

Brain Health Support Protocol



Clinical Protocol to Support Cognitive Function and Brain Health



Healthy Brain Function

Supporting brain health through targeted nutrition and supplementation may serve as an effective strategy against cognitive impairment, neurodegeneration as well as daily focus and mental clarity.

Dietary and lifestyle interventions should include strategies for maximizing tissue viability, managing inflammation, providing building blocks for crucial structural components, facilitating neuronal energy production, promoting neuroplasticity, and supporting neurological activity.

Additionally, implementing evidence-based lifestyle interventions, such as sleep hygiene practices, physical activity, and stress management techniques, provides a more holistic and well-rounded approach to optimizing brain function and health.

This clinical protocol is designed to promote brain health and cognitive function through evidence-based dietary, lifestyle, and nutritional and supplement recommendations.

Diagnostic Biomarkers and Clinical Indicators of Brain Health

Clinical evaluation includes a thorough history and physical examination. Depending on initial signs and symptoms, the evaluation may be referred to a Neurologist or other specialty provider for a more comprehensive evaluation and treatment options.

Therapeutic Diet and Nutritional Considerations

- A Mediterranean or low-glycemic dietary approach, avoiding refined sugars and inflammatory foods²
- Consume adequate polyunsaturated (PUFAs) and monounsaturated fats (MUFAs) from sources such as cold-water fatty fish (salmon, sardines, mackerel), nuts (walnuts, almonds, pistachios), olive oil, and avocado
- Achieve Adequate Intake (AI) of choline (550 mg per day for men; 425 mg per day for women) through choline-rich foods such as liver and egg yolk

Lifestyle Interventions

- Stress management through techniques such as meditation, breath work, and/or biofeedback
- Optimal sleep hygiene practices
- Cardiovascular exercise at appropriate intensity per patient fitness level, as exercise has been shown to increase serum levels of BDNF³

Please consult with and discuss with your medical provider before considering this or any other treatment options. A Prolistic Medical provider is also available to diagnose and discuss your treatment options.

PRIMARY SUPPORT

Brain Vitale™ \$38 (30 day supply)

Dose	2 capsules per day
Duration	Ongoing
Formula Highlights	Brain Vitale™ is a unique formulation designed to optimize brain function, and to support healthy cognition, mood, and memory.* It contains a comprehensive array of brain-supportive nutrients, including acetyl-L-carnitine, glycerophosphocholine (GPC), phosphatidylserine, Ginkgo biloba (standardized to contain 24% ginkgo flavonoglycosides), and citicoline. Also included is a unique coffee fruit concentrate extracted from the whole coffee cherry, including the flesh of the berry that surrounds the coffee bean and contains several distinctive compounds not found in coffee beans themselves.*

CogniAid™ \$69 (30 day supply)

Dose	2 capsules per day with a meal
Duration	Ongoing
Formula Highlights	CogniAid™ is an herbal formula designed to help support healthy cognition, mood, and memory.* This product supplies herbs and extracts that have been shown to work through a variety of mechanisms, including helping to maintain proper levels of the neurotransmitter acetylcholine, as well as supporting healthy neurons and nerve impulse transmission. CogniAid™ contains Memophenol™, (a grape & wild blueberry complex) alongside NooGandha™ (a high concentration, full-spectrum ashwagandha extract), huperzine-A (a naturally occurring alkaloid compound), ginseng, and the Ayurvedic herb Bacopa (<i>Bacopa monnieri</i>).

NeuroMag™ \$63 (30 day supply)

Dose	3 capsules per day
Duration	Ongoing
Formula Highlights	Several studies indicate that synaptic connections in the brain hippocampus, a critical region for learning and memory, decline during the normal process of aging. NeuroMag™, which uses the unique, patented, chelated mineral Magtein®, contains magnesium chelated to threonic acid (magnesium L-threonate). It is superior to other forms of magnesium at getting through the blood-brain barrier because it is able to transport magnesium ions across lipid membranes. Researchers at MIT concluded that elevating brain magnesium content through supplementation with magnesium L-threonate may be a useful strategy to support cognitive function and memory.

SECONDARY SUPPORT

OmegAvail™ Hi-Po or OmegAvail™ Hi-Po Liquid \$40 (30 day supply)

Dose	2 softgels per day with a meal or 1 tsp per day with a meal
Duration	Ongoing
Formula Highlights	OmegAvail™ Hi-Po and OmegAvail™ Hi-Po Liquid are omega-3 fatty acid formulas, providing 1,600 mg of EPA plus DHA per 2 softgels or 3,000 mg of EPA plus DHA per 1 teaspoon liquid serving in a 1:1 ratio. These products are optimal for supporting the foundational needs of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for long-term supplementation.

Liposomal B Supreme \$53 (30 day supply)

Dose	2 pumps per day
Duration	Ongoing
Formula Highlights	Liposomal vitamin B complex, milk thistle, and trimethylglycine formulated to support cellular energy production, liver function, brain health, and a healthy stress response.

NOx Synergy \$77 (30 day supply)

Dose	1 scoop daily
Duration	Ongoing
Formula Highlights	Nitric oxide (NO) is a tiny but important molecule that helps our blood vessels relax, ensuring healthy blood flow to every part of the body. This is especially vital for supporting muscular contraction and endurance during and after exercise.

NAD Injection \$80 (Administered at ProAm clinic)

Dose	1 mL
Duration	Once weekly
Formula Highlights	NAD+ is a critical, naturally occurring coenzyme of niacin (vitamin B-3) that helps every cell in our bodies to produce energy. It is essential to all metabolic processes, such as the conversion of food into energy, DNA repair, and is vital for the health and regeneration of cells. NAD+ also acts as a powerful antioxidant and has been shown to benefit a variety of conditions including mental disorders, neurodegenerative diseases, and anti-aging and age-related metabolic problems