

Douglas

Directives **Cognitive Support Protocol**

A Suggested Nutritional Protocol for Cognitive Support*

Ultra Preventive® X:

A comprehensive multivitamin in a fruit and vegetable base. Supplies substantial amounts of lutein, lycopene, and zeaxanthin. Designed to provide antioxidants and vitamins for neurological support.

Product Code: 45410

Suggested Usage: 4-8 tablets taken through the course of the day with meals

Cogni-flex™:

A unique formula that contains key ingredients, including Huperzine A, shown to inhibit acetylcholinesterase activity, for optimal brain function.

Product Code: 83915

Suggested Usage: One capsule daily

Phosphatidyl-Serine:

This natural phospholipid can be found in the brain and is required to assist nerve transmission and function.

Product Code: 83004

Suggested Usage: One capsule daily

Vinpocetine:

A derivative of the periwinkle plant, this product can increase blood flow to the brain and improve the brain's use of oxygen. Vinpocetine has been shown to have a beneficial effect on memory.

Product Code: 8502

Suggested Usage: One capsule daily with a meal.

CoQmelt® 300:

A breakthrough formulation delivering 300 mg. of natural coenzyme Q10 in a great-tasting natural orange-flavored fast-melt tablet that is rapidly absorbed into the bloodstream. Coenzyme Q10 is a powerful antioxidant and supports healthy neurological and cardiovascular functions, as well as energy metabolism.*

Product Code: 99129

Suggested Usage: 1-4 fast-melt tablets daily

NeuroTone®:

A broad-spectrum supplement providing a wide range of nutrients including carnitine, DHA, DMAE and *Ginkgo biloba*, designed to support healthy brain function.

Product Code: NRT

Suggested Usage: 2-4 tablets daily

*Statements within have not been evaluated by the FDA. Products are not intended to diagnose, treat, cure or prevent any disease.

