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# BRAIN HEALTH

## TIMESTOP

TimeStop  
WHAT IT IS:

L-ergothioneine (L-ET), an amino acid found in mushrooms and bacterial fermentation with antiaging antioxidant and cytoprotective properties

WHY YOU NEED IT:

Important for patients interested in AntiAging: helps protect chromosomal telomeres and reduce DNA damage, both hallmarks of human aging  
Supports neurological and cognitive health  
Provides powerful antioxidant support by enhancing Nrf2-mediated gene activity  
Supports healthy glutathione levels, a key molecule in detoxification and human health  
Boosts mitochondrial function for substantially improved energy production  
Targets patients with depression and anxiety  
Good for patients who wake frequently during sleep

HOW IT HELPS:

L-ET is a critically important antioxidant and cell protector that cannot be synthesized by humans. We can only get L-ET through our diets or supplementation. L-ET is found primarily in...

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## MERRYME

MerryMe

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## GUPPIE

### WHAT IT IS:

Double strength, ultra-pure fish oil in a tiny softgel

### WHY YOU NEED IT:

Important for patients looking to maintain healthy cholesterol levels  
Great for patients who want to decrease heart palpitations  
Targets patients trying to reduce risk of Alzheimer's and mood disorders  
Good for patients needing to reduce risk of stroke  
Supports patients wanting to lower levels of inflammation

### HOW IT HELPS:

According to clinical studies, just three servings of fatty fish per week can reduce your risk of dropping dead of a heart attack by more than 50%. This benefit is in the same realm as taking a daily aspirin or reducing blood cholesterol levels with medications or herbs. The omega-3 fish oil supplements can help support patients looking to reduce health risks, maintain sharp brain function, target balanced moods, and support healthy cholesterol levels. Our \*guppie fish oil gets gives...

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## SMARTY PANTS

SmartyPantsHey, who doesn't want to be smarter and happier?WHAT IT IS:• A natural mineral supplement that supports healthy brains, mood and sleepWHY YOU NEED IT:• Targets patients who need a brain boost• Important for stressed patients who need a healthier mood• Good for patients who need improved sleep• Easy-to-use powder, makes a great tasting drink• All natural and well-toleratedHOW IT HELPS:Magnesium is one of the most important minerals for brain health. However, most of us eat a diet that is deficient in magnesium. Without enough magnesium, the brain cannot function optimally, leaving people feeling more moody, sleepless, and well...stupid.Getting magnesium into the brain is not easy. Nearly all vitamin supplements fail to boost magnesium brain levels.So, the geniuses at M.I.T. developed a special form of magnesium that is clinically proven to specifically raise magnesium...

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## NERVANA

Nervana  
An Enlightened Vitamin Experience

### WHAT IT IS:

- The world's most bioactive form of vitamin B1, thiamine

### WHY YOU NEED IT:

- Important for patients with dysfunctional and diseased nerves
- Targets patients with neuropathy and Multiple Sclerosis
- Great for patients with brain degeneration
- Supports patients with nerve symptoms: numbness, burning, tingling, pain
- Good for cognitive and cardiovascular health
- Aids patients with hyperactivity and excessive sweating

### HOW IT WORKS:

Thiamine was the very first of the B vitamins that was discovered, hence its distinction as vitamin B1. Thiamine is commonly found in certain foods such as seeds, beans, the bran of grains, as well as in meat and fish.

Polished grains (like white rice) have had their hull removed and with it the thiamine, too.

Without sufficient dietary thiamine or supplementation, humans will...

