



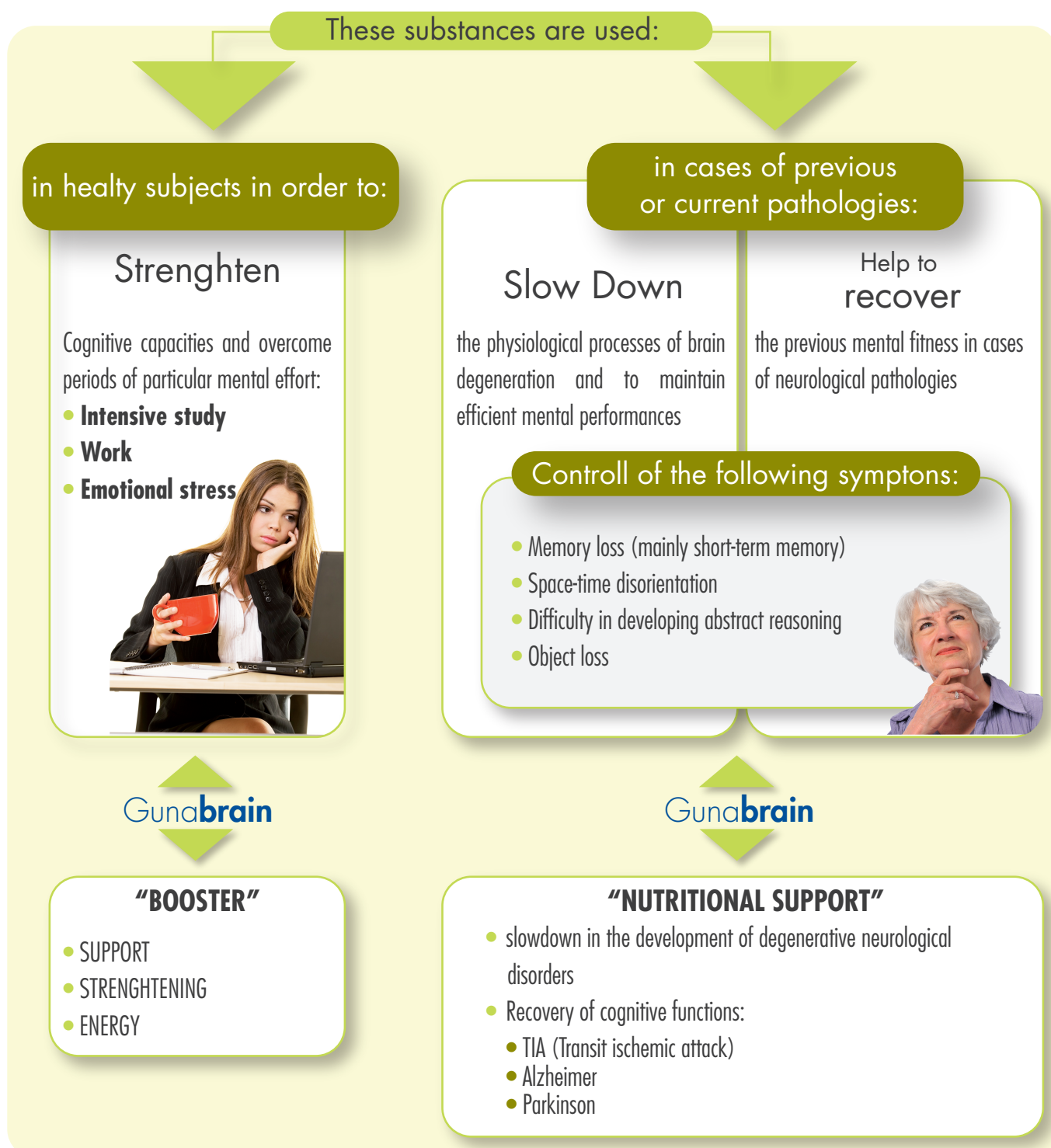
# Gunabrain

The synergistic action of **6 active ingredients** for a better mental efficiency



## WHY Guna**brain**

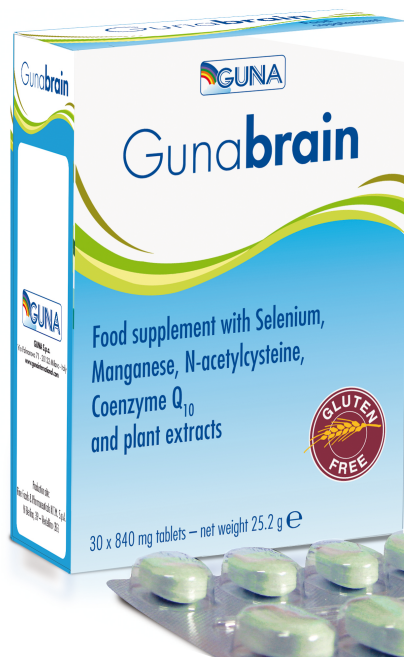
In a society calling for frantic life and working rhythms and needing better and long-term mental performances, both related to school, job and social life, the concepts of **Ageing**, in general, and **brain Ageing** in particular, are becoming more and more important. This new branch of medicine has focused the scientific research on “nootropic” substances: nowadays, we talk more correctly of **“BRAIN BOOSTERS”**.





