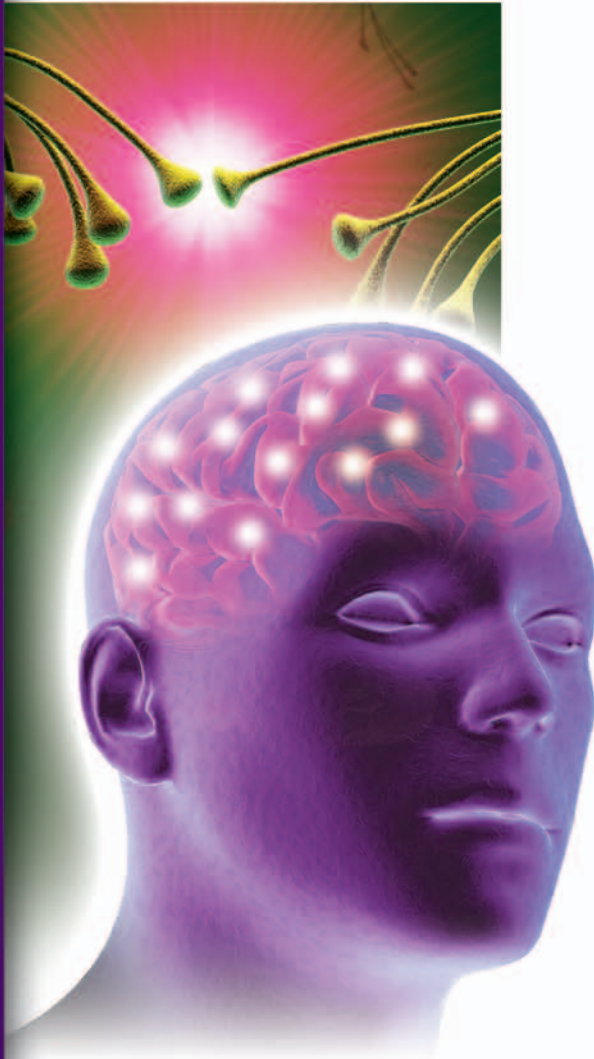


Nutritional Strategies for Mood & Cognition



Safety
Research
Efficacy

Addressing neurological health concerns*

An estimated 1 in 4 Americans have mental health concerns. Neurotransmitter modulation is the primary goal to address neurological health with many conventional products—which are not without adverse effects. In collaboration with a renowned neurologist, Metagenics has developed a natural, clinically successful family of neurological health products designed to nutritionally support brain function to influence neurotransmitter dynamics associated with specific cognitive and emotional states.*

Your guide to specialized neurological support*

In this clinical guide, you'll find product descriptions, recommendations, and a quick reference tool explaining how to support various aspects of neurological health:*

- Neuroprotection
- Forgetfulness
- Distracted mind
- Nervousness
- Negative mood
- Occasional sleeplessness

Metagenics' commitment to excellence

Metagenics is dedicated to providing science-based, premium quality nutraceuticals, botanicals, and medical foods that represent the forefront of natural health science. This commitment is reflected in our use of cutting-edge genetic, cellular, and clinical testing procedures and NNFA, NSF, and TGA GMP-certified facilities. This Triple Check Program ensures quality at every phase of manufacturing.

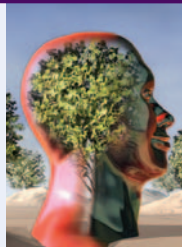
Nutritional support for neurological health♦

Foundation Neuroprotection Formula

Ceralin® Forte

Multidimensional Brain & Nervous System Support♦

Ceralin Forte is formulated to provide well-rounded support for brain and nerve protection, addressing multiple pathways involved in neurological health. Designed to act within the brain and nervous system, this advanced formula features significant levels of grape seed extract, 5-methyl tetrahydrofolate, N-acetylcysteine (NAC), and acetyl-L-carnitine.♦



Patient benefits:

- Supports healthy cognitive function, possibly by enhancing cellular energy dynamics♦
- Provides potent antioxidant protection for the central nervous system♦
- Supports a healthy life cycle of neurons and other cells♦
- May protect the blood-brain barrier and nerve cells from oxidative stress♦
- Helps maintain overall neurological health by supporting healthy mitochondrial function, methylation, homocysteine metabolism, and circulatory function♦