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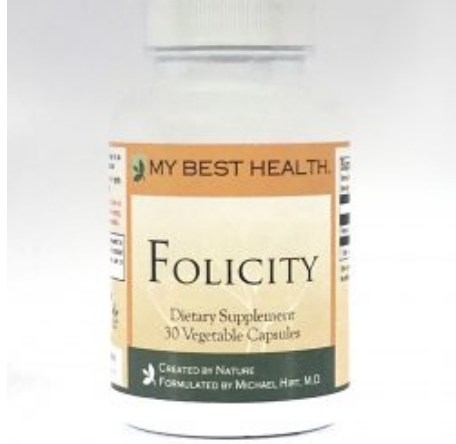


## FULL BRITE

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## FOLICITY

Folicity  
Hello, Beautiful Mind!

### WHAT IT IS:

- A high potency, medical food to support patients wanting natural mood boost and mental sharpness

### WHY YOU NEED IT:

- Targets patients with depression and anxiety
- Great for patients wanting a healthy mood and quick mind
- Important for patients needing more power from their natural or prescription antidepressants
- Good for patients with memory complaints and slower thinking
- All-natural, pharmaceutical grade vitamin therapy
- Clinically studied, proven effective

### HOW IT WORKS:

Healthy moods and razor-sharp thinking are the result of a dynamic balance between three brain hormones: dopamine, norepinephrine, and serotonin. Like a three-legged stool, if one or more of these hormones is out of alignment, your brain will feel unsteady and rocky.

For your mood and thinking to be healthy and stable, you need reliable brain levels of dopamine, norepinephrine and serotonin. The brain machinery that makes these...

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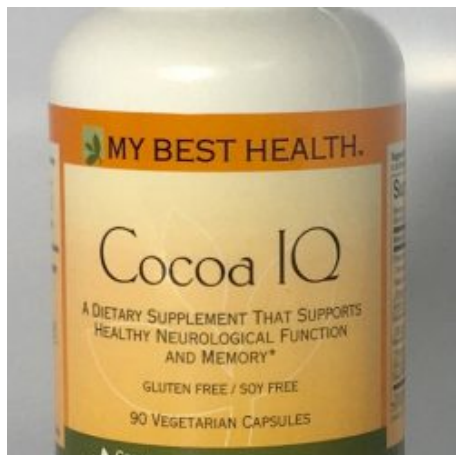


## FISH OIL, LIQUID

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## COCOA IQ

Cocoa IQ  
Smarter By Nature

### WHAT IT IS:

- An innovative blend of brain-boosting nutrients

### WHY YOU NEED IT:

- Important for patients wanting improved brain health
- Targets patients with reduced brain sharpness and depression
- Good for patients with Age-Related Memory Loss
- Supports patients with Mild Cognitive Impairment
- All natural, no side effects

### HOW IT HELPS:

Cocoa IQ is a mind-boosting formula that features an ultra-pure cocoa extract that supports a healthy balance of brain chemicals necessary for optimal mental sharpness and data recall. Clinical testing has demonstrated that participants using the cocoa extract in Cocoa IQ performed better on tests of short term memory and thinking speed. When stripped of the over-processing and sugar found in chocolate 'sweets and treats', the main ingredient in chocolate, cocoa, has been shown to be of great support to...

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## CHILL PILL

### CHILL PILL

The Antidote for Modern Living

#### WHAT IT IS:

- A fast-acting, chewable tablet that supports a calm, relaxed state of mind

#### WHY YOU NEED IT:

- Important for patients experiencing stress, anxiety and depression
- Perfect for patients with addictions and cravings, like sugar and cigarettes
- Targets patients with insomnia and poor sleep habits
- Great for patients needing more focus, mental clarity and concentration
- Good for athletes needing a competitive edge in stressful competition
- Supports patients with High Blood Pressure

#### HOW IT HELPS:

The Chill Pill contains a naturally occurring amino acid in the brain called GABA. As a key neurotransmitter, GABA works as an important counter balance against stress hormones that are released in the brain when we are over stimulated. When the brain is in stress and panic mode, humans experience a markedly diminished...

