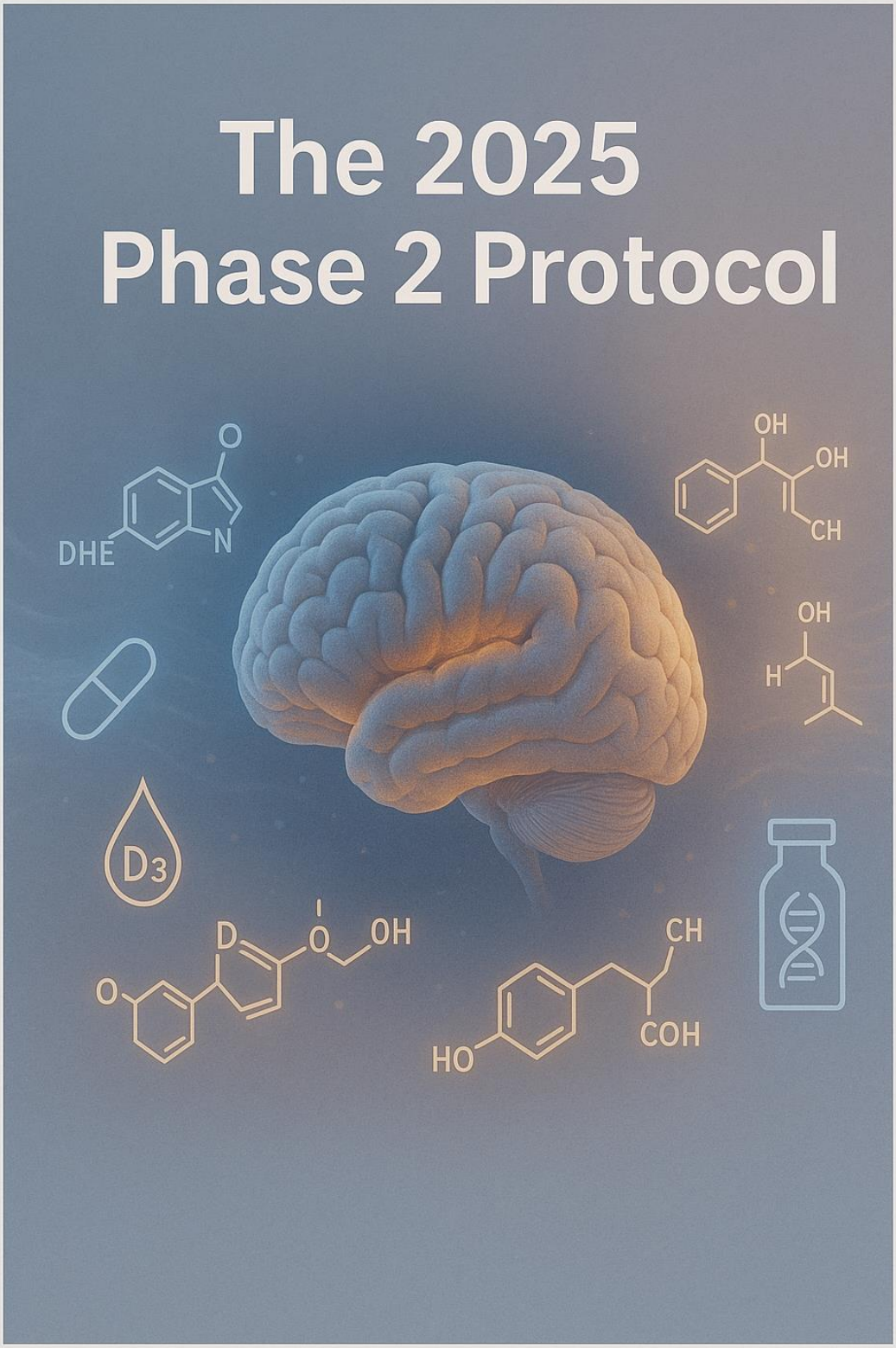
The 2025 Phase 2 Protocol



Phase 2 Protocol: Instruction Sheet - 2025

Product	**Dosing**	**Timing**
Brain Rescue 3 or 1	1 sachet	Breakfast
Brain Care 2 (OPT)	1 sachet	Pre-dinner **for 4 weeks**
Vitamin D	125 to 250mcg	15-30 min After Dinner
DHEA	15 – 50mg	15-30 min After Dinner
Pregnenolone	30 – 100mg	15-30 min After Dinner
NeuroShield	10 cc (2 teaspoons)	At bedtime

Introduction

The purpose of the Phase 2 Protocol (P2P) is to address the underlying biological dysfunctions contributing to neuroinflammation and neuropsychiatric symptoms through a targeted, biomarker-guided approach. This protocol focuses on modulating the neuroimmune axis, restoring neurosteroid balance, and supporting mitochondrial and synaptic function to facilitate brain repair and emotional regulation. We recommend up to 90 days on this protocol at which time you need to self-access for improvement. If you have achieved at least a 50% improvement continue on the protocol for another 3 – 6 months before considering taking a break. If you do not achieve at least a 50% improvement by 90 days, you need to have the 28-point biomarker panel run to find out which of your markers is insufficient or deficient. Also, one must understand that certain life-style choices like alcohol, drugs, and certain medication can impede your improvement. If you are on any medication or are under professional medical care, please clear the P2P with your treating physician.

