

Brainpower of MIND & Total Focus

(reconnect the neurotransmitters and rebuild nerve tissue scientific studies verify see below)

Effect is Immediate (mind Clears and Focus) from Lions Mane Mushroom powder

Brahmi Tone (metagenics) improves cognition /antioxidants in green tea defends against free radical damage in the CNS central nervous system (Brain)

Extra Tyrosine (boost neurotransmitter function)

Dosage advise :

Lions mane powder

½ teaspoon of Lions Mane powder in cup of Green Tea (2 to 3 times daily)

Brahmi Tone tablets

Nervous system support 1 tablet twice daily

For memory loss and cognitive support for Adults

2 tablets twice daily

Extra Tyrosine

½ teaspoon powder daily (take with the above)(fine powder like cornflower neutral flavour)

mix in a little filtered water and drink(50 ml filtered water)

or check with your health care professional

1)Lions mane mushroom powder:

50 grms powder

Benefits of Lion's Mane Mushroom

- Brain
- Mood
- Memory
- Energy
- Stress Relief
- Gut and Digestion

About the product

• **PURE LIONS MANE MUSHROOM EXTRACT POWDER:** Made exclusively from 100% organic lions mane mushrooms. The fruiting bodies are hand picked to make the best extract possible. They are extract with hot water to obtain the beneficial beta-glucans and hericinones, plus thousands of other nutrients from the mushroom. We do not add any mycelium, starch, grains, or fillers into our products. Just 100% pure mushrooms.

• **SHAKES | SMOOTHIES | COFFEE | TEA:** Real Mushrooms Lions Mane Extract arrives in an easy-to-use airtight, resealable health grade packaging allowing for as much or as little use as you need for any occasion. For an extra health boost, add it into your coffee, tea, green smoothies, post-workout protein shakes, as an extra ingredient in your favorite recipes or maybe even an upgrade in your bulletproof coffee. Our extracts are 80-90% soluble in water.

• **GUARANTEED POTENCY:** Real Mushrooms Lions Mane Extract is guaranteed by analytical testing to have the active, medicinal compounds scientifically shown to boost your immune system. Our extract contains >30% Beta-glucans and <3% Starch. Beta-glucans are the main active, most well researched, medicinal compound in reishi. We measure beta-glucans specifically because polysaccharides numbers include starch, so polysaccharide testing can yield a false sense of quality.

• **100% MUSHROOM:** Our product undergoes rigorous quality control testing to make them Certified Organic, Certified Kosher, Gluten-Free, Non-GMO, Vegan, Dairy-Free and Nut-Free. We guarantee that there is absolutely no added mycelium, starch, grains, contaminants or fillers of any kind. We use starch testing to show the mushroom purity of our extract powders. Whole mushrooms generally have <5% starch and all our extract powders are below this threshold

2) Brahmi Tone (Metagenics)

(60 tablets)

Clinical Benefits

- **Increases in brain dopamine, serotonin and GABA** levels from consumption of green tea, high in L-theanine, have been observed in animal studies.⁴ They have also shown an association between oxidative stress and impairments in cognition, learning and memory.⁵ The antioxidant, green tea, may help defend against free radical damage.⁶
- **BacoMind® Brahmi has been clinically trialled** in adults over 55 (Figure One⁷) and in teenagers up to the age of 18.⁸ Bacosides from brahmi also display antioxidant activity in the brain and have been shown to improve cognitive function and memory in animal studies.⁹ According to an *in vitro* study, these cognitive effects of brahmi may be related to its modulatory effects on the cholinergic system including acetylcholine release, choline acetylase activity, and muscarinic cholinergic receptor binding.¹⁰
- Ingredients

Each tablet contains:

Extracts equivalent to:

<i>Camellia sinensis</i> , leaf dry (Green tea: L-theanine 27.5 mg)	10g
<i>Bacopa monnieri</i> , whole plant dry (BacoMind® - Brahmi)	1.5g
<i>Ginkgo biloba</i> , leaf dry (Ginkgo biloba)	1.5g
<i>Withania somnifera</i> , root dry (Withania)	750mg
Tyrosine	500mg

- Free from corn, dairy protein, lactose, eggs, gluten, wheat, nuts, yeast and soy protein. Free from artificial colours, flavours and preservatives.

**3)Tyrosine Extra Boost
150 grams**

L-Tyrosine and the nervous system the brain uses L-Tyrosine for the formation of special chemicals called “neurotransmitters”.

These substances help our brain to control various functions and states of the body. L-Tyrosine has been used to treat mild depression and anxiety attacks.

L-Tyrosine helps the brain to relax and can assist with natural sleep processes.

L-Tyrosine and Blood Cells although a number of amino acids are required for the correct formation of blood cells, L-Tyrosine is one of the most important. L-Tyrosine supplementation leads to increased red and white blood cell formation.

Red blood cells carry oxygen to our muscle cells providing higher energy levels, while white blood cells are an important part of our immune system.

L-Tyrosine is the “allrounder” of amino acids, being utilised by the body for a number of functions including the production of red and white blood cells, brain neurotransmitters, and even the release of growth hormone. L-Tyrosine is important as a precursor of the neurotransmitters dopamine, noradrenaline and adrenaline, the thyroid hormones thyroxine (T4) and triiodothyronine(T3) as well as melanin, the pigment responsible for skin and hair colour

REFERENCE SOURCES:

Professor Barry Finnin B Pharm,PhC,PhD,FFs ESSENTIAL GUIDE TO AMINO ACIDS

Metegenics research laboratories

Dr.Matt Bambling Bio chemist (research scientist)

Note: all prescriptions for amino acids, and naturopathic medicines, even though they are natural occurring products require prescription advise by the Healy's health Team and Dr.Matt Bambling (research bio chemist and psychologist) is Healy's Team oversight in all natural medicines, amino acids and Healy's recommended product range. periodically our Consultant Dr of Chiropractic Dr.Marshall Montgomery has input and recommendations in some formulations for better outcomes for Healy's patients and clients.