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## CELEBRITE

CeleBrite  
Nature's 'Happy Pill'

### WHAT IT IS:

- An advanced, fast-acting, and natural supplement in support of mental health

### WHY YOU NEED IT:

- Important for patients needing mood elevation
- Targets patients with anxiety and stress
- Great for patients wanting to reduce tension
- Promotes an optimistic outlook
- Good for patients with failing memory and Alzheimer's disease
- Supports patients with PMS
- Non-habit forming
- No withdrawal symptoms or dependency
- Compares favorably to prescription antidepressants, but without side effects
- All-natural, non-GMO

### HOW IT HELPS:

Stress kills, and will ruin your good health faster than any other common food or poison that I know. If you are struggling under the weight of a significant stress, you need support and you need it fast.

CeleBrite contains a blend of vitamins and herbs that have been well...

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## HAPPY JACKS

Happy Jacks

WHAT IT IS:

- Natural mineral, lithium orotate, found in the Earth's crust

WHY YOU NEED IT:

- Support for patients wanting a healthy mood and brain
- Low dose lithium helps support balanced mood
- Addresses concerns of Alzheimer-causing plaque
- Targets patients with depression and anxiety

HOW IT HELPS:

Happy Jacks contains natural lithium, an abundant mineral found in the Earth's crust. Lithium is detectable in every body organ, particularly in the brain and kidneys. Our food and water naturally contain small amounts of lithium, and we all typically ingest up to 3mg of lithium daily from our diets.

In areas where there are naturally low levels of lithium in the ground and water supplies, research shows that community members suffer more mental health problems and that there are more patients admitted to mental hospitals, more suicides, more homicides...

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## QUICK WIT

### QUICK WIT

#### WHAT IT IS:

- Powerful and complete support for healthy memory and brain function

#### WHY YOU NEED IT:

- All-in-One formula makes support easy
- Important natural therapy for patients needing brain and memory support
- Contains all of the critical nutrients and herbs for healthy nerve functioning

#### HOW IT HELPS:

There are so many great natural supplements for memory and brain support that it can be hard to choose the best one. Quick Wit by MyBestHealth solves this problem by putting ELEVEN of the most important brain supporting vitamins and herbal supplements in ONE capsule.

No more having to remember to take all of your different memory supplements.

With Quick Wit, you have the most advanced formula ever created for optimal brain and memory support. Each Quick Wit bottle is power packed with the ingredients that would typically be found in six to eight different...

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## MOODSHINE

MoodShine

WHAT IT IS:

- A natural blend of synergistic nutrients to support a healthy, relaxed mood.

WHY YOU NEED IT:

- Quickly supports patients wanting a calm, relaxed emotional state during times of stress and anxiety
- Good for patients with insomnia, worry, nervous tension, and stress syndrome
- Supports patients wanting healthy male erections
- Targets patients with elevated blood pressure
- Fast-acting, great tasting powder that instantly dissolves in water.

HOW IT HELPS:

Stress kills and is the most damaging of all physiological states. It robs people of their youthfulness and good health by pumping the body full of stress hormones and chemicals that put the body and mind into overdrive. Together, these dangerous hormones and chemicals become a destructive form of sustained pressure that breaks down the body at an accelerated pace.

While you cannot stop...

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## CURCUMAX 2.0

CurcuMax 2.0  
New and Improved

### WHAT IT IS:

- Potent, highly absorbable turmeric extract

### WHY YOU NEED IT:

- Great for patients looking for powerful anti-inflammatory and immune-boosting support
- Important for patients with joint pain, muscle aches, injuries
- Good for patients with concerns about Alzheimer's prevention
- Targets patients with GERD, heartburn, and Irritable Bowel Syndrome, Crohn's disease, Ulcerative Colitis symptoms
- Supports patients with cancer diagnoses
- Has natural anti-viral and anti-bacterial properties