Specifically, the protocol is designed to:

Reduce Neuroinflammation: Chronic neuroinflammation is a hallmark of traumatic brain injury (TBI), post-traumatic stress disorder (PTSD), depression, and cognitive impairment. Elevated cytokines such as IL-1β, IL-6, TNF-α, and interferon-γ promote glial activation, oxidative stress, and neuronal injury. The supplements in this phase work synergistically to inhibit pro-inflammatory pathways (e.g., NF-κB, COX-2) and restore a balanced neuroimmune environment.

Rebalance Neuroendocrine Function: Trauma, stress, and chronic illness disrupt the hypothalamic-pituitary-adrenal (HPA) axis and suppress the production of critical neurosteroids such as pregnenolone, DHEA, and allopregnanolone. These hormones are essential for synaptic plasticity, memory consolidation, stress adaptation, and emotional regulation. By restoring these hormones to optimal levels, the protocol improves brain resilience and neurochemical homeostasis.

Enhance Mitochondrial and Synaptic Function: Mitochondria are the powerhouses of neurons and play a pivotal role in cognition, mood, and neural regeneration. Mitochondrial dysfunction—often driven by oxidative stress and inflammatory damage—leads to reduced energy availability, impaired

neurotransmission, and brain fatigue. The inclusion of mitochondrial cofactors, lipid-based nutrients, and antioxidants in this protocol helps to re-energize neuronal circuits and promote neuroplasticity.

Improve Neuropsychiatric Symptoms: This protocol is designed to improve the range of neuropsychiatric symptoms by addressing core imbalances in neurotransmission, neuroinflammation, and neuroendocrine regulation. For individuals experiencing depression and anxiety, the protocol works by modulating both GABAergic and glutamatergic signaling pathways, increasing levels of brain-derived neurotrophic factor (BDNF), and replenishing essential neurosteroids such as allopregnanolone and DHEA. These actions help stabilize mood, reduce central nervous system hyperexcitability, and restore emotional balance.

In cases of cognitive decline and persistent brain fog, the protocol enhances synaptic signaling and neurogenesis while reducing inflammatory cytokines that impair neuronal communication. The result is improved clarity of thought, sharper memory, better processing speed, and restoration of executive function.

For those suffering from PTSD and emotional dysregulation, the strategic supplementation of neurosteroids—particularly DHEA and pregnenolone—plays a critical role in strengthening the brain's resilience to stress and trauma. These compounds support the regulation of fear responses and emotional processing by modulating the limbic system and rebalancing the hypothalamic-pituitary-adrenal (HPA) axis, leading to greater emotional stability and reduced reactivity to stressors.

Support Overnight Neurorepair and Recovery: NeuroShield is specifically timed for nighttime use to enhance lipid-mediated brain repair during sleep, when glymphatic clearance, memory consolidation, and hormonal restoration peak.

In summary, this protocol is not merely symptomatic relief—it is a systems-level strategy to restore brain health by targeting the root biochemical and hormonal imbalances that underlie neuropsychiatric suffering.

1. Brain Rescue 3 or Brain Rescue 1 (see Discussion)

Dosage: 1 sachet with **Breakfast**

Mechanism of Action:
Brain Rescue formulas are advanced, neuroregenerative supplements containing a blend of micronutrients, mitochondrial cofactors (such as CoQ10, NAD precursors, and PQQ), and brain-targeted antioxidants. These ingredients:

- Improve mitochondrial function and energy production in neurons
- Decrease oxidative stress and lipid peroxidation
- Support neuroplasticity and neurotransmitter synthesis
- Modulate inflammatory cytokines such as IL-6, TNF-α, and IL-1β

Clinical Benefit:
Reduces fatigue, improves mood and mental clarity, enhances synaptic function, and counters neuroinflammation associated with TBI, PTSD, and neurodegenerative disorders.

2. Brain Care 2

Dosage: 1 sachet 30 minutes **before Dinner**, for 4 weeks

Mechanism of Action:
Brain Care 2 is a transitional neuro-optimization formula designed to bridge mitochondrial support with neurosteroid rebalancing during critical phases of repair. It contains an advanced blend of neuroprotective agents, anti-inflammatory nutraceuticals, and metabolic enhancers that synergize with the Phase 2 protocol.