Recommended uses:

- Multidimensional neuroprotection support♦
- Cerebrovascular support♦

Three capsules supply: Thiamin (as thiamin mononitrate) 30 mg, Riboflavin 30 mg, Niacin (as niacinamide) 250 mg, Vitamin B₆ (as pyridoxine hydrochloride) 25 mg, Folate (as L-5-methyl tetrahydrofolate)¹, 5-formyl tetrahydrofolate) 500 mcg, Vitamin B₁₂ (as methylcobalamin) 500 mcg, N-Acetylcysteine 600 mg, Acetyl-L-Carnitine HCl 600 mg, Grape Seed Extract (*Vitis vinifera*) 200 mg

Recommendations: Three capsules daily or as directed.

Form: 90 Capsule Bottle

CAUTION: Do not use if pregnant or nursing. If patient is taking medication—including anticoagulants—use with caution.

¹As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

Nutrients for multidimensional brain and nervous system support♦

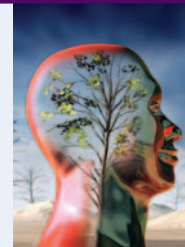
Ingredient	Support
Acetyl-L-Carnitine	Neurologic antioxidant, mitochondrial function, nerve cell protection
N-Acetylcysteine	Neurologic antioxidant, mitochondrial protection, nerve cell protection, cytokine activity, blood-brain barrier, glutamate modulation
Grape Seed Extract	Neurologic antioxidant, nerve cell protection, circulatory function
5-Methyl Tetrahydrofolate	Neuron life cycle, neurotransmitter metabolism, methylation, homocysteine metabolism, nervous system function
Vitamin B ₆	Conversion of excitatory glutamate into calming GABA, neuron life cycle, nervous system function, methylation, homocysteine metabolism
Vitamin B ₁₂	Neurotransmitter metabolism, neuron life cycle, methylation, homocysteine metabolism, nervous system function
Thiamin & Riboflavin	Mitochondrial function
Niacinamide	Neuroprotection, nervous system function

Forgetfulness

Ceriva™

Acetylcholine Function♦

Ceriva is formulated to support healthy cognitive function in those concerned about maintaining their memory by beneficially modulating the metabolism of the neurotransmitter acetylcholine. Designed to act centrally, within the brain, Ceriva features huperzine A, 5-methyl tetrahydrofolate, and alpha-tocotrienol (from Tocomin® SupraBio™), which research suggests may be able to cross the blood-brain barrier.♦



Patient benefits:

- Supports the healthy metabolism of acetylcholine, the primary neurotransmitter associated with cognitive function and the formation and consolidation of memories♦
- Provides Tocomin® SupraBio™ and huperzine A for nerve cell protection against excitotoxic effects and other oxidative influences♦
- Supports a healthy life cycle of neurons and other cells♦

Recommended uses:

- Memory concerns associated with aging♦
- Cognitive function support♦

Two softgels supply: Folate (as L-5-methyl tetrahydrofolate)¹ 400 mcg, Purified Huperzine A (from *Huperzia serrata*) 100 mcg, Tocotrienol Complex¹¹ [palm fruit (*Elaeis guineensis*), tocotrienol-tocopherol complex containing alpha-, beta-, gamma-, delta-tocotrienol, and d-alpha tocopherol] 40 mg

Recommendations: Two softgels daily or as directed.

Form: 60 Softgel Bottle

CAUTION: Do not use if pregnant or nursing. For adult use only. Avoid use if taking acetylcholinesterase inhibitors or cholinergic medications. Do not exceed recommended dosage.

¹As Metafolin® U.S. Patent Nos. 5,997,915; 6,254,904.

¹¹TOCOMIN® SUPRABIO™, also supplying naturally occurring plant squalene, phytosterol complex, mixed carotenoids complex, and coenzyme Q10. U.S. Patent No. 6,596,306.