### HOW IT HELPS:

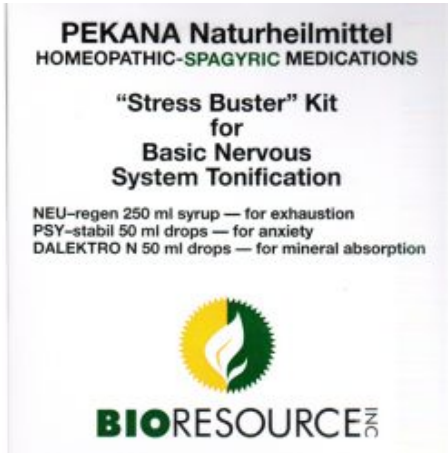
Curcumin comes from the spice, turmeric, and has long been prized by East Asian countries for its strong medicinal value. Many studies have been conducted with curcumin, and scientists have learned much about how curcumin works to support human health.

One of the primary effects of curcumin is its powerful...

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## STRESS BUSTER KIT

### STRESS BUSTER KIT

Triple Homoeopathic Support

☐ Triple homeopathic support for stress, anxiety, as well as mental and physical exhaustion

☐ Important support for burned-out adrenals associated with fatigue and anxiety

☐ Good for patients in chronic stress situations

☐ Targets recovery of mental and physical energy when drained by stress

The STRESS BUSTER KIT is a blend of three homeopathic remedies (PSY-stabil, NEU-regen, and DALEKTRO-N) which are each prepared in the spagyric tradition. Spagyricism is a four centuries old manufacturing process that involves an intricate four-part procedure which includes fermenting the herbs to create an herbal "wine."

Through this unique spagyric process, the inherent energy and full-spectrum healing properties of the herb are retained in the final product. PSY-stabil supports patients with anxiety, lack of concentration,...

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## EXCITAPLUS

ExcitaPlus  
Movin' and Groovin'

### WHAT IT IS:

- Natural plant extracts and cofactors supporting patients who have fatigue, stress, and low mood

### WHY YOU NEED IT:

- Provides strong, natural support for patients suffering from stress and burnout
- Important for patients who need healthy levels of stimulating, activating brain transmitters
- Targets patients with low energy, high stress, and low mood

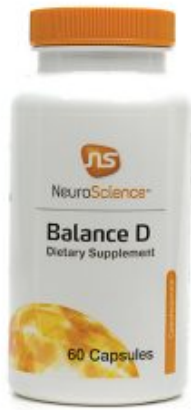
### HOW IT HELPS:

ExcitaPlus contain three core ingredients to maintain healthy brain chemistry in patients that are tired, stressed and depressed. These nutrients include N-acetyltyrosine, Vicia faba and Rhodiola rosea.

N-Acetyl Tyrosine is a critical nutrient used by the adrenals and nervous system to make the hormones that give us both energy and a healthy mood. Patients who have fatigue and/or low mood may be experiencing these symptoms because certain "feel good" hormones...

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## BALANCE-D

Balanced

WHAT IT IS:

- Standardized extract of Vicia faba, a precursor for the brain transmitter, dopamine

WHY YOU NEED IT:

- Important for patients with low dopamine levels, depression
- High potency Vicia faba extract
- Good for those needing stimulating brain and memory support
- Targets “fight-flight” hormone support for patients under stress

HOW IT HELPS:

Vicia faba is a nutrient dense bean rich in L-DOPA than the body can convert into dopamine, a critical brain transmitter, the discovery of which was awarded the Nobel Prize in 2000.

Proper brain dopamine levels are important for normal behavior, mood, memory, sleep, attention and learning.

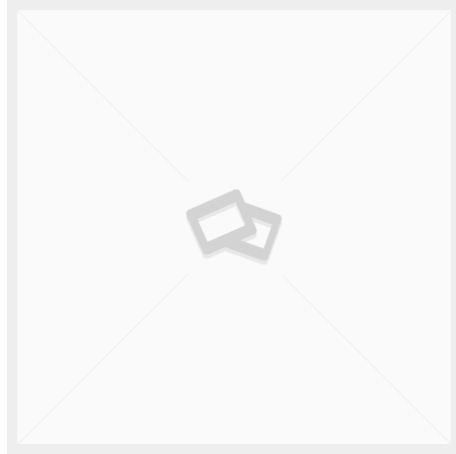
Balanced contains a high-potency, standardized extract with cofactors to promote healthy levels of brain dopamine in patients.

