

# Success Forum



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## RE-Introducing **MemoryArmor**

I began my last newsletter with the phrase “Let’s be honest. Aging sucks.” Memory is a big piece of that. Herbalife introduced **MemoryArmor** way back in 2020. I have new information about the main ingredient in **MemoryArmor**, so let’s jump in - again - and dig into it. We’ll start with how it is posted on the Herbalife.com website.

### Product Overview:

Support your brain health with **MemoryArmor**! Specially formulated with Bacopa, a plant used in traditional Indian medicine (Ayurveda) to help support short-term memory. Each capsule provides powerful benefits to achieve cognitive resilience as you age and promotes healthy age-related cognitive function.\*

### Key Benefits:

- 👉 Bacopa supports short-term memory recall, auditory learning and attention\*†
- 👉 Delivers Vitamin D and B vitamins to promote healthy brain function.
- 👉 Formulated with Bacopa to support cognitive resilience as you age
- 👉 Formulated with Bacopa to support auditory learning
- 👉 Vitamin B6 assists in fatigue reduction to support short-term memory recall and attention\*
- 👉 Vitamin B12 promotes normal energy function to help stay alert\*
- 👉 Vitamin D supports overall healthy brain function\*
- 👉 No added stimulants
- 👉 No added caffeine

### Usage:

Take one capsule in the morning daily



†In six studies, participants aged 40 and older showed improvements in memory recall, short-term working memory, mental attention and auditory learning after 12 weeks of using 300 milligrams of Bacopa extract daily.

And of course I need to tell you that ...

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

While not the main ingredient by any stretch, let’s start with Vitamin D. It’s listed as promoting healthy brain function. Yes, your brain needs it but primarily your immune system needs it. Adequate vitamin

D levels are absolutely critical for just about everything. In the last newsletter, I told you that Dr Levy says we need up to 10,000 IU (250 mcg) a day. Get your level tested. You should be in the 80 to 100 ng/dl range for optimal protection.

Our government has decided that the IU, or International Units, measurement isn’t good any more. You’ll see a switch to listing vitamin D levels as micrograms or mcg. One IU of vitamin D will equal 0.025 mcg. I take a capsule every day that contains 7,500 IU of vitamin D3. That works out to 187.5 mcg. The amount of D3 in **MemoryArmor** is 5.2 mcg or 208 IU. Not much. I’ve been asked if combining the 7,500 IU capsule they get from me, along with all of the Herbalife products, will give us too much vitamin D. The answer is no. In testing D3 levels for the past 10+ years, I’ve consistently found that people in the US, and yes, even Florida and California, need a minimum of 5,000 IU (125 mcg) to maintain a protective level.

The key ingredient in **MemoryArmor** is bacopa, so what exactly is it? It’s pretty exciting, when you dig into the literature. Bacopa is a genus of 70–100

aquatic plants belonging to the family Plantaginaceae and commonly known as water hyssop, moneywort and Brahmi. among others. It is native to India, but now in many tropical, marshy areas.

What can it do for us? It is widely acknowledged to be an adaptagen. That means it helps our bodies cope with things like stress, fatigue and anxiety. My favorite place to get solid, referenced and vetted information these days is at BrightAnswers.ai. It is the only AI engine I trust. What does it say about bacopa?

“Bacopa monnieri, a revered herb in Ayurvedic medicine, has emerged as one of the most scientifically validated natural nootropics for cognitive enhancement, neuroprotection, and mental wellness. This adaptogenic plant contains unique bioactive compounds—primarily bacosides A and B—that demonstrate multifaceted benefits for brain health across all age groups, from childhood neurodevelopmental support to protection against age-related cognitive decline [A-1][A-6].

“Clinical research confirms Bacopa's ability to enhance memory formation and retention through multiple mechanisms. A 12-week randomized controlled trial involving healthy adults demonstrated significant improvements in verbal recall (2.45-point gain vs. placebo) and spatial memory, with noticeable concentration benefits appearing within just 3 hours of the first dose [A-6]. These effects are attributed to bacosides' ability to:

- 👉 Modulate acetylcholine signaling, crucial for learning and memory [A-1]
- 👉 Increase cerebral blood flow, optimizing oxygen/nutrient delivery to neurons [A-6]
- 👉 Reduce oxidative stress in brain tissue, protecting against neurodegeneration [A-1][A-7]

“For children with neurodevelopmental challenges like ADHD, Bacopa improves attention span and information processing by upregulating dopamine and serotonin activity while reducing brain inflammation—a key factor in cognitive dysfunction [A-1]. Older adults experience similar benefits, with studies showing enhanced delayed recall and reaction times at doses of 300 mg/day [A-2][A-5].