## WHAT IS Guna**brain**

From the most recent scientific research studies, a NEW GENERATION OF EFFECTIVE, SAFE AND HIGH-COMPLIANCE FOOD SUPPLEMENTS has been emerging from the field of **"BRAIN BOOSTER"**.



SLOWS DOWN THE PHYSIOLOGICAL PROCESSES OF BRAIN AGING

BOOSTS MEMORY AND COGNITIVE CAPACITIES

HELPS A QUICK RECOVERY OF MENTAL EFFICIENCY

SLOWS DOWN THE DEVELOPMENT OF NEUROLOGICAL DISEASES

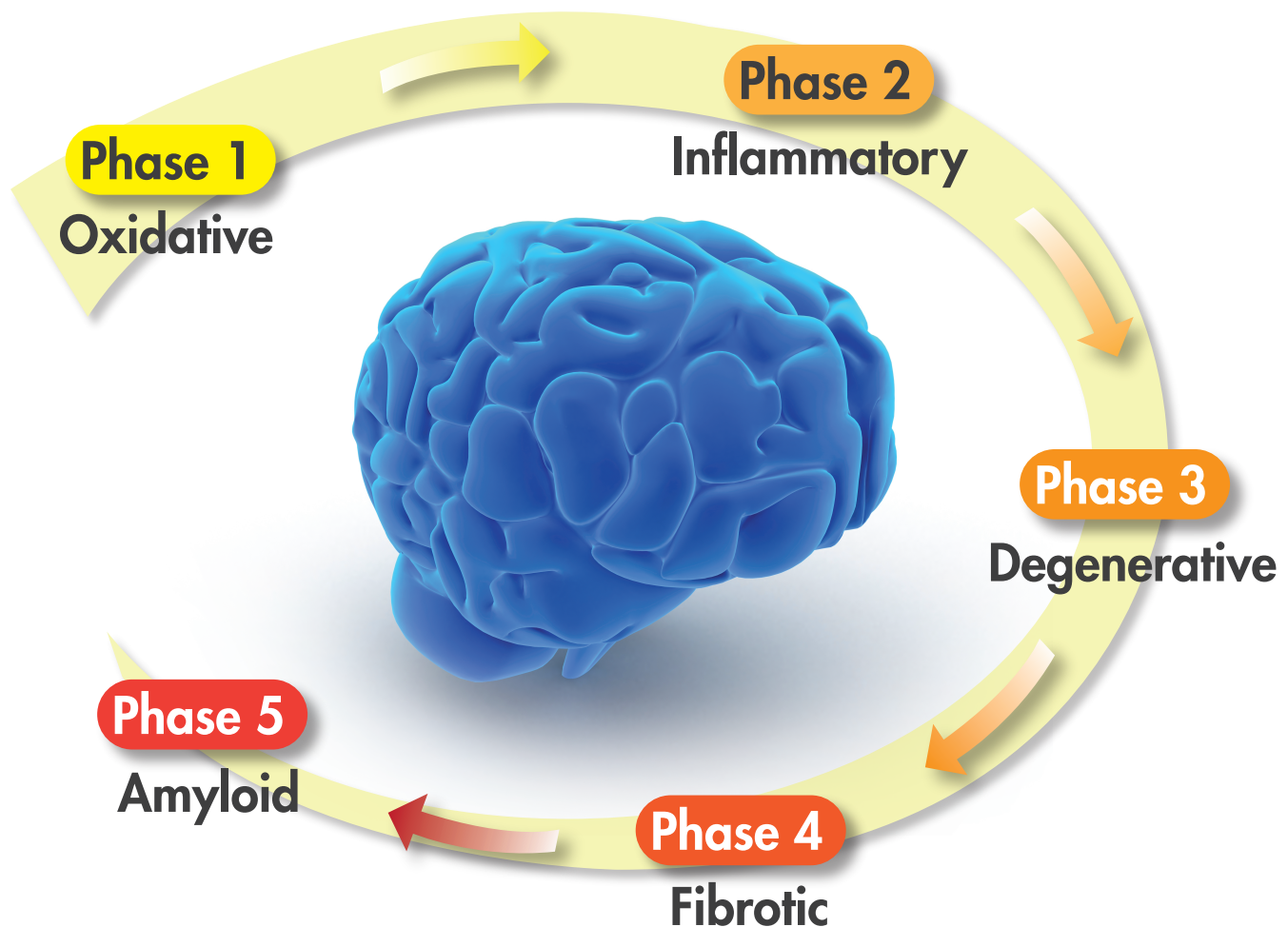
FIGHTS AGAINST FREE RADICALS IN THE BRAIN AND IN THE BLOOD VESSELS

Guna**brain**, contains N-Acetylcysteine, Selenium, Manganese, Coenzyme Q<sub>10</sub>, standardized plant extracts of Green tea and *Withania somnifera*, It is an innovative and unique formulation where the **synergism and the complementary action** of its ingredients have been specifically designed to:

