

Cerebro Food

CREATING HEALTH™

FORMULATED BY DAVID HAASE, MD

Clinical Applications

- Support Brain Health and Healthy Recall Ability*
- Provide Nutrients That Support Antioxidant Mechanisms*
- Supply Protein and Amino Acids for Neurotransmitter Production*

Cerebro Food & Cerebro Food for Kids represents more than 30 years of neuroscience research. Designed to address brain health, structure, and function, these formulas contain a variety of nutrients and cofactors that support mitochondrial energy production, antioxidant systems, neurotransmitter production, and cell membrane integrity.*

All Creating Health™ Formulas Meet or Exceed cGMP Quality Standards

Discussion

EVNol™, currently found in Creamy Chocolate and Vanilla Delight and not in Cerebro Food for Kids, is a patented, full-spectrum, pure d-mixed-tocotrienols complex. This advanced tocotrienol ingredient is derived from sustainable red palm fruit oil—a scientifically validated source. It is primarily composed of the four tocotrienol isomers (alpha, beta, gamma, and delta) in natural ratios. EVNol also provides d-alpha tocopherol and phytonutrients that are naturally extracted with the tocotrienols. The result is a natural and wholesome tocotrienol complex. The extraordinary protective benefits of tocotrienols on brain cells (e.g., white matter) and neurons have been demonstrated in in vitro, animal, and human studies.^[1-3] A large, placebo-controlled human trial investigated the effects of tocotrienols on white matter lesions (WML). Individuals taking the placebo showed an increase in WML volume, while those taking 200 mg of EVNol twice a day (equivalent to approximately 68 mg pure d-mixed tocotrienols) remained essentially unchanged.^[2] Scientists later determined that in order to achieve brain protection, the required plasma level of tocotrienols is just 588.6 nanomolar, which equates to approximately 31.25 mg of pure d-mixed tocotrienols/day.*^[4,5]

Furthermore, several studies have shown that good vitamin E status, especially tocotrienols, is associated with cognitive health and reduced risk of cognitive impairment in older adults.^[5,6] In a cross-sectional multicenter study on elderly subjects, researchers at the Aging Research Center at Karolinska Institutet in Stockholm found that cognitively normal individuals had better mean plasma levels of vitamin E, especially tocotrienols, and lower oxidative damage markers.^[5] Other research has demonstrated that combined tocopherol and tocotrienol administration supports healthy liver conditions and liver triglyceride metabolism.*^[7-10]

EVNol has a self-affirmed GRAS (generally recognized as safe) designation. It is 100% vegetarian-based and is derived from non-GMO sources.

N-Acetyl-Cysteine (NAC) is a precursor to glutathione—a tripeptide active in detoxification and antioxidant systems. Research suggests that NAC hinders the formation of free radicals that can contribute to oxidative stress in the brain.*^[11]

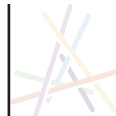
Phosphatidylserine (PS) is a phospholipid that is highly concentrated in the brain and plays a key role in neuronal energy production and communication. The body must synthesize the PS it needs for brain health because very little is found in food. Supplementation can help maintain normal brain levels of PS and thereby support brain functions that are dependent on this vital phospholipid.^[12-14] For some individuals, changes in brain function may be related to “age-related decline in nutrition,”^[15] and early nutrition intervention may be warranted. These Cerebro Food formulas contain safe-source PS from non-GMO soy.*

Acetyl-L-Carnitine (ALCAR) supports nerve health.^[16] It is able to cross the blood-brain barrier where it stabilizes cell membranes, provides antioxidant support, and helps maintain brain cell health.^[17-19] In addition, ALCAR supports neuronal energy production, facilitates transport of fuel and waste products into and out of mitochondria, and supports production of acetylcholine, a neurotransmitter essential to the processes of learning and concentration.*^[18,20]

Alpha-Lipoic Acid has fat- and water-soluble properties and therefore imparts intracellular and extracellular protection against oxidative stress. With its low molecular weight, alpha-lipoic acid is easily absorbed in the gastrointestinal tract. It then enters circulation, crosses the blood-brain barrier, and reaches the brain where it can support antioxidant activity and regenerate glutathione, vitamin E, and vitamin C.*^[21,22]

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*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.



Manufactured For: Creating Health
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Cerebro Food

Cerebro Food Vanilla

Supplement Facts

Serving Size: 1 Packet (about 48 g)		
Servings Per Container: 15		
Amount Per Serving %Daily Value		
Calories		
Total Fat	5 g	6% *
Saturated Fat	1.5 g	8% *
Total Carbohydrate	17 g	6% *
Dietary Fiber	6 g	21%
Total Sugars	6 g	**
Includes 5g Added Sugars		
10%		
Protein	19 g	
Vitamin C (as calcium ascorbate)	400 mg	444%
Vitamin D3 (cholecalciferol)	25 mcg (1000 IU)	125%
Vitamin E (as d-alpha tocopheryl succinate)	134 mg	893%
Riboflavin (as riboflavin 5' phosphate sodium)	25 mg	1923%
Niacin (as niacinamide)	200 mg	1250%
Vitamin B6 (as pyridoxal 5'-phosphate)	50 mg	2941%
Folate (400 mcg as Quatrefolic® (5S)-5-methyltetrahydrofolic acid, glucosamine salt and 400 mcg as calcium folinate)	800 mcg DFE	200%
Vitamin B12 (as methylcobalamin)	1000 mcg	41,667%
Calcium (as calcium ascorbate and ingredients with naturally occurring calcium)	60 mg	5%
Iron (naturally occurring)	4 mg	22%
Phosphorus (as dipotassium phosphate)	50 mg	4%
Magnesium (as Albion® di-magnesium malate)	50 mg	12%
Sodium (naturally occurring)	410 mg	18%
Potassium (from dipotassium phosphate and ingredients with naturally occurring potassium)	155 mg	3%
Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)		
800 mg		
N-Acetyl-L-Cysteine		
300 mg		
Sharp®PS® GREEN Phosphatidylserine		
200 mg		
Alpha-Lipoic Acid		
200 mg		
Kaneka Q10® Coenzyme Q10 (as ubiquinone)		
200 mg		
life'sDHA® DHA (docosahexaenoic acid from algal oil)		
50 mg		
EVNol™ Mixed Tocotrienols		
50 mg		
Benfotiamine		
50 mg		
trubroc® Glucoraphanin (from broccoli extract)(Brassica oleracea italica)(seed)		
30 mg		
Mixed Tocopherols		
18 mg		
* Percent Daily Values are based on a 2,000 calorie diet.		
** Daily Value not established.		