Distracted Mind

Lumina™

Dopamine Function*

Lumina is designed to support healthy mental function and relaxation—issues related to proper focus, attention, learning, and memory—through modulating the metabolism of neurotransmitters such as dopamine, gamma-aminobutyric acid (GABA), and norepinephrine. Formulated to act centrally, within the brain, this advanced formula features docosahexaenoic acid (DHA) and LactiumPure™—which research suggests are able to cross the blood-brain barrier—along with theanine for targeted neurological support.*



Patient benefits:

- Dopamine, GABA, and norepinephrine metabolism are implicated in executive brain functions such as focus, attention, motivation, learning, and memory*
- Features LactiumPure™, a patented, bioactive decapeptide that has been shown to support relaxation and a healthy stress response, possibly by influencing GABA*
- Provides theanine and DHA, which preliminary research suggests may positively influence the metabolism of neurotransmitters such as dopamine, GABA, and norepinephrine*

Recommended uses:

- Distracted mind*
- Mental focus support*
- Relaxation support*

Two softgels supply: L-Theanine 200 mg, Casein Tryptic Hydrolysate† 150 mg, Natural Marine Lipid Concentrate (containing DHA 400 mg and EPA 160 mg) 800 mg

Recommendations: Two softgels daily or as directed.

Form: 60 Softgel Bottle

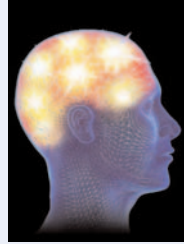
CAUTION: Do not use if pregnant or nursing. Avoid use if patient is taking benzodiazepine, anticoagulants, or is consuming alcohol. Do not use before surgery.

Nervousness

Trancor™

GABA & Glutamate Balance*

Trancor is formulated to support a sense of tranquility in those who may feel worried or nervous by beneficially modulating the balance between the calming influence of GABA and the excitatory effects of glutamate. Designed to act centrally, within the brain, this advanced formula features the amino acids NAC and taurine—which research suggests may be able to cross the blood-brain barrier—along with concentrated green tea catechins, vitamin B₆, and magnesium malate for targeted neurological support.*



Patient benefits:

- Supports a sense of tranquility by modulating the balance between glutamate and GABA with NAC, green tea catechins, and vitamin B₆*
- Helps protect nerve cells from the excitotoxic effects of excess glutamate and other pro-oxidant influences with taurine and EGCG*
- Supports relaxation and a sense of calm with magnesium and vitamin B₆*

Recommended uses:

- Nervousness*
- Support for tranquility*

Four capsules supply: Vitamin B₆ (as pyridoxine hydrochloride) 25 mg, Magnesium (as magnesium malate) 200 mg, Taurine 1000 mg, N-Acetylcysteine 600 mg, Green Tea Leaf Extract [decaffeinated (*Camellia sinensis*) containing 180 mg catechins, 120 mg epigallocatechin gallate (EGCG)] 300 mg

Recommendations: Four capsules daily or as directed.

Form: 120 Capsule Bottle

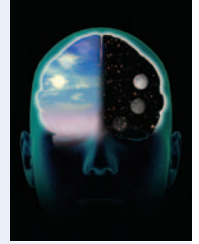
CAUTION: Do not use if pregnant or nursing. Use with caution if patient has congestive heart failure or kidney disease, or is taking medication—including anticoagulants. Maintain adequate fluid intake while taking this product.

Occasional Sleeplessness

Benesom™

Melatonin Function*

Benesom is formulated to promote a restful, relaxed state and relieve occasional sleeplessness by beneficially modulating the metabolism of melatonin and GABA. Designed to act centrally, within the brain, Benesom features supplemental melatonin—which research suggests is able to cross the blood-brain barrier. LactiumPure™—a patented, bioactive decapeptide with relaxing properties—and passionflower are added to round out this formula for targeted neurological support.*



Patient benefits:

- Promotes restful, quality sleep for those with occasional sleeplessness*
- Features melatonin, a hormone naturally produced in the brain that helps regulate sleep, waking, and the body's circadian rhythm (or time clock)*
- Provides LactiumPure™ and passionflower, which may favorably modulate the metabolism of GABA*

Recommended uses:

- Occasional sleeplessness*

One tablet supply: Casein Tryptic Hydrolysate¹ 75 mg, Melatonin 1 mg, Passionflower Flower 5.5:1 Extract (*Passiflora incarnata*) 300 mg

Recommendations: One tablet one hour before bedtime or as directed. A typical consumption range for melatonin is 1 mg - 3 mg for supporting occasional sleeplessness.

