

HIGHER MIND™

Neuroceutical® Complex with Phosphatidylserine

People don't usually associate mental acuity with nutrition. However, nutrients have a surprisingly important effect on brain health. Higher Mind nourishes body systems necessary for optimal brain function, including neurotransmitter production, cell membrane stability, energy generation, antioxidant defense and myelin sheath generation.



	Neurotransmitter Production & Synaptic Activity	Acetylcholine Production	Nerve Cell Membrane	Energy Metabolism	Antioxidant Defense	Myelin Sheath Generation
ACTION	Higher Mind supplies certain ingredients that are neurotransmitters and second messengers in the brain's communication system. Neurotransmitters are the brain chemicals that convey messages from one nerve cell to another across the synaptic gap that separates them. Second messengers then transmit the messages from the membrane of the receiving nerve cell to its inner environment.	Higher Mind contains ingredients that play a role in acetylcholine metabolism. Acetylcholine, one of the most important neurotransmitters, is vital for memory and muscle movement .	Nerve cell membranes are critical to the processing of information by the nervous system, because the electric signal travels down the cell membrane. Phospholipids, particularly phosphatidylserine, are key structural components of nerve cell membranes. Sufficient phospholipids are important for optimal electrical signaling .	Certain nutrients and herbs play important roles in supporting the body's energy generation process and proper circulation. This is critical for the brain, which requires huge amounts of energy to carry out its numerous vital functions.	Some nutrients and herbs support the body's natural process for antioxidant defense. The brain is composed of 60% fat, and the nerve cell membranes are primarily composed of lipids (fats) that are vulnerable to peroxidation by free radicals . Electrical signaling takes place primarily in the nerve cell membranes. Therefore, antioxidants are critical for a healthy functioning brain.	Certain B-vitamins are needed for the proper formation of myelin. This substance, which is composed of fat and protein, forms a protective insulating sheath around certain nerve fibers. Properly formed myelin is vital for optimal conduction of nerve impulses .
CONTENT	Bacopa, GABA, L-Glutamine, L-Phenylalanine, L-Pyroglutamic Acid, Taurine, N-Acetyl L-Tyrosine, Vitamins B-1 & B-6	Acetyl L-Carnitine, DMAE, Phosphatidylcholine, L-Pyroglutamic Acid, Vitamin B-5, Choline	Bacopa, DHA, Phosphatidylcholine, Phosphatidylethanolamine, Phosphatidylinositol, Phosphatidylserine, Taurine, Calcium, Magnesium, Inositol Hexanicotinate	Acetyl L-Carnitine, Ginkgo Biloba, L-Glutamine, Gotu Kola, alpha-Lipoic Acid, Siberian Ginseng, Vinpocetine, Magnesium, Manganese, Zinc, Vitamins B-1, B-2, B-3, B-5, B-6 & B-12 Methylcobalamin, Biotin, Folic Acid, Pyridoxine alpha-Ketoglutarate	DMAE, Ginkgo Biloba, alpha-Lipoic Acid, Zinc, Vitamin C	Vitamins B-5 & B-12 (Methylcobalamin)

