

Information on Health Supplements

ACETYL-L-CARNITINE (ALC): Naturally-occurring molecule involved in the transport of fats into mitochondria, the energy producing part of all living cells. Found in some common foods, such as milk. In animal studies it has shown to preserve spatial memory and improve learning and memory. It may also have some important properties of protecting the brain from the effects of aging. Inhibits the buildup of fatty deposits in the nerve cells, which is associated with the reduction of cognitive powers. In human studies it has shown to increase attention span and alertness in people with Alzheimer's disease and other forms of senility.

ADRAFINIL: Adrafinil helps to improve brain chemical processes without affecting heart rate or pressure and was specifically designed to treat narcolepsy (sleeping in the daytime), as such it can enhance awareness, mental clarity and alertness, allowing the individual to remain both alert and awake during the day.

ANIRACETAM: A powerful cognitive enhancer that has shown (in animal experiments) to have protective effects on the brain. Human study participants improved their scores on a number of intelligence and memory tests. Chemical structure similar to that of Piracetam. More effective in treating a wider range of problems than Piracetam.

ATP: This natural chemical is adenosine triphosphate, or ATP. ATP is the actual chemical produced at the mitochondria cell level that powers our every thought, movement and action- it is literally the energy of life. Thus ATP supplements can increase physical energy levels, improve muscle strength and endurance and have even been shown to lessen back pain and problems and increase the range of mobility in the elderly.

BIOSTIM: A potent immune system booster that can make the immune system work better and help the body fight infection, by stimulating cells in the body called phagocytes. These cells take up and destroy any foreign organism which tries to invade the body. Biostim has a positive action in the fight against bacterial, fungal and viral infections.

CARNOSINE: Carnosine has a number of interesting actions, it is a potent anti-oxidant, it helps to chelate ionic metals (i.e. flush toxins from the body), it has immune boosting properties (aid's wound healing) and is also known to reduce and prevent cell damage caused by beta amyloid (the substance found in the brain of Alzheimer disease patients). Carnosine helps protect neural tissues by blocking and inactivating beta amyloid and therefore it could help protect tissues against dementia. Recent evidence even suggests that Carnosine has a important role in the sense of smell.

CENTROPHENOXINE: Previously known as Lucidril, Centrophenoxine is an intelligence booster and may also have some anti-aging properties. In laboratory animal studies it has been shown to cause improvements of memory function and a 30% increase in lifespan. Centrophenoxine removes lipofuscin deposits (the stuff of which "age spots" are made), which results in improved learning ability. It also repairs the synapses, thus facilitating better communication between the cells via neurotransmitters.

DEPRENYL: Originally developed as anti-depressant (hence the name), it has shown in many different studies since mid 80s to extend life span in laboratory rats. It's also used as a preventative for Alzheimer's or Parkinson's disease, to treat depression and to improve mobility, awareness and quality of life.

DHEA 7-keto: DHEA is the most prevalent hormone in the human body. It promotes improved immune system function and anti-aging effects, as well as enhanced energy and weight control. 7 Keto DHEA offers these benefits but in a form that does not convert into testosterone or estrogen in the body. For those who have concerns about increased levels of these hormones, 7 Keto DHEA is your worry-free alternative. 7 Keto DHEA is a biologically active metabolite of DHEA that promotes improved health and energy without the side effects that can result from increased amounts of hormones. 7 Keto DHEA boosts the immune system by increasing the production of specialized white blood cells, promotes increased energy and metabolism by activating enzymes in the liver that increase the rate of thermogenesis (the process by which fat is burned), and supports heart and cardiovascular health.

GEROVITAL-H3® (GH-3): One of the most popular rejuvenation products in the world. Developed in Romania in 1940s by Dr Ana Aslan. Improves memory and alertness, reduces depression, increases energy and general feeling of wellbeing. Gerovital-H3® improves cell metabolism and has an effect on many mental and body functions, it improves concentration and vitality, alleviates joint stiffness, enhances well-being and acts as an anti-depressant. It is even known to improve skin and hair condition.

