

PREVENTING NEURODEGENERATIVE BRAIN AGING

Neurodegenerative brain aging occurs because of six degenerative bio-chemical and cellular processes, namely: oxidative stress, glycation, inflammation, cortisol neurotoxicity, mitochondrial dysfunction and vascular changes.

Conventional medicines do not lend themselves to preventing neurodegenerative aging because their mechanisms of action are too specific, instead limiting themselves specifically to addressing the *symptoms* of brain neurodegeneration, through the manipulation of levels of neurotransmitters only (such as dopamine, acetylcholine, serotonin and nor-adrenaline). These medicines don't correct the six underlying *causes*, and they are often resorted to only after years of exposure to these neurodegenerative processes, often after it's too late.

Only preventive medicine can address the six underlying pathological processes that *cause* neurodegenerative diseases in the first place:

Vinpocetine

Vinpocetine is an extract from the Vinca minor plant. It has a broad range of cognitive enhancing effects. It improves brain circulation and oxygenation; increases brain tolerance to hypoxia and ischaemia; inhibits phosphodiesterase; improves rheological properties of blood, has neuroprotective effects; and it increases glucose transport into the brain. Vinpocetine improves memory, learning ability, cognitive performance, aphasia, dysarthria, agnosia and coordination.

Dosage: 1 tablet (15mg) twice daily

Stress Damage Control™

Contains Rhodiola and Ashwagandha plant extracts which suppress excessive cortisol, released during chronic stress. It is also protective of the hippocampus, against the directly neurotoxic effects of cortisol.

Dosage: 1 capsule (150mg Rhodiola, 100mg Ashwagandha) twice daily

Homocysteine Reducing Formula™

Contains folic acid, vitamin B12 and vitamin B6, to reduce homocysteine levels. Homocysteine promotes dementia by cerebral microangiopathy, oxidative stress, apoptosis, enhancement of beta-amyloid neurotoxicity and by NMDA mediated excitotoxicity.

Dosage: 1 capsule daily (supplies 2000mcg folic acid, 1500mcg vitamin B12 [superior methylcobalamin form], 100mg vitamin B6)

Resveratrol (extra strength)

Resveratrol is a polyphenol that protects the brain via Cox-2 and PGE2 inhibition, and by inducing phase II liver metabolism.

Dosage: 1 capsule (100mg) twice daily

N-Acetyl-Cysteine (NAC)

NAC is an amino acid that boosts endogenous glutathione levels, thereby reducing free-radical damage to neurons. NAC also helps reduce homocysteine levels.

Dosage: 1 capsule (500mg) twice daily

Ubiquinol Co-enzyme Q10

Ubiquinol is a superior form of co-enzyme Q10 that helps prevent brain vascular damage. It also is important for optimal neuronal mitochondrial function and minimising the damage to brain structures caused by reactive oxygen species. The ubiquinol form of co-enzyme Q10 is best because it is 8 times more orally bio-available than conventional co-enzyme Q10 (ubiquinone).

Dosage: 1 capsule (50mg) twice daily

Fish Oil Omega 3 extract

Supplies two omega-3 essential fatty acids known as EPA (eicosapentaenoic acid) and DHA (docosahexaenoic acid). These are important for maintaining brain health and for cell-to-cell communication. SOLAL's Fish Oil Omega 3 is superior because it is filtered to remove methyl-mercury and other toxins. SOLAL uses the skins and flesh of small fish (anchovies) only, not larger fish (like salmon) which can have a high toxin content and lower omega 3 concentrations.

Dosage: 2-3 capsules (2000-3000mg) after supper.

Alpha Lipoic Acid

Alpha lipoic acid is an anti-glycation nutrient. It therefore helps prevent damage to brain structures that occur in diabetic patients or in patients with insulin resistance or metabolic syndrome.

Dosage: 1 capsule (250mg) once or twice daily.



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- ▶ Download comprehensive product information of our full range of 200 nutraceuticals, dermaceuticals and bio-identical hormones for men and women.
- ▶ View/download Solal chart titled "**Correcting Pharmaceutical Induced Nutritional Deficiencies**" for an alphabetical chart of which medications deplete the body of which nutrients.

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