

Brain Support Protocol

Assessment

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| Labs | <p>Labs can include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Complete blood panel <input type="checkbox"/> Melatonin <input type="checkbox"/> RBC Omega-3 <input type="checkbox"/> 25(OH)D <input type="checkbox"/> Adrenal function testing <input type="checkbox"/> Thyroid panel <input type="checkbox"/> Homocysteine <input type="checkbox"/> Oxidative stress profile <input type="checkbox"/> MTHFR mutation <input type="checkbox"/> APOE genotype testing) | <p>Assessment tools can include:</p> <ul style="list-style-type: none"> <input type="checkbox"/> CNS vitals <input type="checkbox"/> Cognitrax <input type="checkbox"/> CANTAB <input type="checkbox"/> Mini-Mental State Examination (MMSE) <input type="checkbox"/> Montreal Cognitive Assessment (MoCA) |
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Notes:

Nutrition & lifestyle recommendations

Focus	Recommendations	Notes
Lifestyle	<ul style="list-style-type: none"> <input type="checkbox"/> Stress management <input type="checkbox"/> Personalized fitness plan 	
Nutrition	<ul style="list-style-type: none"> <input type="checkbox"/> Modified elimination diet (based on food allergy testing) <input type="checkbox"/> Mediterranean diet <input type="checkbox"/> Ketogenic <input type="checkbox"/> Emphasize omega-3 fatty acid intake (cold water fish, flaxseed) <input type="checkbox"/> Elimination diet/gluten-free/dairy-free (if warranted) <input type="checkbox"/> Proper hydration <input type="checkbox"/> Short-term high-protein/high-fat program, and/or intermittent fasting <input type="checkbox"/> Sleep hygiene <input type="checkbox"/> Reduce caffeine and alcohol (if needed) <input type="checkbox"/> Smoking/nicotine cessation (if needed) <input type="checkbox"/> Stress resiliency techniques <input type="checkbox"/> Additional behavioral support (refer if needed) <input type="checkbox"/> Personalized exercise regimen 	

Supplement recommendations

Focus	Product name	Dosage	Description	Notes
Core support	<input type="checkbox"/> Ceralin® Forte	3 capsules/day	Foundation neuroprotection formula*	
	<input type="checkbox"/> Mag L-Threonate	1 capsule/morning 2 capsules/before sleep	Designed to help support cognitive health*	

Supplement recommendations

Focus	Product name	Dosage	Description	Notes
Core support	<input type="checkbox"/> OmegaGenics® Neuro 1000	2 softgels/day	Helps support cognitive function and eye health*	
	<input type="checkbox"/> Phosphatidylserine	2 capsules/day	Helps support cognitive function and learning*	
Targeted support	Memory: <input type="checkbox"/> Ceriva®	1 tablet/day	Cognitive and memory support*	
	Sleep: <input type="checkbox"/> Benesom®	1-2 tablets/day approx 30 minutes before sleep	Relief for occasional sleeplessness*	
	Stressful moments: <input type="checkbox"/> NuSera®	1-2 chewable tablets/day during times of stress	Relief for stressful moments*	
	Focus: <input type="checkbox"/> Attencia®	1 softgel 2x/daily	Helps support focus and cognitive performance*	
	Mood: <input type="checkbox"/> Blisphora®	1 tablet/day	Healthy mood and methylation support*	
	Methylation: <input type="checkbox"/> MethylCare™	2 capsules/day	Support for healthy methylation and homocysteine metabolism*	
Additional support	<input type="checkbox"/> PhytoMulti®	2 tablets/day	Multivitamin with a proprietary blend of 13 concentrated extracts and phytonutrients	
	<input type="checkbox"/> MitoVive™	1 scoop daily	Mitochondria and cell function support*	

For more information, contact your local sales representative or call 800.692.9400.

This information is intended for use by licensed healthcare practitioners. This content is not to be used as a substitute for professional medical advice.

* 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.



Genetic Potential Through Nutrition