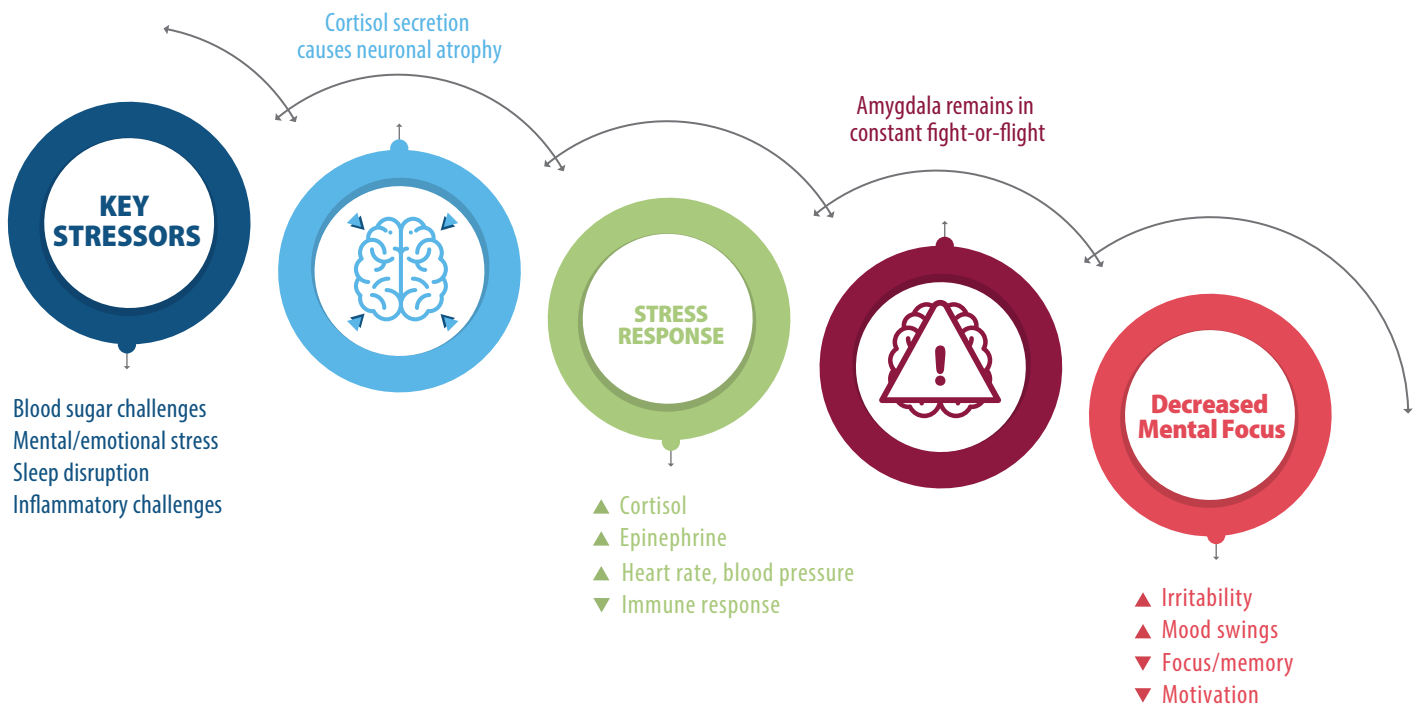


The Stressed Brain

Defining Stress

The National Institute of Mental Health defines stress as “the brain’s response to any demand.” The stress response system is designed to respond to all stress without bias. The criteria that determines how healthy or harmful the response is based on intensity, duration, repeated hits and individual perception of the situation. Research reveals that moderate release of cortisol and neurotransmitters in response to stress is normal, but repeated, high output over a long period of time without reprieve can cause the prefrontal cortex to shrink, reducing the brain’s capacity for memory and learning. The amygdala is then stimulated and causes the brain to be more receptive to stress, increasing agitation. This scenario not only creates a domino effect, predisposing the brain to a high sense of threat, it also creates a vicious cycle of stress perception that is difficult to break.

