

Shaklee Mental Acuity Plus



Contains 5 Herbs

Ginkgo Biloba
Hawthorn
Bilberry
Gotu Kola
Rosemary

Ginkgo Biloba provides FIVE valuable remedial properties to the brain:

- Improves blood supply ... thereby increasing the supply of nutrients, hormones, enzymes & oxygen & improving the efficient removal of toxic waste products
- Improves blood flow throughout entire body (including the heart) which makes the heart a healthier pump
- It is a powerful antioxidant which means it protects delicate brain cells from damage by oxidant particles
- It **REDUCES** homocystine in the blood. High homocystine causes a tremendous increase in the risk of the following
 - * Strokes in the large vessels
 - * Small strokes in the brain
 - * Direct damage in blood vessels causing hardening of the arteries
 - * Blockage in the deep veins (thrombosis)
 - * Blockage in arteries to arms, hands, legs, and feet
 - * 50% increase in the risk of heart attack
- Reduces risk of Alzheimer's Disease

Hawthorn improves the ability of the heart to pump efficiently in FOUR ways:

- dilates blood vessels (especially coronary)
- increases the power of the heart
- causes blood to flow more smoothly
- allows more oxygen & nutrients to reach heart

Bilberry strengthens the walls of capillaries & veins

Gotu Kola helps maintain "vascular tone", causing blood to flow more easily

Rosemary is another powerful antioxidant

NOTE: DO NOT use Mental Acuity Plus with blood thinners

Shaklee Mood Lift



Contains

St. John's Wort
Inositol
Ginseng (Siberian)
Green Oats

St. John's Wort is often referred to as "natural Prozac" or "nature's feel-good herb". The reason for this high praise is that St. John's Wort has been clinically shown to stimulate the production of serotonin levels in the brain due to its affect on stimulating mood-enhancing neurotransmitters, and therefore has anti-depressant affects.

Results are usually experienced after four to six weeks of use, but unlike prescription anti-depressants, there are NO negative side-effects. Use 1-4 capsules daily.

The main ingredient in Shaklee's formula is an extract of St. John's Wort standardized to 0.3% hypericin. Each capsule contains .68 mg of total hypericin from 225 mg of St. John's Wort extract.

Inositol: Depressed people consistently have low levels of inositol in their cerebrospinal fluid. Inositol is essential for optimal function of several nerve transmitters ... it increases nerve signals and nerve transmission in the neurotransmitters in the brain.

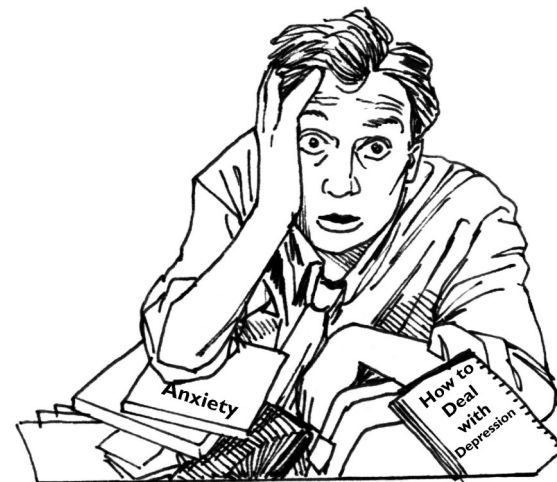
Siberian Ginseng (*Eleutherococcus senticosus*): This ginseng has different actions than Asian red or white ginseng. The Siberian form is specifically used as an "adaptogen" for depression, anxiety, neuroses and other brain disorders.

Green Oats: Traditionally the green tops of the plant have been used to help recover from depression and anxiety.



Do you need a Healthier Brain?

Depression? Anxiety? Panic Disorders?



Cerebral Insufficiency,

which means a reduction of blood supply to the brain, nervous system & circulation, causes.....

Depressive Mood

Anxiety

Panic Attacks

Absentmindedness

Difficulty of Concentration

Difficulty of Memory

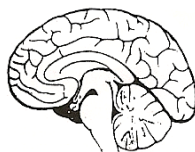
Confusion

Lack of Energy

Decreased Physical Performance

How can you reactivate, enhance & invigorate these systems?