HYDERGINE: Hydergine is an extract of ergot, a fungus that grows on rye, traditionally used in Europe by midwives to lower birthing mothers blood pressure. It is reported to increase mental abilities, prevent damage to brain cells from insufficient oxygen (hypoxia), and may even reverse existing damage to brain cells. One of the most popular treatments for all forms of senility in the U.S. and used to treat a wide range of problems elsewhere in the world, from improving blood supply and oxygen to the brain, to inhibiting free radicals and protecting brain from free-radicals damage and increasing intelligence, memory, learning and recall, normalizing systolic blood pressure and even lowering abnormally high cholesterol in some cases.

IDEBENONE: Closely related to Coenzyme Q10 (CoQ10), Idebenone has been assiduously studied in Japan. CoQ10 has many remarkable properties, including extending life span in animals and curing some gum diseases in humans more effectively than any other substance. It has a key role in the creation of ATP, the universal energy molecule. Idebenone seems to have all the benefits of CoQ10, yet it doesn't create highly reactive free radical, as CoQ10 does. Idebenone's potential benefits fall into five categories: anti-aging, energy enhancement, cognition enhancement, organ protector and protector against excitatory amino acid neurotoxicity.

MELATONIN: A pineal hormone secreted in abundant levels in younger people, tends to decline with age. By orally replenishing melatonin to its youthful level, many people find that it improves their sleep pattern, boosts immune function and possibly slows aging as well as showing remarkable ability to prevent cancer, in particular melanoma.

METFORMIN: Also known as Glucophage® or Metformin®, this drug has been described by Ward Dean, M.D., as one of the most important anti-aging drugs available today. Metformin is used by diabetics to increase the body's receptor sensitivity to insulin. This is important for anti-aging, because we all lose insulin sensitivity with advancing age, (particularly past the age of 40). In fact, it is considered that we all become diabetic with age, because of the continual loss of the insulin/ glucose sensitivity. Metformin is also

known to lower cholesterol levels and helps prevent low-density lipoproteins, (LDL/ bad cholesterol) from attaching to blood platelets and arteries, thereby reducing the risk of blood clotting.

MINSAW-A: This topical lotion is applied to the scalp to promote and stimulate new hair growth. It now contains a topical solution of minoxidil at a super high strength of 7%, combined with retinolic acid at 0.025% and Saw Palmetto at 3%. Minoxidil is well known as an improver of blood supply to the hair root and has been in safe use for over 20-years.

MODAFINIL: This remarkable drug appears to only stimulate *alpha-1* brain receptors that are responsible for the uptake of nor-adrenaline. As a result, they increase alertness and concentration, reducing the desire the nap (sleep), and yet at the same time display no addictive or "coming-down" side-effects. They are a new generation of stimulants for a modern world. Unsurprisingly they are known to have been used by the French Foreign Legion, as well as US and Belgian airforces.

NEYDENT Toothpaste: This "hard-to-obtain" toothpaste prevents bleeding gums, infections, inflammations, paradontois, loose teeth, bad breath and pain. NeyDent® contains a unique patented combination of eleven ingredients including bimolecular proteins, an antibacterial matrix, antibodies, vitamins B and C, oils, natural fluoride and procaine.

NEYSKIN CoQ10: NeySkin CoQ10® is a skin cream with a unique combination of ingredients. It contains the skin's ribonucleic acids (the building blocks of DNA) extracted from bovine tissue along with the addition of vitamins, plant extracts and the antioxidants vitamin E and CoQ10. The combined effect enhances blood circulation and increases collagen and elastin production. The skin is better supplied with nutrients and oxygen and the removal of metabolic waste is enhanced.