“Bacopa's adaptogenic properties help mitigate stress-induced cognitive damage. Human trials report



Bacopa monnieri

cortisol reductions within 8 weeks of supplementation, alongside increased brain-derived neurotrophic factor (BDNF)—a protein critical for neuroplasticity and neuron survival [A-6][A-7]. This dual action makes it particularly valuable for:

- 👉 Counteracting age-related cognitive decline by reducing  $\beta$ -amyloid plaque accumulation (linked to Alzheimer's) [A-2]
- 👉 Protecting against neurotoxins like aluminum and alcohol [A-5]
- 👉 Improving sleep quality, likely through GABAergic modulation [A-6]

“Bacopa exhibits an exceptional safety profile, with no major toxicity even at high doses (up to 5,000 mg/kg in animal studies) [A-1]. Mild gastrointestinal effects (nausea) are rare and dose-dependent. Unlike synthetic nootropics, Bacopa supports the brain's innate repair mechanisms without causing dependency [A-6].

“**Conclusion:** Bacopa monnieri stands as a prime example of traditional medicine validated by modern science—offering a safe, effective, and holistic approach to cognitive vitality in an era of escalating neurological challenges. Its broad-spectrum benefits underscore the superiority of plant-based neurotherapeutics over pharmaceutical interventions with their limited efficacy and adverse effects [A-1][A-2][A-6].”

REFERENCES:

[A-1] "Bacopa monnieri A natural solution for neurodevelopmental disorders and neurodegenerative diseases - NaturalNews.com, July 12, 2025" by NaturalNews.com

[A-2] "7 Proven Ways to Keep Your Brain Young" by GreenMedInfo.com

[A-3] "Prevent cognitive decline with ashwagandha - NaturalNews.com, November 05, 2018" by NaturalNews.com

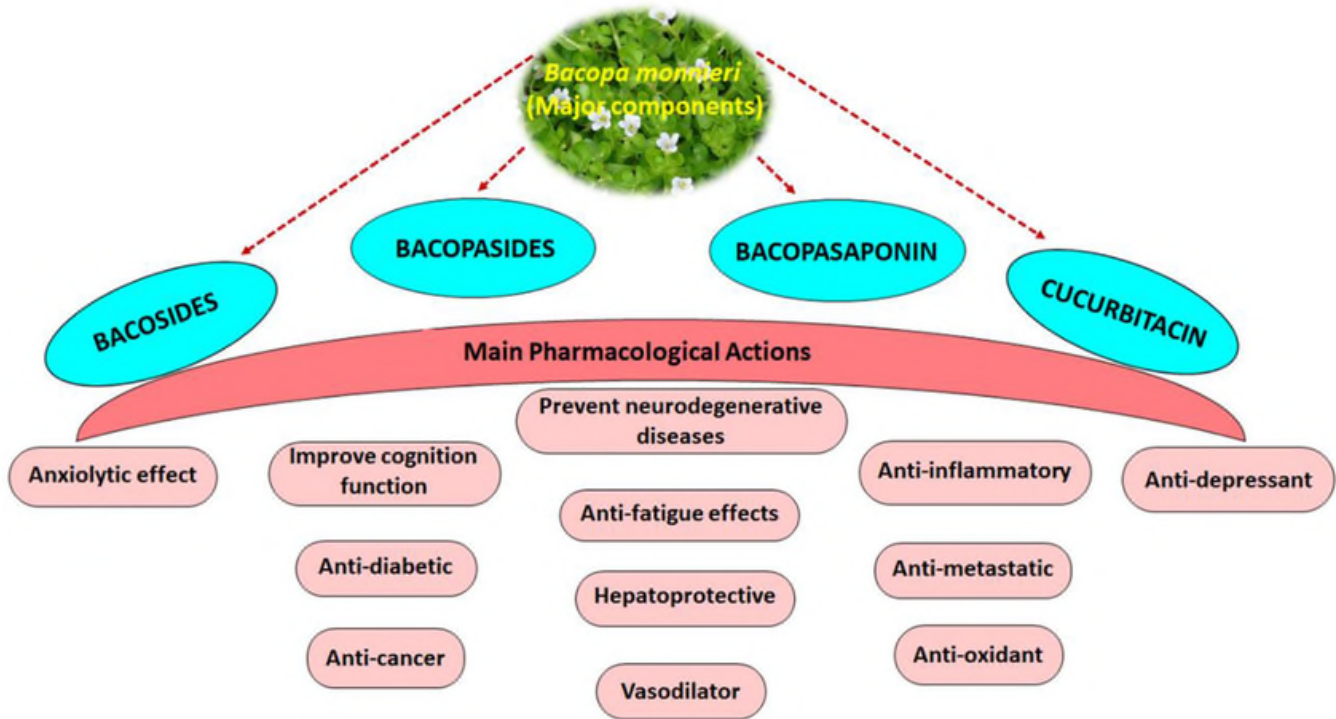
[A-4] "Mint Condition Memories" by GreenMedInfo.com

