

MILLENNIUM
BRAIN RESCUE 3™

Protect, Support, and Fuel Brain Health*



Supports
Brain Health
& Resilience



Boosts Mental
Energy & Clarity



Helps Combat
Brain
Inflammation



Enhances
Neuroprotection
& Recovery



Brain Rescue 3™ (BR3)

The Core Neuro-Optimization Formula of the Millennium Protocol

2026 Clinical Edition

For over two decades, Millennium Health Centers has focused on one central question:

What happens to the brain after trauma, inflammation, metabolic stress, or hormonal disruption, and how can we restore optimal function?

Brain Rescue 3™ (BR3) is the flagship formulation developed from that work.

It is not a single-ingredient supplement. It is a **systems-based neuro-support formula** built around the same biological principles used in the Millennium 28-Point Biomarker Panel and the Millennium Protocol.

BR3 integrates three targeted formulations:

- **Brain Care II™ (BC2)** – Neuroinflammatory and oxidative stress support
- **B is for Brain™ (B4B)** – Mitochondrial and cellular energy optimization
- **Clear Mind & Energy™ (CME)** – Cognitive clarity and adaptive performance support

Together, they address the three most common patterns observed in individuals experiencing cognitive decline, brain trauma, fatigue, mood instability, or mental fog:

1. Neuroinflammation
2. Mitochondrial dysfunction
3. Impaired neurotransmitter and energy metabolism

The Millennium Philosophy: Optimization, Not Just “Normal”

Most laboratory reference ranges are designed to detect disease. They are not designed to define optimal performance.

Through clinical observation beginning in 2004—particularly in veterans and professional athletes with brain trauma—Millennium Health Centers observed that cognitive, psychological, and physical improvements were most consistent when biomarkers were supported toward the **2nd–3rd quartile of healthy young adult physiology (ages 25–35)**.

Brain Rescue 3™ was formulated to complement this optimization philosophy by supporting:

- Balanced inflammatory signaling
- Cellular redox control
- ATP production
- Neurotransmitter synthesis
- Brain membrane integrity
- Stress resilience

Brain Care II™ (BC2)

Supporting Neuroinflammatory Balance & Oxidative Defense

Inflammation in the brain is not always visible on imaging, but its biochemical effects can alter cognition, mood, and clarity. After trauma—whether concussive, subconcussive, infectious, toxic, or metabolic—the brain often shows increased oxidative stress and inflammatory signaling.

BC2 was designed to support these pathways.

Key Components:

Docosahexaenoic Acid (DHA): DHA is a structural omega-3 fatty acid and a major component of neuronal membranes. It supports membrane fluidity and contributes to the formation of specialized pro-resolving mediators such as resolvins and protectins, which assist the body's natural inflammatory resolution pathways.

Mixed Tocopherols (Vitamin E Complex): Supports membrane stability and healthy redox balance. Vitamin E plays a role in protecting lipid-rich neural tissues from oxidative stress.

Ascorbyl Palmitate: A fat-soluble form of vitamin C that can integrate into lipid membranes. Vitamin C supports antioxidant recycling and contributes to glutathione regeneration.

Quercetin: A polyphenolic flavonoid studied for supporting mitochondrial biogenesis and modulating inflammatory transcription pathways. It also supports cellular antioxidant defenses.

Glutathione Support: Glutathione is the brain's primary intracellular antioxidant. Trauma and stress can deplete glutathione reserves. Supporting this pathway assists cellular resilience.

EGCG (Green Tea Extract): A catechin studied for its antioxidant and neuroprotective properties and its ability to support healthy cellular signaling.

Together, BC2 supports the biochemical environment required for neuronal stability.

B is for Brain™ (B4B)

Mitochondrial Performance & Energy Production

The brain consumes approximately 20% of the body's energy at rest. When mitochondrial function declines, symptoms often include:

- Brain fog
- Fatigue
- Reduced mental stamina
- Slower processing speed

B4B was designed to support mitochondrial efficiency and neurotransmitter production.

Key Components:

PQQ (Pyrroloquinoline Quinone): Studied for its role in mitochondrial biogenesis, the creation of new mitochondria, and cellular resilience.

CoQ10 (Ubiquinone): A central component of the electron transport chain responsible for ATP generation. ATP is the energy currency of the brain.

Vitamin B1 (Thiamine): Supports carbohydrate metabolism and neurotransmitter production. Essential for cognitive clarity and neural signaling.

Vitamin B2 (Riboflavin): Critical for mitochondrial redox reactions and energy metabolism.

Vitamin B5 (Pantothenic Acid): Required for Coenzyme A production and acetylcholine synthesis, key for memory and focus.

Vitamin B12 (Methylcobalamin): Supports methylation, white matter integrity, and neurological function.

B4B provides foundational metabolic support for optimal brain performance.

Clear Mind & Energy™ (CME)

Mental Clarity, Focus & Stress Adaptation

Cognitive performance is influenced not only by inflammation and energy production, but also by adaptive stress response and neurotransmitter tone.

CME was developed to support mental resilience and clarity.

Key Components:

Rhodiola rosea: An adaptogenic botanical traditionally used to support physical endurance and mental stamina under stress.

Guarana: Contains naturally occurring compounds that support alertness and cognitive performance.

Hesperidin: A flavonoid studied for antioxidant support and potential influence on neurotrophic signaling pathways such as BDNF.

Lepidium meyenii (Maca): Traditionally used for stamina and metabolic support; studied for mitochondrial effects.

EGCG: Further supports antioxidant balance and neuroprotective signaling.

Clinical Context & Real-World Use

Brain Rescue 3™ evolved from clinical application within the Millennium Protocol, including:

- Veterans with traumatic and subconcussive brain injuries
- Professional athletes with repetitive head trauma
- Individuals experiencing cognitive decline and mental fatigue
- Patients with inflammatory and metabolic stress patterns

In 2020, study with U.S. Marines evaluated the integration of complementary approaches in individuals with brain trauma. Additional information is available at: www.TBIHelpNow.org/the-science

More Than a Product — A Mission

Each purchase from www.MillenniumHealthStore.com, helps fund programs providing financial and product support to Veterans, Active-Duty service members, 1st Responders, and now the Children of Veterans.

This is part of a larger commitment to restoring neurological health at the systems level.

A Message from the Medical Director

Brain Rescue 3™ represents over twenty years of clinical observation, biochemical pattern recognition, and neuroendocrine research.

Our goal has never been symptom suppression.

Our focus has always been **biological restoration and optimization.**

When inflammatory signaling is balanced, mitochondrial energy is supported, and nutrient pathways are restored toward optimal ranges, cognitive clarity and resilience often follow.

Thank you for your continued trust and support.

Mark L. Gordon, MD

Medical Director

Millennium Health Centers, Inc.

Magnolia, Texas