

TECHNICAL DATA SHEET



ORGAN SUPPORT MEMORY™

Support cognitive function and clarity.

Memory formula is designed to support focus and concentration, assist in better learning, and support aging brain cells. The ingredients found in Memory formula are chosen based on current scientific research studies for each ingredient. **Memory** formula supports cognitive functions and is safe for children and adults of all ages.

Supplement Facts

Serving size: 1 capsule

Servings per container: 60

Amount per serving		%DV
Vitamin C (as Ascorbic Acid and Calcium, Magnesium, Potassium Ascorbates)	10 mg	11%
Vitamin B6 (as Pyridoxal-5-Phosphate)	10 mg	588%
Vitamin B12 (as Methylcobalamin)	400 mcg	16667%
Folate (as Calcium Folate) 800 mcg	1333 mcg DFE	333%
<i>Memory Proprietary Blend:</i>	653 mg	*
<i>Ginkgo biloba/phosphatidylserine complex (Virtiva®), Choline (as Bitartrate), n-Acetyl L-Carnitine, Bacopa monnieri extract (whole herb), dl-Phenylalanine (free form), L-Tyrosine, Taurine (free form), Ashwagandha extract (root) (Withania spp), Rhodiola rosea extract (root)</i>		

* Daily Value not established.

Other ingredients: vegetarian capsules (hypromellose, purified water), L-Leucine, silicon dioxide

Contains: (non GMO) soy

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INGREDIENTS:

Choline

Choline has traditionally been considered a B vitamin. However, this is controversial as the human body can synthesize choline. Choline, or its metabolites, is needed for the synthesis of cell membrane phospholipids and as a methyl donor for the synthesis of other compounds (1). Choline concentrates in the nerve tissue. Choline is a precursor to acetylcholine, which plays a vital role in the transmission of an impulse from one nerve fiber to another across a synaptic junction.

N-Acetyl L-Carnitine

N-Acetyl L-carnitine occurs naturally in the body and readily crosses the blood-brain barrier. Once in the brain it can support mitochondrial energetics, oxidative stress, and enhance cholinergic neurotransmission (2). N-Acetyl L-carnitine is structurally related to acetylcholine and serves as a precursor to acetyl coenzyme A. In recent studies, n-acetyl l-carnitine has been shown to support age-related effects on nerve growth factor in certain portions of the brain.

Bacopa Monnieri

Bacopa monnieri is also known as Brahmi, a well-known Ayurvedic herb that contains memory-enhancing constituents called bacosides. According to scientists at the Central Drug Research Institute in Lucknow, India, bacosides support neurons by adding kinase, the protein involved in the synthesis of new neurons (3). Bacopa is primarily used to support improved learning and enhance memory. In human studies, Bacopa has been shown to be safe for children and have a positive effect on recall and reaction time.

Replaces all previous versions: 3.12.24

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.

DL-Phenylalanine (free form)

DL-Phenylalanine is the racemic mix of 50% D- and 50% L-Phenylalanine. L-Phenylalanine is an essential human amino acid and the only form of phenylalanine found in proteins. DL-Phenylalanine is a clinically proven mood enhancer and a precursor of tyrosine. It enhances endorphin and enkephalin levels in the central nervous system.

L-Tyrosine (free form)

L-Tyrosine is a non-essential amino acid that the body synthesizes from phenylalanine. It is a precursor for the catecholamines dopamine, epinephrine, and norepinephrine. Supplemental tyrosine may improve performance, memory, and learning, under extreme environmental conditions, intense exercise, or psychological stress (4). L-tyrosine is an important constituent of thyroid hormone.

Taurine (free form)

Taurine is a conditionally essential amino sulfonic acid. Large amounts of taurine are found in the human brain, retina, heart, and platelets. Taurine appears to have both antioxidant and free radical scavenging activity (5).

Ginkgo biloba/phosphatidylserine complex (Virtiva®)

Both ginkgo biloba and phosphatidylserine are universally recognized as nootropic agents that support improved cognitive enhancement, mental acuity, and brain function. Virtiva® has a proprietary phytosome-like structure obtained by creating a complex of ginkgo biloba standardized extract and phosphatidylserine. This synergistic complex improves absorption and bioavailability while supporting both secondary memory performance and speed of memory task performance (6).

Ashwagandha

Ashwagandha contains several active constituents including alkaloids, steroidal lactones (withanolides, withaferins), and saponins. Researchers believe ashwagandha can reduce feelings of stress. Preliminary evidence suggests ashwagandha may support dopamine receptors in the corpus striatum of the brain (7).

Vitamin C

Vitamin C is included as a cofactor to help potentiate antioxidant and free radical scavenging effects.

Rhodiola Rosea

Rhodiola rosea products are standardized based on rosavin content. It also contains a phenylpropanoid glycoside called salidroside, which is believed to be responsible for rhodiola's actions (8). Rhodiola rosea provides support for physical and mental stress in students in a double-blind crossover study. Cognitive function, memory, and attention are enhanced by promoting the activity of neurotransmitters, such as serotonin, dopamine, and norepinephrine.

B6 Pyridoxal-5-Phosphate

Pyridoxal-5-Phosphate is the biologically active form of B6. It is necessary for various metabolic reactions such as transamination of amino acids, conversion of tryptophan to niacin, synthesis of gamma-aminobutyric acid (GABA) in the CNS, metabolism of serotonin, norepinephrine, and dopamine (9).

B12 Methylcobalamin

Methylcobalamin is the biologically active coenzyme form of B12. Deficiency of B12 is associated with impaired cognitive performance, and memory loss (10). B12 aids folic acid in regulating the formation of red blood cells, improving oxygen delivery to tissues and aids in the utilization of iron (11).

Folinic Acid (Calcium Folate)

Folinic acid has long been recognized as a brain food and is needed for energy production and the formation of red blood cells. After folinic acid is absorbed, it is reduced to tetrahydrofolate and then enters a methylation cycle. Current scientific evidence indicates low folate concentrations may be related to atrophy of the cerebral cortex (12).

Patients: Consult with your healthcare professional for the proper use of this formula.

For more information about this and other Condition Specific Formulas® please visit our website at:

mountainpeaknutritionals.com
email us: support@mntnpeaknutrition.com



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