Other Ingredients: Vegan Protein Blend (Creating Health™'s proprietary blend of pea protein isolate, taurine, glycine, rice protein concentrate, and L-glutamine), dried cane syrup, inulin (from chicory), sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, cellulose gum, xanthan gum, Aminogen® fungal proteases, guar gum, stevia leaf extract, and silica.



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Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US Patent 7,947,662.



EVNol™ (formerly known as Tocomin®) is a trademark of ExcelVite. Tocotrienols are extracted and concentrated from sustainably sourced Malaysian red palm oil. Protected by US patent 5,157,132.



AMINOGEN® is a registered trademark of Innophos Nutrition, Inc. AMINOGEN® is protected under U.S. patent 5,387,422.



life'sDHA® is a trademark of DSM.

Sharp®PS® GREEN is a registered trademark of Enzymotec Ltd.

Albion is a registered trademark of Albion Laboratories, Inc

Kaneka Q10® is a registered trademark of Kaneka Corp.

Directions

Blend, shake, or briskly stir two scoops (48 g) into 8-12 oz chilled water and consume once daily, or as directed by your healthcare practitioner. Adjust amount of water to desired sweetness and thickness.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner.

Does Not Contain

Wheat, gluten, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, or artificial sweeteners.

Typical Amino Acid Profile Per Serving:

Alanine	930 mg	Isoleucine	970 mg	Serine	1,140 mg
Arginine	1,870 mg	Leucine	1,810 mg	Taurine	840 mg
Aspartic Acid	2,470 mg	Lysine	1,540 mg	Threonine	500 mg
Cysteine	220 mg	Methionine	240 mg	Tryptophan	220 mg
Glutamic Acid	3,620 mg	Phenylalanine	1,180 mg	Tyrosine	820 mg
Glycine	1,380 mg	Proline	970 mg	Valine	1,080 mg
Histidine	540 mg				

Does Not Contain

Wheat, gluten, yeast, soy protein, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or artificial preservatives.

Typical Amino Acid Profile Per Serving:

Alanine	330 mg	Lysine	530 mg
Arginine	650 mg	Methionine	90 mg
Aspartic Acid	860 mg	Phenylalanine	410 mg
Cysteine	80 mg	Proline	340 mg
Glutamic Acid	1,270 mg	Serine	400 mg
Glycine	333 mg	Threonine	290 mg
Histidine	190 mg	Tryptophan	80 mg
Isoleucine	340 mg	Tyrosine	290 mg
Leucine	630 mg	Valine	380 mg

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Coenzyme Q10 (CoQ10) plays a pivotal role in energy generation because it transports electrons in the mitochondrial electron transport chain. CoQ10 also donates electrons, helping to protect the brain from oxidative stress and further supporting neuronal cell health.*^[23]

Glucoraphanin (previously Brassica's SGS™, now Brassica's truebroc®) is a patented phytochemical derived from broccoli extract. Extensive research suggests that when glucoraphanin is enzymatically converted to sulforaphane (its active form), it safely and effectively supports the Nrf2 system, antioxidant systems, and vital phase II detoxification enzymes.^[24,25] This process provides protection from common toxins and xenobiotics.*

DHA (docosahexaenoic acid) is a conditionally essential fatty acid and the main polyunsaturated fatty acid in the brain. DHA supports the structure and function of brain cell membranes, and hence plays a fundamental role in neuronal communication.^[26] Studies suggest that DHA supports the biosynthesis and accumulation of PS in neuronal and glial cells as well.*^[27]

Vegan Protein Blend is Creating Health™'s proprietary and lactose-free pea/rice protein blend. In Cerebro Food and Cerebro Food for Kids, Vegan Protein Blend is coupled with Aminogen®, an enzyme complex that facilitates protein digestion and absorption. Amino acids from protein metabolism provide the precursors needed for neurotransmitter production.*

Micronutrients complete the adult version of this formula's comprehensive design. These include magnesium, calcium, phosphorus, vitamin D3, vitamin E (as mixed tocopherols), and activated B vitamins riboflavin 5'-phosphate (B2), pyridoxal 5'-phosphate (B6), methylcobalamin (B12), and folate as 5-MTHF (5-methyltetrahydrofolate). 5-MTHF supports healthy folate nutrition, especially in individuals with genetic variations in folate metabolism. 5-MTHF is provided as Quatrefolic® for enhanced stability, solubility, and bioavailability.^[28,29]

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