Form: 60 Tablet Bottle

CAUTION: Do not use if pregnant or nursing. For adult use only. Avoid use if patient has a history of seizures or depression, is taking benzodiazepine or sedating medication, or is consuming alcohol. Use with caution if taking anticoagulants or other medications or if operating machinery. Not recommended for more than 2 consecutive months.

¹LactiumPure™, bioactive decapeptide.

Negative Mood

The Cortisol Connection

Symphora™

Brain Cortisol Function♦

Symphora is formulated to promote a positive mood and mental well-being by beneficially modulating cerebral metabolism of the neurohormone cortisol. Designed to act centrally, within the brain, Symphora features 5-methyl tetrahydrofolate—which research suggests is able to pass the blood-brain barrier—along with DHEA and vitamin D for targeted neurological support.♦



Patient benefits:

- Cortisol is a glucocorticoid hormone associated with mood, well-being, and stress response♦
- Features DHEA, which research suggests may support a positive mood by modulating the effects of brain cortisol during periods of stress♦
- Provides vitamin D, a vitamin that has been associated with serotonin metabolism and a positive mood♦
- Supplies neuroactive vitamin B₁₂ and folate—cofactors in the synthesis of neurotransmitters such as serotonin♦

Recommended uses:

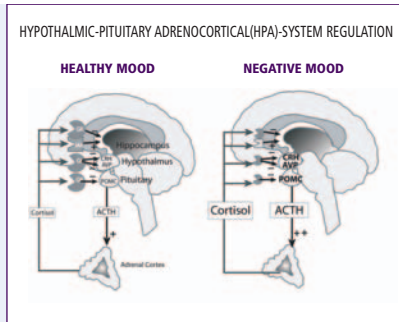
- Positive mood support♦
- Feeling of well-being support♦

Two tablets supply: Vitamin D 800 IU, Folate (as 5-methyl tetrahydrofolate) 800 mcg, Vitamin B₁₂ (as methylcobalamin) 1000 mcg, Dehydroepiandrosterone (DHEA) 50 mg

Recommendations: Two tablets daily or as directed.

Form: 60 Tablet Bottle

WARNING: DO NOT USE IF PREGNANT OR NURSING. For adult use only. Avoid use if patient has, or has a history of hormone-related cancer, diabetes, or bipolar disorder. If patient has a medical condition or takes medication use with caution. Do not exceed recommended dosage.



The Serotonin Connection

Somnolin®

Serotonin Function♦

Somnolin is designed to support a positive mood and an alert, relaxed state during the day, while promoting recuperative sleep at night through beneficially modulating the metabolism of serotonin. This formula features clinically effective levels of 5-HTP and theanine in just one tablet daily.♦

Recommended uses:

- Support for a relaxed, positive mood♦
- For those desiring an alternative to formulas containing DHEA or melatonin♦

St. John's Wort

with ActiFolate® and B₁₂

Serotonin Uptake♦

St. John's Wort with ActiFolate and B₁₂ is formulated to support a calm, positive mood with nutrients that may play a role in serotonin metabolism. This formula supplies clinically effective levels of standardized St. John's Wort leaf and flower extract combined with a bioactive folate blend and vitamin B₁₂ in two tablets daily.♦

Recommended uses:

- Mood issues associated with serotonin♦
- Support for a calm, positive mood♦

Bioactive Formulas that Target the Site of Action♦

Metagenics family of neurological products were uniquely designed to act centrally—within the brain—through the careful selection of bioactive ingredients. This neurotransmitter-brain relationship may target mood and cognitive states at the highest level.

