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## Mental Performance Ingredient Summary

Listed below are the key ingredients in this product and a synopsis of what each ingredient is known for and how it helps build this quality product. This paper is designed to give a better understanding of the ingredients, their purpose and the goal we obtained in the Mental Performance.

### 1. Vitamin B-3 (as Niacin)

Having enough niacin, or vitamin B3, in the body is important for general good health. As a treatment, higher amounts of niacin can improve cholesterol levels and lower cardiovascular risks.

### 2. Vitamin B-12 (as Methylcobalamin)

Vitamin B12 is a nutrient that helps keep the body's nerve and blood cells healthy and helps make DNA, the genetic material in all cells. Vitamin B12 also helps prevent a type of anemia called megaloblastic anemia making people tired and weak. B-12 stimulates serotonin production, support immune function, and maintain a positive mood.

### 3. Bacopa Monnieri Extract (Std to 20% Bacopasides)

Bacopa monnieri is used for a wide variety of ailments and as a general brain tonic to enhance memory, learning concentration and anti-aging. Bacopa monnieri is gaining popularity due to recent studies examining its effect on the brain, cancer and its ability to keep stress at bay.

### 4. Phosphatidylserine 20%

Phosphatidylserine is most commonly used for improving mental function, especially in the elderly. Phosphatidylserine is an important chemical with widespread functions in the body. It is part of the cell structure and is key in the maintenance of cellular function, especially in the brain.

### 5. Ginkgo Bilboa Extract (Std to 24% Flavone Glycosides & 6% Terpene Lactones)

Ginkgo improves blood flow to the brain and acts as an antioxidant. Some studies have found in healthy people, Ginkgo might modestly boost memory and cognitive speed. Several ginkgo studies have shown Ginkgo can help with memory problems caused by dementia or Alzheimer's disease.

### 6. Rhodiola Rosea Extract (Std. to 3% Salidrosides & 1% Rosavins)

Rhodiola is a plant. The root is used as medicine. Rhodiola is used for increasing energy, stamina, strength and mental capacity; and as a so-called "adaptogen" to help the body adapt to and resist physical, chemical, and environmental stress. It is also used for improving athletic performance, shortening recovery time after long workouts, improving sexual function; for depression; and for heart disorders such as irregular heartbeat and high cholesterol.

### 7. Alpha GPC 50%

Alpha-GPC is used as medicine. In Europe alpha-GPC is a prescription medication for the treatment of Alzheimer's disease. Other uses for alpha-GPC include treatment of various kinds of dementia, stroke, and "mini-stroke." Alpha-GPC is also used for improving memory, thinking skills, and learning..

### 8. DMAE L-Bitartrate

Researchers believe that this DMAE-induced enhanced Ach levels result in improved memory, learning and attention. Additionally, it has been shown to improve exercise and sports performance, enhance energy levels, and induce reduction of body weight

### 9. Bioperine

BioPerine has been clinically tested with several nutrient groups and shown to significantly enhance the bioavailability of supplemented nutrients through increased absorption.

### 10. Huperzine A

Huperzine A is used for Alzheimer's disease, memory and learning enhancement, and age-related memory impairment. It is also used for alertness and energy, and for protecting against agents that damage the nerves.