Key ingredients support:

- Enhanced mitochondrial respiration and ATP generation
- Modulation of NF-κB and reduction of reactive oxygen species (ROS)
- Protection of neuronal membranes and promotion of phospholipid turnover
- Support for neurotrophic pathways (e.g., BDNF, NGF) involved in synaptic regeneration

Clinical Benefit:
Used pre-dinner to align with the body's circadian rhythms and evening hormone synthesis, Brain Care 2 provides essential co-factors that prime the brain for overnight neurorepair. The four-week introduction period is intended to stabilize foundational neurochemical pathways before progressing into deeper neuroendocrine interventions. Patients often report reduced mental fatigue, improved stress tolerance, and a smoother emotional baseline during this phase.

3. Vitamin D3

Dosage: 125–250 mcg (5000–10,000 IU) taken **15–30 minutes after Dinner**

Mechanism of Action:
Vitamin D is a secosteroid hormone with immunomodulatory and neuroprotective properties. In the brain, it:

- Downregulates pro-inflammatory cytokines (IL-1β, TNF-α)
- Upregulates anti-inflammatory IL-10 and neurotrophic factors like NGF and GDNF
- Modulates serotonin synthesis and mood regulation pathways
- Protects blood-brain barrier (BBB) integrity

Clinical Benefit:
Supports emotional stability, reduces neuroinflammation, improves sleep quality, and helps mitigate depression and anxiety symptoms in neuropsychiatric conditions.

4. DHEA (Dehydroepiandrosterone)

Dosage: 15–50 mg taken **15–30 minutes after Dinner**

Mechanism of Action:
DHEA is a neuroactive steroid that acts both centrally and peripherally. It:

- Converts into androgens and estrogens in neural tissues
- Inhibits NF-κB signaling, reducing pro-inflammatory cytokines

- Enhances BDNF (brain-derived neurotrophic factor) expression
- Protects against excitotoxicity and oxidative stress

Clinical Benefit:
Improves resilience to stress, elevates mood, supports memory formation, and reduces neuroinflammatory processes contributing to PTSD, depression, and cognitive impairment.

5. Pregnenolone

Dosage: 30–100 mg taken **15–30 minutes after Dinner**

Mechanism of Action:
Pregnenolone is the "parent" neurosteroid from which all other steroid hormones are synthesized. In the CNS, it:

- Enhances myelination and synaptic repair
- Modulates GABAergic and NMDA receptor function
- Suppresses pro-inflammatory cytokines and glial activation
- Increases allopregnanolone levels, a powerful anti-anxiety and anti-inflammatory neurosteroid

Clinical Benefit:
Improves executive function, reduces anxiety and depressive symptoms, supports cognitive restoration, and protects against neurodegeneration by calming glial hyperactivation.

6. NeuroShield

Dosage: 10 cc (2 teaspoons) taken **at Bedtime**

Mechanism of Action:
NeuroShield is a lipid-based neuroimmune formula rich in omega-3s (EPA/DHA), phospholipids, tocotrienols, and brain-supportive compounds such as curcumin and resveratrol. It:

- Replenishes lipid membranes essential for neuronal signaling
- Inhibits COX-2 and 5-LOX inflammatory enzymes
- Reduces microglial activation
- Enhances sleep-related neurorepair via anti-inflammatory lipid mediators

Clinical Benefit:
Improves sleep architecture, calms nighttime neuroinflammation, and accelerates overnight neuroregeneration. Also improves emotional regulation and reduces morning brain fog.

Additional Notes for Patients

- **Hydration is essential** for optimal absorption and mitochondrial performance—aim for 64–80 oz of water per day.
- **Routine laboratory monitoring** of hormone levels and inflammatory markers is advised to tailor dosage appropriately.
- **Report any side effects** such as insomnia, agitation, or mood shifts, especially when initiating neurosteroid therapy.

<u>Obtain the MPQ Form</u> (Monthly Program Questionnaire)

If you start the P2P, please go to www.tbihelpnow.org/services and download the MPQ Form. You will fill this out every 30 days that you are on the P2P and send it to the email address listed on the form. Make sure you fill out all entry lines with your name, the date, and all the answers to the questions. If you provide 3-4 MPQs before coming into the complete program you will be gifted with a Client Discount code.

Discussion

The decision to use either Brain Rescue 3 (BR3) or Brain Rescue 1 (BR1), is based upon a sensitivity to the product Clear Mind & Energy (CME). In those individuals that are sensitive to plant-based stimulants and/or prone to anxiety, using BR1 can minimize this from occurring.

If you need to enroll in the complete program, please go to: www.TBIMEDLEGAL.com and fill out a request for enrollment form. If you are in the USA please use the **USA Patient Enrollment Request** everyone else please use the **International Registry**.

Discount Code during your 90-360 days on the P2P: **Phase2P**

Full Link: https://millenniumhealthstore.com/discount/Phase2P

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