Unique Ingredients with Superb Bioavailability

Tocomin® SupraBio™—a proprietary, full-spectrum, highly absorbable palm tocotrienol complex with a high ratio of alpha-, beta-, gamma-, and delta-tocotrienols, alpha-tocopherols, and other naturally occurring constituents such as CoQ10, plant squalene, phytosterols, and mixed carotenoids with demonstrated neuroprotective properties.♦

LactiumPure™—a proprietary, bioactive decapeptide complex with relaxing properties that has been demonstrated in several clinical studies.♦

Purified Huperzine A—a concentrated plant alkaloid from Chinese club moss (*Huperzia serrata*) with memory-supporting properties that has been extensively investigated. This same ingredient is being used in U.S.-based phase II human clinical trials.♦

L-5-Methyl Tetrahydrofolate—perhaps the only form of folate that crosses the blood-brain barrier.♦



The Interplay of Neurotransmitters & Mental States

The body is the theater for emotional and cognitive states. Whether mood or mental issues express themselves through behavior or physical functioning—neurotransmitters are one group of characters at play.

Memory and cognitive processes are heavily dependent on *acetylcholine*, a neurotransmitter known to decline with age.

Attention, learning, and mental focus require adequate stimulation with excitatory neurotransmitters, particularly *dopamine*, and balanced levels of *norepinephrine*.

Sense of tranquility is influenced by the calming effects of *GABA*, an inhibitory neurotransmitter.

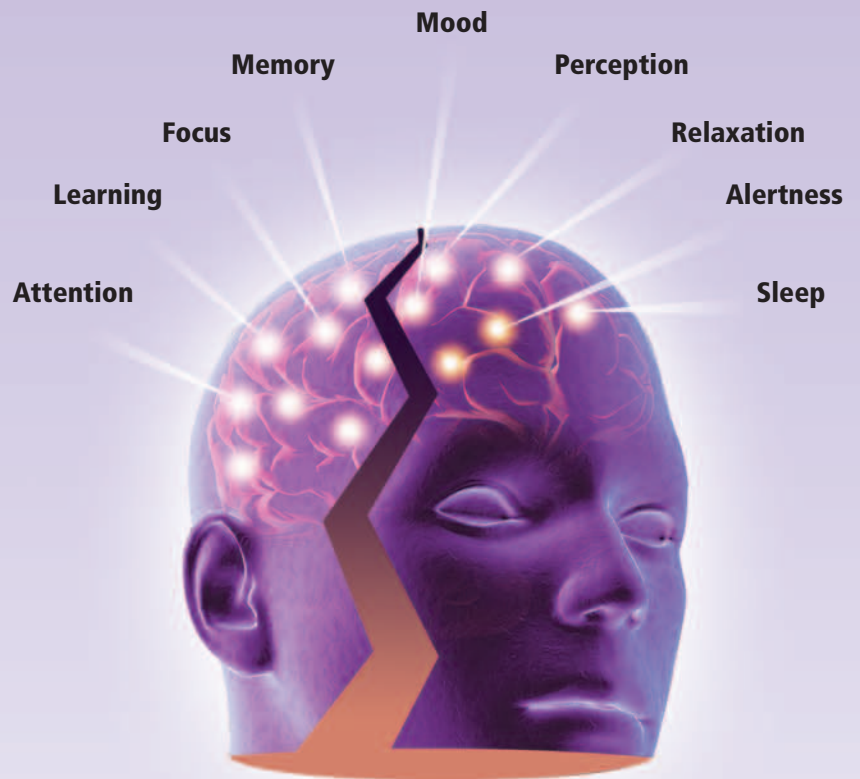
Feelings of nervousness are influenced by *glutamate*, an excitatory neurotransmitter.

Perception is influenced by a healthy neuronal environment, particularly by the balance between *GABA* and *glutamate*.

Mood, stressful feelings, and sense of well-being are influenced by the level of brain *cortisol*—a neurohormone that can become elevated during times of stress, which may impact serotonin.

Feeling happy, content, and relaxed is related to the level of *serotonin*, which is a common target for modulation in conventional approaches.

Sleep and wake cycles are dependent on *melatonin* status—a hormone derived from *serotonin* and produced in the pineal gland.



