

Brain ENERGY

DESCRIPTION

Brain ENERGY, provided by Douglas Laboratories, supplies essential nutrients and precursor amino acids carefully formulated to provide nutritional support for increased brain energy and the neurotransmitter dopamine.†

FUNCTIONS

Dopamine is a neurotransmitter that affects brain processes that control movement and emotional response like mood and motivation, and is the source of brain’s power and energy. It is an excitatory and inhibitory neurotransmitter, depending on the dopamine receptor it binds to. Stress, medications, poor diet, alcohol, caffeine, and sugar may contribute to low dopamine levels in the brain. This formula has been specially formulated to support dopamine production for a more energetic and focused brain.†

Phenylalanine is an essential amino acid that must be obtained through the diet. Found primarily in high protein sources such as meat and eggs, it plays an important role in regulating the nervous system. DL-Phenylalanine can be used to metabolize two distinct chemicals. Both the D and L forms can be converted to phenylethylamine, which may have regulating effects in mood and feelings of well-being.† The L form can be converted to tyrosine, an important amino acid used to produce certain neurotransmitters.

Tyrosine is a precursor of important neurotransmitters in the brain, such as dopamine, epinephrine (adrenaline) and norepinephrine (noradrenaline). The synthesis of these neurotransmitters is limited by the rate of tyrosine entry from plasma into the brain. L-tyrosine is a conditionally essential amino acid that can be manufactured by the body from the essential amino acid phenylalanine. Therefore, adequate tyrosine production depends on a sufficient supply of phenylalanine in the diet.

Rhodiola rosea is a plant found in the arctic mountain regions of Siberia. As an adaptogen, *Rhodiola* is thought to increase the body’s resistance to biological and chemical stresses, and thus stimulate a person’s general vitality, both physical and emotional.† Methionine, an essential amino acid and octacosanol, a compound found in vegetable oils, are included to provide additional support to the brain.†

INDICATIONS

Brain ENERGY may be a useful dietary supplement for individuals wishing to nutritionally support dopamine.

FORMULA (#98723)

1 Vegetarian Capsule Contains:

DL-Phenylalanine	300 mg
L-Tyrosine	200 mg
<i>Rhodiola rosea</i> extract	75 mg
(standardized to contain 1% rosavins)	
L-Methionine	60 mg
Octacosanol	2 mg

SUGGESTED USE

Adults take 2 capsules in the morning or mid-day, or as directed by a healthcare professional.

SIDE EFFECTS

WARNING: PHENYLKETONURICS: CONTAINS PHENYLALANINE

Do not use if you have phenylketonuria (PKU). If you are pregnant, nursing, or taking prescription medications such as L-dopa for Parkinson’s disease, MAOIs, or antipsychotics, consult with a physician before using this product. Use of this product should be limited to less than 2 grams per day.

Brain ENERGY

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

Fernstrom JD. Dietary amino acids and brain function. *J Am Diet Assoc.* 1994 Jan;94(1):71-7.
Fernstrom JD. Dietary precursors and brain neurotransmitter formation. *Annu Rev Med.* 1981;32:413-25.
Growdon JH, Wurtman RJ. Nutrients and neurotransmitters. *N Y State J Med.* 1980 Sep;80(10):1638-9.
Rege NN, Thatte UM, Dahanukar SA. Adaptogenic properties of six rasayana herbs used in Ayurvedic medicine. *Phytother Res* 1999 Jun;13(4):275-91.
Spasov AA, Wikman GK, Mandrikov VB, Mironova IA, Neumoin VV. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of *Rhodiola rosea* SHR-5 extract on the fatigue of students caused by stress during an examination period with a repeated low-dose regimen. *Phytomedicine* 2000 Apr;7(2):85-9.

For more information on Brain ENERGY, visit douglaslabs.com

† 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.

Manufactured by
Douglas Laboratories
600 Boyce Road
Pittsburgh, PA 15205
800-245-4440
douglaslabs.com



**You trust Douglas Laboratories.
Your patients trust you.**