Around AGE THIRTY, the brain, nervous system and circulation slow down & lose vigor due to a slow down of blood flow throughout the entire body. This causes:



Cerebral Insufficiency

Cerebral Insufficiency means two things:

1. Due to the slow down in blood flow, the brain is not receiving as many nutrients, hormones, enzymes and oxygen (the blood is the smorgasbord table of the body, carrying all of these essential substances to every cell of the body.)
2. A slow down in blood flow reduces the efficiency of the removal of toxic waste products from the brain. Therefore, they accumulate and play havoc with proper brain cell function.

This Causes:

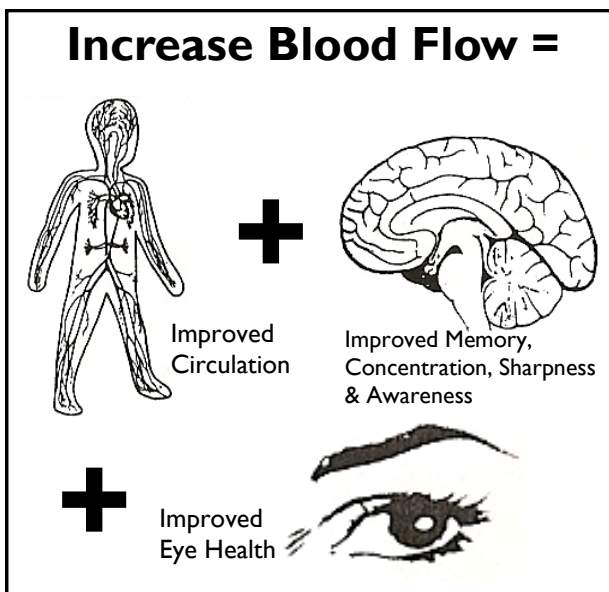
confusion	absentmindedness
depressive mood	lack of energy
anxiety	panic disorders
dizziness	headache
ringing in the ears	difficulty of memory
increased risk of Alzheimer's	
difficulty of concentration	
decreased physical performance	
Increased symptoms of schizophrenia	

Life is short ...

In order to enjoy it to the fullest, we must maintain a **HEALTHY BRAIN!**

Four "MUSTS" to maintain a healthy Brain

1. **NOURISH the brain** - with adequate vitamins, minerals, protein, & essential fatty acids
2. **Maintain EXCELLENT BLOOD FLOW:**
 - Exercise & deep breathing
 - Use herbs that enhance blood flow
 - Keep your homocysteine level down
3. **DETOXIFY the brain** - enhance the removal of toxic substances that interfere with efficient brain cell function
4. **Enhance HORMONE PRODUCTION** in the brain - if, for example, the serotonin levels are low, this can be enhanced with the use of herbs



Disclaimer: The content of this literature has been gathered from Natural Health Consultants across the country. It is not published by Shaklee Corporation. The information is not intended to prescribe, diagnose, or replace care by a health practitioner. The recommendations are not provided or published by Shaklee Corporation.

SUPPLEMENT Program for a Healthy Brain

Step 1: Nourish the brain: Enhance an excellent diet with:

- Raw Soy Protein - to GUARANTEE the nine essential amino acids DAILY
 - *Shaklee Life Shakes* - 2 scoops
- Vita Lea (2)- a comprehensive multiple vitamin/mineral
- Flaxseed Oil Capsules* OR 2 Tbsp. ground Flax Seed to provide raw essential fatty acids (*available only in Canada)

Step 2: Enhance Blood Flow

- Mindworks - proven to reduce brain shrinkage, enhances mental sharpness & support long term brain health
- Vitamin D3—optimize until your blood level shows at the top end of normal
- B Complex - to feed the central nervous system & reduce homocysteine (see details on back)
- Vita-E (400 I.U.) - causes dilation of blood vessels & reduces hardening of the arteries

Step 3: Detoxify

- Ensure adequate bowel elimination by using Herb-Lax and VitalMag + lots of water and fiber (bulk-in should = bulk-out, i.e. three meals in = three meals out)
- DTX (1-3)- to detoxify the liver, the body's blood filter

Step 4: Enhance Hormone Production

- MoodLift (1-4) (St. John's Wort): to stimulate the production of serotonin (see details on back)