

Cognitive Health & Mental Focus Protocol*

| Objective | Product Recommendation | Dosage | Key Ingredients |
|---|---|--|--|
| Supports brain cognitive function* | Active B Complex | 1 capsule daily, or as recommended by your healthcare practitioner. | Biologically Active Forms of vitamin B12, Folate & B6 |
| Supports cognitive abilities, mental clarity, and focus* | Andrographis EP80™ | 1 capsule daily. For extra support may take 1 capsule twice daily or as recommended by a healthcare practitioner. | Andrographis (<i>Andrographis paniculata</i>) Leaf Extract (EP80™) standardized to ≥ 20% total andrographolides (≥ 80 mg) |
| Provides adaptogens that support daily focus* | Ashwagandha Complex | 1 capsule daily, may increase to 1 capsule three times daily, or as recommended by a healthcare practitioner. For optimal results, take on an empty stomach. | Proprietary Complex: Ashwagandha (<i>Withania somnifera</i>) Root Extract (KSM-66®) standardized to contain ≥ 5% withanolides, Rhodiola (<i>Rhodiola rosea</i>) Root Extract (EPR-7™) standardized to contain ≥ 3% rosavins and ≥ 1% salidroside |
| Provides a traditional botanical compound for metabolic support, including cognitive health and brain function* | Berberine 500 mg | 1 capsule three times daily, or as recommended by a healthcare practitioner. | Berberine [from Indian Barberry (<i>Berberis aristata</i>) Bark and Root Extract] |
| | Berberine Ultra Absorption (with GammaSorb® gamma cyclodextrin) | 1 capsule daily, or as recommended by a healthcare practitioner. | Berberine [from Phellodendron (<i>Phellodendron amurense</i>) Bark Extract] |
| High absorption French VX1® grape seed extract. Supporting cognitive health and brain function* | Clinical OPC® | 1 softgel daily. May take up to three times a day for enhanced benefits, or as recommended by a healthcare practitioner. | French Grape (<i>Vitis vinifera</i>) Seed Extract (VX1®) standardized to contain ≥ 99% polyphenols and ≥ 80% OPCs |
| Supports balanced brain chemistry, healthy neurological pathways, and optimal blood circulation in the brain* | Cognitive Health Plus* | 1 capsule daily. May take 1 capsule twice daily for additional support, or as recommended by your healthcare practitioner. | Greek Mountain Tea (<i>Sideritis scardica</i>) Aerial Extract (GMT23™), Bacopa (<i>Bacopa monnieri</i>) Leaf Extract standardized to ≥ 20% bacosides (40 mg) |



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| Helps preserve neural connections, healthy brain function, and overall cognitive health* | CoQ10 Chewable 100 mg (with GammaSorb® for 8 times higher absorption†) | 1 chewable tablet daily, or as recommended by a healthcare practitioner. | Coenzyme Q10 (ubiquinone) |
| Delivers clinically studied, enhanced absorption curcumin to support positive mood, cognition, focus, and healthy inflammation response** | CuraPro® 375 mg Curcumin Complex (Delivers a minimum of 250 mg of curcuminoids per softgel) | 1 softgel daily, or as recommended by a healthcare practitioner. | Proprietary Complex: Curcumin (<i>Curcuma longa</i>) Rhizome Extract (BCM-95®/Curcugreen®) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), phospholipids (from sunflower lecithin), supplying 250 mg of curcuminoids |
| | CuraPro® 750 mg Curcumin Complex (Delivers a minimum of 500 mg of curcuminoids per softgel) | 1 softgel daily. May take 1 softgel two times daily, or as recommended by your healthcare practitioner. | Proprietary Complex: Curcumin (<i>Curcuma longa</i>) Rhizome Extract (BCM-95®/Curcugreen®) enhanced with turmeric essential oil and standardized for curcuminoid complex (curcumin, demethoxycurcumin and bisdemethoxycurcumin), phospholipids (from sunflower lecithin), supplying 500 mg of curcuminoids |
| Delivers bioidentical DHA/EPA omega-3 fatty acids in 2:1 ratio to support positive mood, cognition, focus, and healthy inflammation response** | EurOmega-3® | Adults: 1-2 tablets daily. Children (6 years old and up): 1 tablet daily, or as recommended by a healthcare practitioner. | Omega-3 Phospholipid Peptide Complex Featuring Phospholipids, Omega-3 [DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid)] and bioactive peptides extracted from Atlantic Salmon (<i>Salmo salar</i>), in a balanced ratio as found in salmon; not chemically altered or artificially spiked with DHA/EPA |
| Supports healthy circadian rhythm for restorative sleep and mental well-being with sustained release tablet** | Melatonin 10 mg | 1 tablet, 1-2 hours before bedtime, or as recommended by a healthcare practitioner. | Melatonin (EP120™) |
| Supports vitamin D3 levels for mental well-being and overall health* | Vitamin D3 Chewable (5,000 IU) | 1 tablet daily, or as recommended by a healthcare practitioner. | Vitamin D3 (as cholecalciferol) |

‡Compared to standard CoQ10. ^Occasional inflammation due to exercise or overuse. †For relief of occasional sleeplessness.
*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.