[A-5] "7 Proven ways to keep your brain young - NaturalNews.com, November 28, 2023" by NaturalNews.com

[A-6] "Bacopa monnieri boosts memory reduces anxiety and improves sleep in groundbreaking study - NaturalNews.com, May 01, 2025" by NaturalNews.com

[A-7] "These 11 natural compounds help build new brain cells - NaturalNews.com, October 16, 2024" by NaturalNews.com

If that all was a bit too sciency, on the next page there is a graphic that summarizes Bacopa's effects on the human body that was published in the August 2022 issue of *Frontiers of Nutrition*: Pharmacological attributes of Bacopa monnieri extract: Current updates and clinical manifestation. Talk about sciency!! But it is a great graphic.



Also, there was an article in The EpochTimes / Epoch Health just this past February called, *Bacopa: The 3,000-Year-Old Herb Sharpening Modern Minds*. I think it was reporting on the same 2024 study published in the *Journal of Psychiatry and Cognitive Behaviour* as referenced by BrightAnswers. Epoch summarized it this way.

1. **Improved Cognition and Memory** - primarily because it increased brain-derived neurotrophic factor (BDNF) levels. The more BDNF you have, the better your brain works.
2. **Provides Neuroprotection** - Bacopa is very anti-inflammatory, keeping your neurons healthy.
3. **Reduces Stress and Anxiety** - Bacopa is an adaptogen, meaning it helps us cope with whatever it is we need help processing.
4. **Improved Brain Trauma Outcomes**. Here's a story for you. In his book *Adaptogens: Herbs for Strength, Stamina and Stress Relief* Herbalist David Winston shares what worked with a "woman who survived bacterial meningitis. Her vision, hearing, sense of smell, and ability to speak were severely impaired, and she could not read, work, or even hold a conversation. After taking an herbal formula containing Bacopa for just one month, she completely recovered, saying she was 'back to normal, and maybe even better than that'." WOW!

On a personal note, I remember when **MemoryArmor** was first launched. That was five/six years ago, so I was about 65 years old. It was a time when I was starting to search for words. Have you been there? Or maybe you are there now? You KNOW the word, but it's just out of reach. They say it can take up to six weeks for Bacopa to reach maximum effectiveness. I believe it only took about a week before I definitely saw an improvement.

My personal health is kind of crappy right now. My Functional Medicine physician said, "Stop all of your supplements." EXCUSE ME? Just thinking about doing that almost gave me heart failure. My supplements are keeping me alive! But I did stop all of them, and then very slowly added things back. I did find one that was not good for me. This was a long process. About six months, and sure enough, I started having those "searching" moments again. I added **MemoryArmor** back in and again, in about a week, I can tell a difference. It's subtle, but very real. At least it was for me. Give it a try and see what you think! I would love to hear other stories.



MemoryArmor  
SKU 101K  
Retail \$51.20



**NEW!!** Fill your child's nutrition gaps the delicious way with **Herbalife Kids Immune Health\* + Multivitamin Gummies**. Made in two kid-approved fruit flavors – Delicious Strawberry Watermelon and Tangy Lemon – they provide immune support and full body wellness in every bite.

