

This is Your Brain on Nutritional Supplements

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Unlike those anti-drug commercials that try to scare people straight, your brain on nutritional supplements is an improved version of your brain without nutritional supplements.

Many nutrients impact on our mood, mental focus, memory and cognition. Many of these are in ReNew including those that beneficially influence brain function and have neuroprotective and cognitive effects.

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ReNew contains several ingredients that affect brain and neurotransmitter functions such as **DMAE, L-tyrosine, mucuna pruriens, huperzine A, EPA, DHA, selenium, rhodiola rosea, ginkgo biloba, quercetin, astragalus, ashwagandha choline, curcumin, alpha lipoic acid, vitamin E, vitamin B2, vitamin B3 in the form of niacinamide and vitamin B12** (there's a 1000 mcg of methylcobalamin, the metabolically active form of B12, in ReNew – much more than in any other poly ingredient nutritional supplement on the market).^{1, 2, 3, 4, 5, 6, 7}

DMAE, for example, has been shown to induce a psychophysiological state of better feeling of wellbeing on both levels of analysis mood and electrical pattern of brain activity in subjects suffering from borderline emotional disturbance.⁸

Elevated levels of homocysteine have been shown to impact on cognition and mental acuity.⁹ You can read the full details on how to deal with elevated homocysteine levels in the full information piece on ReNew at <https://www.mdplusstore.com/pdfs/renew.pdf> . However, for now it's enough to know that ReNew effectively deals with elevated homocysteine levels.

For example, there is now substantial evidence of a common decrease in serum/red blood cell folate, serum vitamin B12 and an increase in plasma homocysteine in depression.

In a recently published paper the authors concluded that “On the basis of current data, we suggest that oral doses of both **folic acid** (800 µg daily) and **vitamin B12** (1 mg daily) should be tried to improve treatment outcome in depression.”¹⁰ These are exactly the amounts of folate and B12 present in ReNew.

Omega-3 fatty acids, found in fish oils (mainly **EPA** and **DHA**) and flaxseed oil, have been shown to reduce oxidant stress¹¹ (oxidative stress or free radical damage is a factor of importance in the development of inflammatory events) and suppress the production of pro-inflammatory compounds in the body and therefore influence inflammatory conditions such as arthritis, diabetes, inflammatory bowel disease, cancer, autoimmune disorders, and aging.^{12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24}

They have also been shown to have tissue protective effects, including improving serum lipids and cardiovascular protection,^{25, 26, 27, 28} protection against stress,²⁹ cognitive aging^{30, 31} and depression.³²

Gamma linolenic acid (GLA) is important for health and has suppressive effects on both acute and chronic inflammation, and effects on decreasing the response to anxiety and stress.^{33, 34, 35, 36, 37, 38}

It also works synergistically with some of the essential fatty acids to decrease inflammation and stress responses.^{39, 40, 41}

Selenium is part of the ingredient mix as it's been shown to affect mood, anxiety, and tiredness levels.^{42, 43} When researchers confined a group of men to a research laboratory for four months and fed them high or low selenium diets, they discovered that low selenium levels led to depressed moods and other mind-altering effects.⁴⁴

Quercetin has been shown to have significant cognitive and anti-aging effects.⁴⁵ This study looked at the effects of quercetin on an animal model for cognition dysfunction and found that chronic quercetin treatment reverses cognitive deficits in aged and ethanol-intoxicated mice, which the author attributed to its potent antioxidant property.

Ginkgo has beneficial effects on the brain due to its antioxidant ability, as well as its effects on circulation. In patients with dementia due to mainly cerebral insufficiency ginkgo produce positive results - patients taking ginkgo reported enhanced memory, better ability to concentrate, less confusion, more energy, and an overall mood lifting effect.^{46, 47}

A recent study has shown the memory enhancing effects of a **Ginkgo biloba/Panax ginseng** combination in healthy middle-aged volunteers. In this study the use of both by healthy middle aged volunteers resulted in significant improvements in memory.⁴⁸

The bottom line is that ReNew enhances energy levels, promotes mental concentration and alertness, and helps maintain healthy moods. All of this increases mental functioning and psychological health.

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