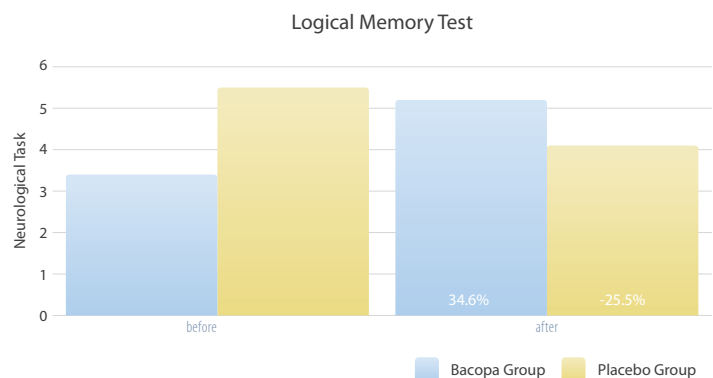
FIGHT-FLIGHT-FEAR CONTINUUM



Effect of *Bacopa monnieri* on Neurophysiological Tests

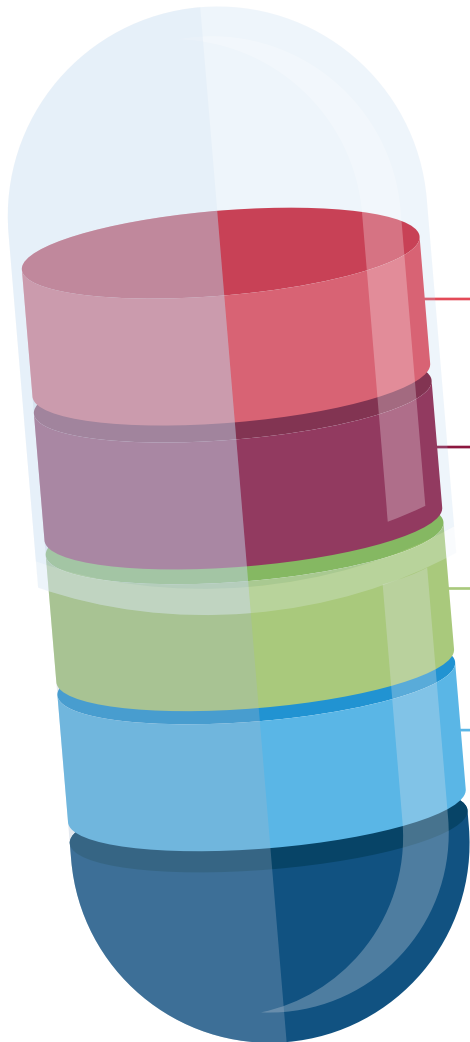
High stress levels are responsible for significant structural and functional changes in the brain. Research has shown the botanical *Bacopa monnieri* can improve mental focus, memory recall and impulse control, all while protecting the brain from stress.

In a randomized, placebo-controlled crossover human clinical trial, administration of Bacognize® (*Bacopa monnieri*) at 300 mg/day to healthy medical students significantly improved ($p > 0.05$) several parameters of cognitive function, including memory, focus and attention.¹



NuAdapt

Build Stress Resilience and Protect the Brain



Support Focus and Memory

Bacopa, a nootropic, helps increase focus and memory, positively impacts mood, and helps overcome the effects of repeated stressors

Decrease Stress Perception

L-theanine increases alpha brain wave activity, which promotes a sense of calm and centered relaxation without drowsiness

Build Resiliency

Blend of **adaptogens (ashwagandha, rhodiola and eleuthero)** for increased resiliency to withstand the strain of stress

Minimize Cortisol Response

Phosphatidylserine is shown to decrease cortisol release in response to stress and enhance memory, learning and concentration

Patient Type

For patients with high levels of perceived stress experiencing irritability, decreased focus and low motivation



ID# 909060 60 Capsules

SUGGESTED USE:

2 capsules 1-2 times per day or as recommended by your health care professional.

Supplement Facts

Serving Size 2 Capsules
Servings Per Container 30

2 capsules contain	Amount Per Serving	% Daily Value
Bacopa Extract (Whole Herb) (Bacognize®)(Standardized to contain 12% Bacosides)	300 mg	*
Ashwagandha Root Extract (Standardized to contain 1.5% Withanolides)	250 mg	*
Rhodiola rosea Root Extract (Standardized to contain 3% Rosavins)	200 mg	*
Eleuthero Root Extract (Standardized to contain 0.8% Eleutherosides)	200 mg	*
L-Theanine (Suntheanine®)	100 mg	*
Phosphatidylserine (from Sunflower Seed)	100 mg	*

* Daily Value not established

NuAdapt is a comprehensive stress reduction formula that helps restore mental focus and build stress resilience.

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

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