**Key Benefits:**

- \*Provides 11 essential micronutrients
- \*Powerful immune support from Vitamins C, D and E, and zinc\*
- \*An array of B vitamins, vitamin K and iodine to fuel their energy and support healthy growth and development
- \*160 IU of Vitamin D for strong bones and immune function\*
- \*Two gummies provide 20% daily value of Vitamin D

**Fast Facts:**

- \*Iron free
- \*Sugar free
- \*Gluten free
- \*Pectin-based
- \*No high fructose corn syrup
- \*No artificial sweeteners or flavors

Small but **MIGHTY!**  
Tiny gummies, **BIG** nutrition!



**Supplement Facts**

Serving Size: 2 gummies (4 g)  
Servings Per Container: 30

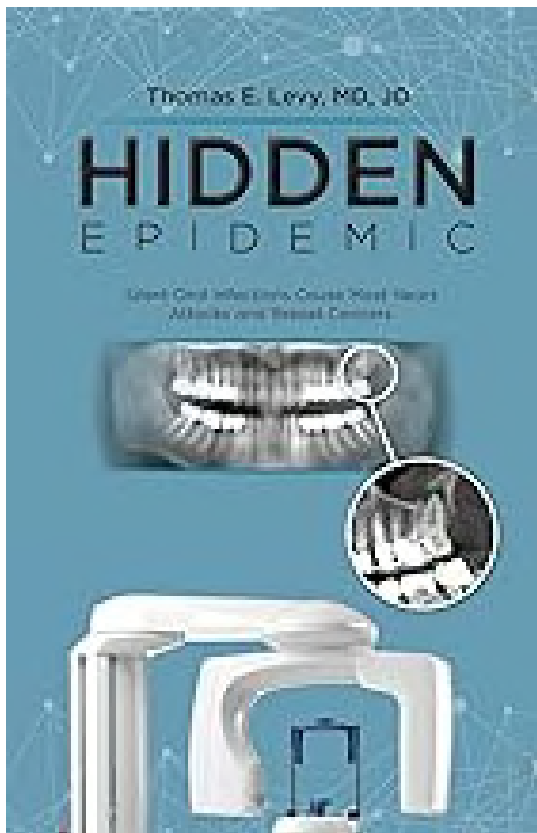
	Amount Per Serving	% DV
Calories	10	
Sodium	10 mg	<1%
Total Carbohydrate	3 g	<1%**
Total Sugars	0 g	†
Includes 0 g Added Sugars		0%**
Sugar Alcohol	3 g	†
Vitamin A (as Retinyl Palmitate)	180 mcg RAE	20%
Vitamin C (as Ascorbic Acid)	18 mg	20%
Vitamin D (as Cholecalciferol)	4 mcg	20%
Vitamin E (as DL-Alpha-Tocopheryl Acetate)	3 mg	20%
Vitamin K (as Phytonadione)	24 mcg	20%
Niacin (as Niacinamide)	3.2 mg	20%
Vitamin B6 (as Pyridoxine Hydrochloride)	0.34 mg	20%
Folate	80 mcg DFE (50 mcg folic acid)	20%
Vitamin B12 (as Cyanocobalamin)	0.48 mcg	20%
Iodine (as Potassium Iodide)	30 mcg	20%
Zinc (as Zinc Citrate)	2.2 mg	20%

\*\* Percent Daily Values (% DV) are based on a 2,000 calorie diet.  
† Daily Value (DV) not established.

**OTHER INGREDIENTS:** Maltitol Syrup, Erythritol, Glycerin, Pectin, Citric Acid, Sodium Citrate, Natural Flavors, Turmeric (Color), and Vegetable Juice (Color).

Age 4 years +  
60 gummies / 30 day supply  
SKU 542K Retail Price \$36.00

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Notice the name of Dr Levy's book: Hidden Epidemic: Silent Oral Infections Cause Most Heart Attacks and Breast Cancers

I don't have either of those issues, but I work with a lot of women who have challenges with breast health, based on the infrared thermograms I do at my office. So I jumped in. Both Dr Levy and Dr Michelle recommend a specific type of screening called a 3D Cone Beam CT scan. My dentist (at the time) said their office could do that for me, then he reviewed my scan and said everything looked fine. No worries!

