Discussion

BRAIN RENEWAL provides an array of micronutrients and antioxidants that are essential to the structure, metabolism, and function of the brain and nervous system. This neurosupportive formula provides a foundational approach to sustaining neurological activity and integrity.*

N-Acetyl-Cysteine (NAC) As a source of the conditionally essential amino acid cysteine, NAC is a precursor to one of the brain’s most important antioxidants—glutathione. NAC itself is an effective antioxidant and has been shown to reduce the formation of free radicals that can contribute to oxidative damage in the brain.*[1]

Phosphatidylserine A phospholipid that is highly concentrated in the brain, phosphatidylserine (PS) plays a key role in neuronal energy production and communication. Since very little PS is found in food, we must synthesize or supplement the amount we need for optimal brain health. Improvements in cognitive function and memory have been observed following supplementation with PS.[2-4] For some individuals, cognitive decline may be related to “age-related decline in nutrition,”[5] and early nutrition intervention may be warranted. BRAIN RENEWAL contains safe-source PS from non-GMO soy and contains no animal products.*

Acetyl-L-Carnitine (ALCAR) The ALCAR form of the amino acid L-carnitine is found to have multifaceted roles in neuroprotection.[6] It is able to cross the blood-brain barrier where it stabilizes cell membranes, acts as an effective antioxidant, and protects brain cells from toxic chemicals and stress-induced damage.[7-9] In addition, ALCAR enhances neuronal energy production, facilitates transport of fuel and waste products into and out of mitochondria, and supports production of acetylcholine, a neurotransmitter essential to the processes of learning and concentration.*[8-10]

Alpha-Lipoic Acid Acting as both a fat- and water-soluble antioxidant, alpha-lipoic acid provides intracellular and extracellular protection against oxidative stress. With its low molecular weight, alpha-lipoic acid is easily absorbed in the gastrointestinal tract. It then enters circulation, crosses the blood-brain barrier, and reaches the brain where it can regenerate other important antioxidants, including glutathione, vitamin E, and vitamin C.[11,12]

Coenzyme Q10 (CoQ10) As a ubiquinone, CoQ10 facilitates the transfer of electrons in the electron transport chain (ETC), playing a crucial role in the formation of ATP (adenosine triphosphate) and the generation of energy within the cell. CoQ10 also donates electrons, making it an effective antioxidant. As such, CoQ10 protects cells, cell membranes, and tissues from damaging free radicals and pro-oxidants. The antioxidant activity of CoQ10 may protect the brain from the oxidative stress that is believed to be partially responsible for the degeneration of neuronal cells.[13]

Broccoli Seed Extract The patented form of the phytochemical in broccoli called sulforaphane glucosinolate (SGS™) is a key ingredient in BRAIN RENEWAL. Extensive research demonstrates that when SGS is broken down to sulforaphane (its active form), it safely and effectively upregulates the Nrf2 system, enhances antioxidant production, and activates vital phase II detoxification enzymes.[14,15] This process provides protection from common toxins and xenobiotics.*

Adequate antioxidant protection from ongoing free radical damage is crucial to maintaining the health and function of the cell and, hence, tissues and organs, especially the brain. Unbridled oxidative damage can lead to metabolic disruption and organ dysfunction over time. Antioxidant-promoting phytochemicals such as SGS are considered “lifespan essentials” because they assist in maintaining health throughout adult life.[14]
### Supplement Facts

**Serving Size:** 4 Capsules  
**Servings Per Container:** 30  

<table>
<thead>
<tr>
<th>Supplement</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)</td>
<td>400 mg</td>
<td>**</td>
</tr>
<tr>
<td>Phosphatidylserine (Sharp•PS®)</td>
<td>100 mg</td>
<td>**</td>
</tr>
<tr>
<td>N-Acetyl-L-Cysteine</td>
<td>150 mg</td>
<td>**</td>
</tr>
<tr>
<td>Glucoraphanin (from broccoli extract)</td>
<td>15 mg</td>
<td>**</td>
</tr>
<tr>
<td>Alpha-Lipoic Acid</td>
<td>100 mg</td>
<td>**</td>
</tr>
<tr>
<td>Coenzyme Q10 (as ubiquinone)</td>
<td>100 mg</td>
<td>**</td>
</tr>
</tbody>
</table>

**Other Ingredients:** Tricalcium phosphate, HPMC (capsule), stearic acid, magnesium stearate, silica, and calcium silicate.  

Produced under US patents 5,725,895; 5,968,505; 5,968,567; 6,177,122; and 6,242,018 licensed from Brassica Protection Products LLC; SGS is a trademark of Brassica Protection Products LLC.

*Daily Value not established.

**References**


### Directions

Take two to four capsules daily, or as directed by your healthcare practitioner.

Children, pregnant or lactating women, and individuals receiving cancer treatment should consult their healthcare practitioner prior to use. Do not use if tamper seal is damaged.

### Does Not Contain

Wheat, gluten, corn protein, yeast, soy, animal or dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, artificial sweeteners, or preservatives.

*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.*

Distributed By: Renua Medical™  
777 E William St. Ste. 210  
Carson City, NV 89701  
877.885.1256