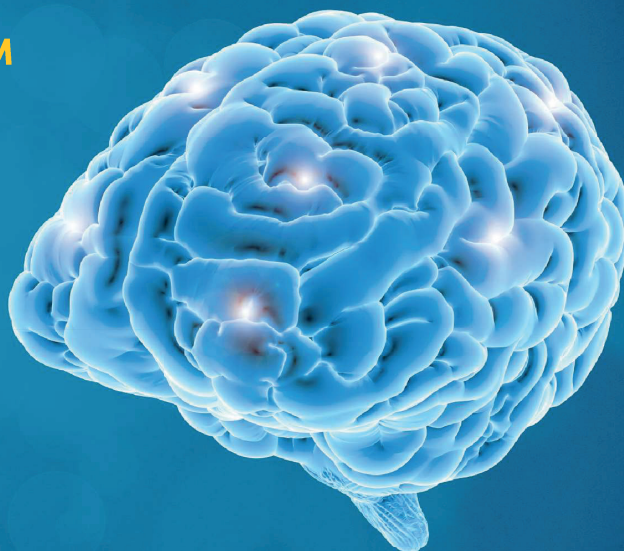


BDNF Essentials™

Promote Healthy Brain Function

New research demonstrates the adult brain is capable of reorganizing its neural network by forming new connections — and this is known as neuroplasticity. Neuroplasticity means the brain continues to generate new neurons & synapses throughout life, helping the brain heal from injuries.



KEY ACTIVITIES TO INCREASING NEUROPLASTICITY INCLUDE:

- ✓ Physical Exercise
- ✓ Learning New Skills
- ✓ Increase BDNF (Brain Derived Neurotrophic Factor)
- ✓ Good Nutrition
- ✓ Sleep
- ✓ Intermittent Fasting



indication	Rebuild neuroplasticity by increasing BDNF. Improve cognitive function. More tolerance to stress.	
dosage	1 – 2 x 2 caps per day with or without food. Children under 6 years: 2 x 1 caps per day.	
packaging	120 vegcaps per container	
composition (amount per 2 vegcaps)	Lions Mane Mushroom (<i>Heridium erinaceus</i>)	500 mg
	Skullcap (<i>Scutellaria lateriflora</i>)	200 mg
	Billberry (<i>Vaccinium myrtillus</i>)	200 mg
	Bacopa (<i>Bacopa monnieri</i>)	150 mg
	Sensoril Ashwagandha (<i>Withania somnifera</i>)	125 mg
	CDP Choline	125 mg
	Sharp-PS phosphatidylserine	50 mg

Please find our referenced version on the professional section of our website.
All information is exclusively aimed at and released to an audience of health care professionals.