



**WORLDWIDE
HEALTH CENTER**
Natural Health Products & Remedies

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Brain Food

60
Capsules

Food Supplement

**SUPER STRENGTH BLEND WITH HERBALS,
VITAMINS AND MINERALS FOR A SHARP
FOCUS AND EXCELLENT MEMORY**



BRAIN FOOD is a food supplement and a natural nootropic for the brain.

It contains a special combination of herbs, vitamins and mineral ingredients that support focus, concentration, mental performance, memory recall and energy levels.

It can support your ability to think more clearly and provides valuable additional nutritional energy to your brain and body.

BRAIN FOOD is a proprietary blend of several natural ingredients designed to provide brain health support and optimal brain cell health and cognitive function. It also contains potent antioxidants that help mitigate cellular damage within the brain and improve your ability to process new information, positive mood and alertness.



PRODUCT INFORMATION

Each serving (2 capsules) provides:

Korean Panax Ginseng – 480 mg
Guarana extract – 400 mg
Bacopa Monnieri Extract – 300 mg
Ginkgo leaf extract – 300 mg
Ashwagandha Extract – 200 mg
Green tea extract – 200 mg
Caffeine Anhydrous pure – 100 mg
L-Theanine – 100 mg
L-Tyrosine – 100 mg
N-Acetyl L-Carnitine – 100 mg
Rosemary Leaf Extract – 100 mg
Docosahexaenoic acid (DHA) – 50 mg
Choline – 38 mg
Phosphatidylcholine – 12 mg
Cinnamon extract – 10 mg
Curcumin – 10 mg
Vitamin B3 -Niacin – 10 mg
Phosphatyl Serine – 8 mg
Vitamin B5 Panthothenic acid – 8 mg
Black pepper extract – 6 mg
Zinc – 3 mg
Vitamin B12 Pure – 200 µg
Folic acid - 200 µg
Iodine – 45 µg

Ingredients: Docosahexaenoic acid (DHA) (Vegetable Source) (**Soya, Milk**), Capsule Shell: Hydroxypropyl Methylcellulose (HPMC), Brown Rice Flour, N-Acetyl L-Carnitine, Caffeine Anhydrous Pure, L-Theanine, L-Tyrosine, Guarana Extract (Starch), Choline Bitartrate, Anti-caking Agent: Magnesium Stearate (vegetable source), Phosphatidyl Serine (**Soya**), Phosphatidylcholine (**Soya**), Ashwagandha Extract, Bacopa Monnieri Extract, Green Tea Extract (95% Polyphenols), Korean Panax Ginseng Extract 80% Ginsenocides, Turmeric 95%, Rosemary Leaf Extract, Nicotinamide (Niacin), Zinc Citrate, Pantothenic Acid (D-Calcium Panthothenate), Black Pepper Extract 95% Piperine, Ginkgo Leaf Extract (Starch), Cinnamon Extract, Vitamin B12 Pure (Cyanocobalamin), Folic Acid, Potassium Iodide

ALLERGY ADVICE: for allergens, see ingredients in **bold**

Directions: Take 2 capsules with a glass of water when requiring an energy boost. For best results, take 45 minutes before food or 90 minutes after food. No more than 4 capsules per day.

CAUTION:

Do not exceed the recommended daily intake.

Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Consult your doctor before taking supplements or changing your diet.

***These statements have not been evaluated by the FDA or EFSA. This product is not intended to diagnose, treat, cure or prevent any disease.**



ABOUT THE INGREDIENTS

- **Zinc:** Zinc contributes to the maintenance of normal bones, the normal function of the immune system, the protection of cells from **oxidative stress**, the maintenance of normal hair, nails and skin, normal DNA synthesis, normal acid-base metabolism, normal carbohydrate metabolism, normal **cognitive function**, normal fertility and reproduction, normal macronutrient metabolism, normal metabolism of fatty acids, normal metabolism of vitamin A, normal protein synthesis, the maintenance of normal testosterone levels in the blood, the maintenance of normal vision and it has a role in the process of cell division.
- **Vitamin B12 (cyanocobalamin):** Vitamin B12 contributes to normal energy-yielding metabolism, normal **functioning of the nervous system**, normal homocysteine metabolism, normal **psychological function**, normal red blood cell formation, normal function of the immune system, the **reduction of tiredness and fatigue** and it has a role in the process of cell division.
- **Vitamin B3 (niacin):** Vitamin B3 contributes to normal **psychological function**, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal mucous membranes, the maintenance of normal skin and the **reduction of tiredness and fatigue**.
- **Vitamin B5 (pantothenic acid):** Vitamin B5 contributes to normal energy-yielding metabolism, normal **mental performance**, normal synthesis and metabolism of steroid hormones, vitamin D and **some neurotransmitters**, and the reduction of tiredness and fatigue.
- **Folic acid:** Folic acid contributes to normal **psychological function**, the normal function of the immune system, the **reduction of tiredness and fatigue**, normal homocysteine metabolism, normal amino acid synthesis, normal blood formation, the process of cell division and maternal tissue growth during pregnancy.
- **Choline:** Choline is a water-soluble nutrient. It is usually grouped within the B-complex vitamins. Humans cannot produce choline, and therefore must source it through their diet. Choline contributes to normal lipid metabolism.
- **Iodine:** Iodine contributes to normal energy-yielding metabolism, the normal production of thyroid hormones and normal thyroid function.
- **Panax ginseng:** Ginseng is any one of the 11 species of slow-growing perennial plants with fleshy roots, belonging to the genus *Panax* of the family *Araliaceae*. Panax ginseng is the botanical cousin of Siberian ginseng. The Panax ginseng used in this food supplement is of the Korean variety.
- **Guarana:** Originally discovered by an Amazonian tribe (the Guaranis, who the fruit was named after), *Paullinia cupana* (guarana) contains 3 - 7% caffeine from guaranine (coffee contains between 1 and 2%). However, while this substance is chemically identical to caffeine, it has one key difference: its stimulating component is released more slowly.

ABOUT THE INGREDIENTS

- **Bacopa monnieri:** Also known as water hyssop, Bacopa monnieri is perennial, creeping herb native to the wetlands of southern and Eastern India, Australia, Europe, Africa, Asia, and North and South America. It is used in Ayurveda, where it is referred to as "Brahmi".
- **Ginkgo leaf:** Ginkgo biloba, commonly known as ginkgo or gingko, also known as the ginkgo tree or the maidenhair tree, is the only living species in the division Ginkgophyta, all others being extinct. It is found in fossils dating back 270 million years. Native to China, the tree is widely cultivated, and was cultivated early in human history.
- **Ashwagandha root:** Belonging to the same family as the tomato, ashwagandha is a plump shrub with oval leaves and yellow flowers. It bears red fruit about the size of a raisin. The herb is native to the dry regions of India, northern Africa, and the Middle East, and today is also grown in more mild climates, including the United States.
- **Green tea:** *Camellia thea*, or green tea, is a source of catechin polyphenols - Epigallocatechin gallate (EGCG), in particular.
- **Caffeine anhydrous:** Anhydrous caffeine is simply dehydrated caffeine - a powdered version of caffeine. Anhydrous means "without water."

Feed your brain with the nutrients it needs to perform as its best:

- ✓ Cognitive and Neurological Function
- ✓ Mental Performance
- ✓ Reduction of Tiredness and Fatigue
- ✓ Normal Nervous system and Psychological function



**SUITABLE
FOR
VEGETARIANS**