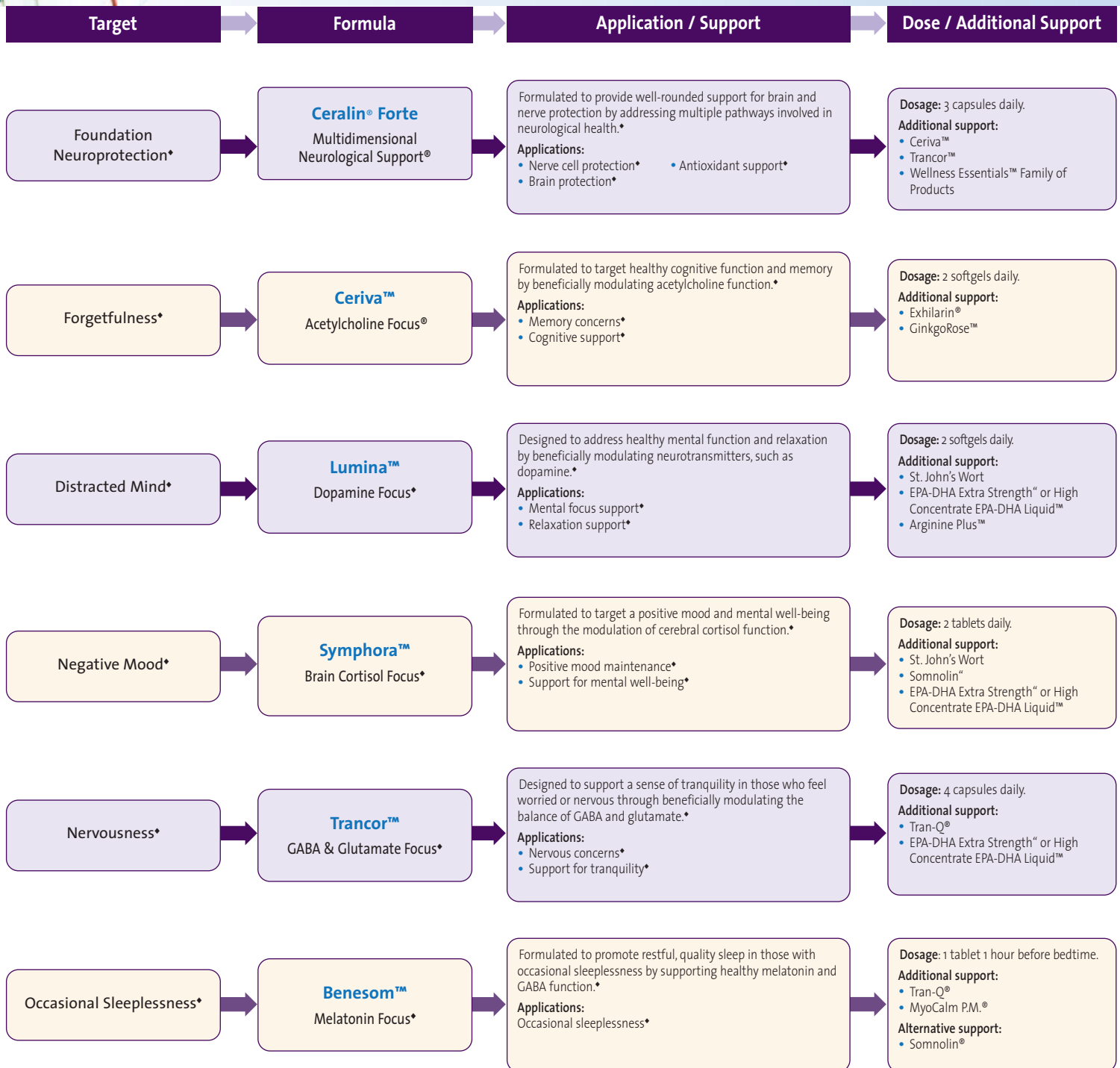
Metagenics neurological family of products help balance neurotransmitters to support healthy mood and cognition♦

For references, please visit www.metagenics.com/neurologicalhealth.



Natural approaches for mood and cognition* from Metagenics.

Which should you choose for your patients?



For more information visit us online at www.metagenics.com or contact your Metagenics representative.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, or prevent any disease.



These certifications for Good Manufacturing Practices demonstrate the Metagenics commitment to purity and quality.

Genetic Potential Through Nutrition

www.metagenics.com

©2006 Metagenics, Inc.

MET1378 8/06 Rev 9/06