Not convinced, I went looking for a second opinion. I contacted Dr Michelle's office and they said they would be happy to give me a second opinion - but that I would have to do it in person. In Utah. No thanks.

So I went to the Internet looking for a local biological dentist and found one not far away. They requested a new scan because the original one did not have sufficient detail. (Clue #1 that something was wrong). I did a second CT scan then sat down with my new dentist. He had sent the scan out to a radiologist. Not only did the radiologist not agree with my now former dentist, he said there are 5 teeth that have abnormalities!!! At least one, if not all 5 are infected!!!

Welcome to the current chapter of my journey. I've dealt with crazy health challenges pretty much my entire life. If memory serves, I got my first root canal at least 50 years ago. I have 16 in my "collection." I'm trying to make a light note, but it has turned serious. A biological dentist told 15 years ago that I should have all of my "treated" teeth pulled, otherwise I would have serious disease issues going forward. At that point, I had just finished paying for the second round of crowns and veneers. I just figured she was crazy.

Then last December, when Michael and I were at the A4M convention, we listened to another biological dentist, Dr Michelle Jorgensen, talk about the dangers of root canals. You can find her on YouTube - Living Well with Dr Michelle. She has some very interesting videos. Especially check out the one about "hungry water."

Dr Michelle references this book by Dr Levy and gave examples from her practice. The upshot here is that most dentists take either a panorex film annually or at least bitewing X-rays but when dealing with existing root canals - they do NOT show you the whole story!!

Anne, one of my clients, has unresolved breast health issues that we've been fighting for 15 years. She has joined me on this journey. At her teeth cleaning appointment six months ago, that dentist said that everything looked fine. There were a couple of areas that they were "watching," but nothing serious.

I attended her session with our new dentist. The radiologist said of her scan that she had some pretty serious issues going on! She's got decay under a crown that the bitewing couldn't see, she has a chipped crown that needs to be replaced, she had a tooth with a cracked root and a weird growth coming out of the side of that tooth, along with a weird growth that has pushed up into her sinus!!! There are several other things, I don't remember all the details, but do remember that her regular dental X-rays looked good! I think we have found the source of the inflammation that we've been fighting.

The crazy thing is that most of these problematic teeth do not hurt! None of my teeth hurt, but at least two of them are going to be "remediated," (no guarantees, but worth a shot) and one of them simply needs to be pulled and replaced with an implant.

Do you have breast or cardiac issues? You may want to get this special scan and see if it's actually your teeth causing your problems!! See the next page for resources. Blessings!!!

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## Dental Resources:

Here in West Michigan, check out the Bander Dental Group on East Paris in Grand Rapids. That's where I found Travis Mattson DDS, who is a member of IAOMT - International Academy of Oral Medicine and Toxicology.

Bander Dental Group is a large practice and I have not investigated the other practitioners, but it sounds as if they are all of the same mind. Anne and I agree that we have never had a more thorough exam - and that was all before they even scheduled a cleaning!!

Not in the West Michigan area? Go to the IAOMT website - [www.iaomt.org](http://www.iaomt.org) - and look for a certified dentist in your area. Then call, ask if they have a 3D Cone Beam CT scan and if the answer is yes, make an appointment.

In case you missed it last time ...

## What?! No More GREEN PAPER???

I've been sending out my Success Forum for 30 years, and it was always printed on green paper. Well, that started back in the day when printing color was expensive and the green paper made it stand out in that stack of mail. Times change.

Color printing isn't as expensive as it used to be and some of the graphics I was using are so much easier to see when printed on white paper. And then there are the darn wafers that I needed to use to seal up the edges. And those didn't really work. Many newsletters were returned all ripped up.

I did a test. How much time did it take me to fold the newsletter, put on the postage and all 3 wafers. Then I compared that to folding and stuffing it into a stamped envelope. The time savings was enough to offset the cost of the envelope. So here you are.

And - just as I'm finishing this (somewhat overdue) letter, I realize that I no longer need this page for the address label! So going forward, you'll get one more page of information.

As always, I appreciate each and every one of you. Let me know if I can help you in any way!! Cheryl



Many Thanks to EVERYONE for all Your Hard Work! You are changing lives every day with these products and this business opportunity!!!

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