Usual Dosage: Take two capsules twice daily. This supplement is best taken on an empty...

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## BRAIN FOOD 2.0

### BRAIN FOOD 2.0

Brain Food is an essential supplement for pregnant and nursing women because it contains DHA, one of the omega-3 fats. All jokes aside, our brains are made largely of DHA fat, and rapidly growing fetuses and infants need extra DHA to build large and healthy brains.

Research studies show that mothers who use DHA supplements during pregnancy and nursing have babies with better visual, motor, and cognitive skills. Brain Food is made from plants, not fish, so there is no risk of contamination with mercury or other toxins typically associated with fish.

DHA is good for the mom, too, as it has been shown to reduce the risk of macular degeneration and heart disease.

Usual Dosage: Take one (1) capsule twice daily with meals.

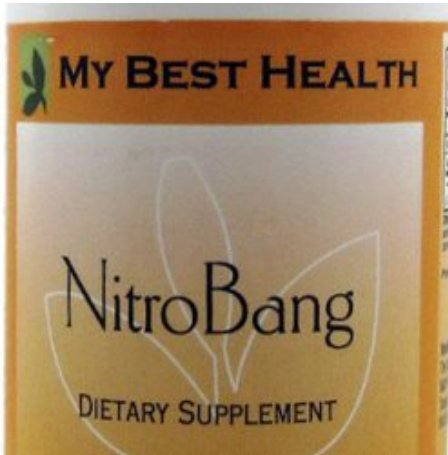


Product Handout  
Download the product handout...

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## NITROBANG

### NITROBANG

Blastoff to Better Health

- Supports patients wanting to reduce vascular complications of diabetes
- Great for patients looking to improve lung function
- Targets patients looking to boost blood vessel circulation
- Important for patients wanting to improve mood, mind and memory
- Good for men needing a natural ED solution

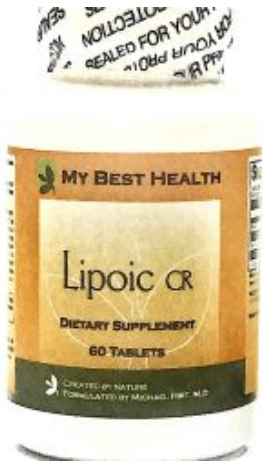
NitroBang is formula that is clinically proven to boost blood levels of Nitric Oxide. Nobel-Prize winning research has recently demonstrated the importance of Nitric Oxide in maximizing male erections (like a natural Viagra), improving heart and blood vessel circulation, brain oxygen delivery and improving athletic performance and muscle tone.

The ingredients in NitroBang also support patients looking for a natural path to improved mood, mind, and memory.

Nitric Oxide helps inflamed and damaged intestinal tissue to heal in diseases...

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## LIPOIC CR

### LIPOIC CR

- Important for patients needing protection from hardening of the arteries
- Provide blood levels lasting 3x longer than other brands
- Great for patients looking for all-day support
- Supports patients with neuropathy
- Good for patients wanting to maintain healthy blood sugar levels

Having been identified more than 50 years ago, alpha lipoic acid has long been appreciated for its potent anti-oxidant effects and supports patients wanting to protect the vulnerable tissues of the brain, nerves, heart, and arteries.

The aging process begins with the oxidation of vital tissues such as those of the nerves, brain, and circulatory systems.

Alpha lipoic acid supplements target patients with elevated blood sugar levels and support patients wanting to maintain a healthy blood sugar profile.

Alpha lipoic acid also supports patients with other causes of...

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