NIZORAL Shampoo: Nizoral® shampoo contains *ketoconazole* and is a potent anti-dandruff shampoo that appears to actually help prevent hair loss. Furthermore, it is now believed that Nizoral® helps to remove sebum deposits. These fatty deposits lie on the scalp and appear to clog the hair follicles and may prevent or reduce the nutritional supply to the follicle.

PICAMILONE: A powerful nootropic and psychoenergizing agent that improves memory, relieves anxiety and protects against stress. It has potent antidepressant and tranquilizing effects, without muscle relaxation or drowsiness. It combats fatigue and mental tiredness, reduces uneasiness and mood swings and restores cheerfulness.

PIRACETAM: The prototypical nootropic drug, maintains optimum mental activity and may improve memory. Has pronounced antistress and antioxidant properties and even works as an immune stimulant. The effects of piracetam are enhanced by taking centrophoxine at the same time.

PREGNENOLONE: Particularly useful for reducing fatigue levels, alleviating stress and improving mood and memory. It has also been successfully used to treat arthritis. A two months of continuous use will determine its effectiveness.

PROGESTERONE: Women often use progesterone cream in the menopause, especially to "counter-weight" hormone replacement therapy, (HRT- estrogen therapy). One of the most significant benefits of progesterone replacement is the prevention and alleviation of osteoporosis, the bone thinning disease that usually affects older women.

PYRITINOL: Pyritinol is a vitamin-B6 derivative Nootropic that may be the oldest smart drug in the world! Since its development in 1961 (by Merck Laboratories- branded Encefabol®), Pyritinol has been found to have a wide ranging number of affects and benefits including: improving brain glucose uptake, acting with potent antioxidant abilities and enhancing the immune system (by improving neutrophil activity, the white blood cells that kill germs).

RESVERATROL: Resveratrol, (chemical formula 3,5,4'-trihydroxy-*trans*-stilbene), is only found in any quantity in the skin of young unripe red grapes, (some recent evidence suggests the skins of peanuts may be a second source). Animal studies suggest that resveratrol can prevent the initiation of cancer and can inhibit the promotion and progression of cancer.

RETIN-A: Retin-A® is a treatment for acne and black spots, yet displays a remarkable talent to remove wrinkles and improve skin appearance and condition. Retin-A® can reduce severe wrinkles within only 6-weeks and remove fine lines, and it remains at the cutting-edge of beatifying skin treatments.

SAME: SAME has been described as the day-time alertness hormone, in the same way that melatonin has been described as the night time sleep hormone. SAME is the 3rd most concentrated chemical in the liver, so it has been widely used to correct liver disorders such as cirrhosis and even hepatitis. A better liver, means better detoxification, that has an impact on general health and well-being. Also, being natural, SAME doesn't suffer have any of the serious side effects that are associated with other liver drug treatments.

VASOPRESSIN: Nasal spray, also known as **Diapid**. A hormone secreted by the posterior portion of the pituitary gland. It is approved for treatment for diabetes insipidus because it prevents frequent urination that occurs in this disease. It has also been used to treat memory deficit caused by aging, amnesia and senility. This product should not be used continuously; use it only on occasions when you require to be at peak mental states, before important meetings, exams, etc.

VIAGRA: Well known potency drug, made by Pfizer. Particularly effective for men, but anecdotal evidence also reports beneficial effects for women.

VINPOCETINE: A synthetic derivative of vincamine which is free of side effects. A powerful memory enhancer. It facilitates cerebral metabolism by improving cerebral blood flow, stepping up brain cells energy molecule production and increasing utilization of glucose and oxygen by the brain cells. Has wide ranging effects and can be used to improve memory, treat strokes, menopausal symptoms, mucular degeneration, impaired hearing and tinnitus.

YOHIMBINE: Used to treat male sexual dysfunction, it can be used by both men and women to stimulate mood and increase sexual desire (acts as an aphrodisiac), though these effects may take a week or more to appear. Yohimbine is best taken between meals and should be avoided in high doses or if you have a liver or kidney insufficiency.