- Prevent early or moderately advanced-stage **physiological cognitive impairment**.
- Improve **memory, concentration** ed **attention** quickly in cases of intensive mental activity: intensive study, work, mental fatigue.
- Help recover the **brain function** in case of tia outcomes, by improving the arterial microcirculation.
- Protect from the **oxidative damage** that causes the cns cell aging.

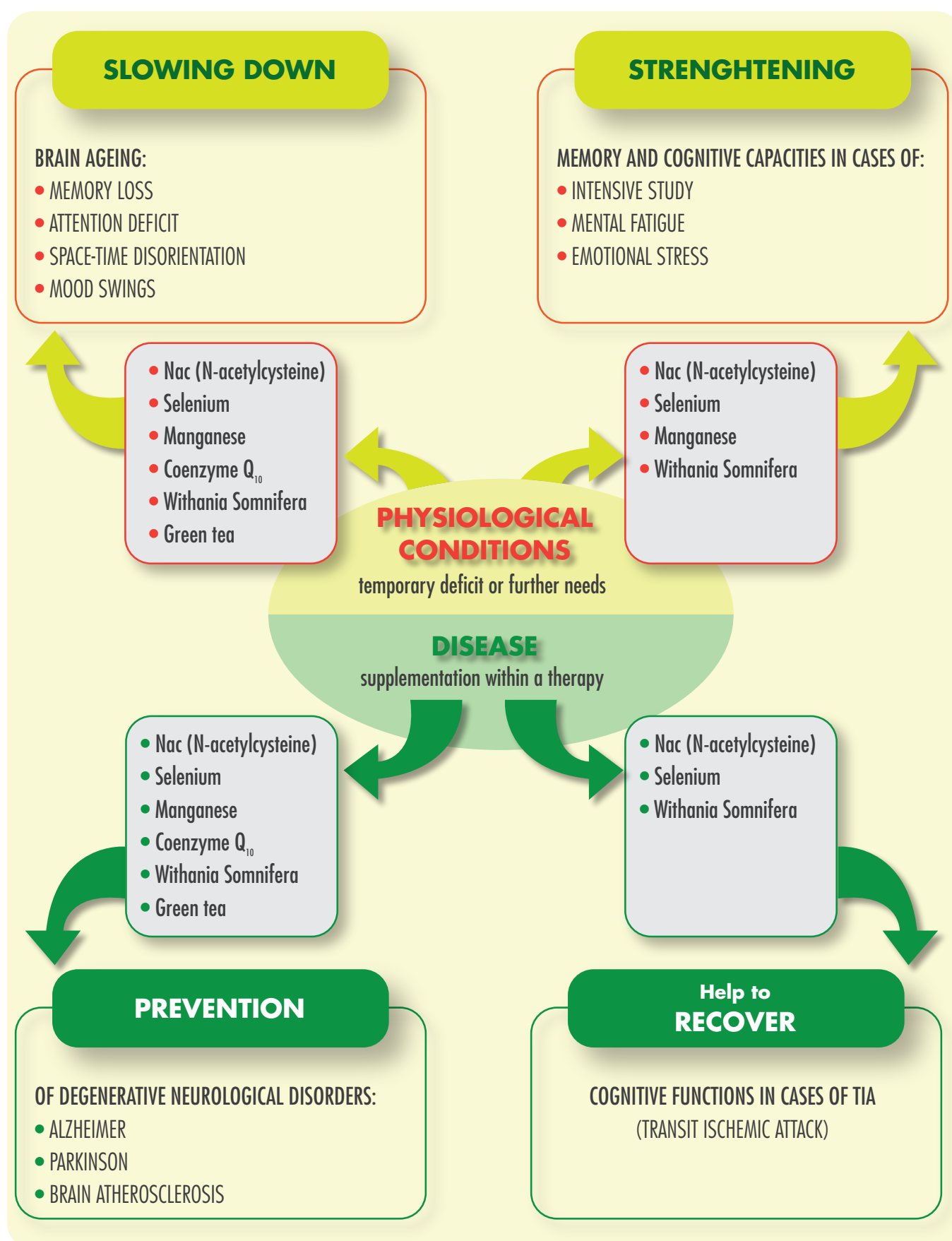
## ETIOPATHOGENESIS OF BRAIN AGEING

The most advanced and reliable assumptions about the etiopathogenesis of **Brain aging** refer to different phases:



ALL INGREDIENTS OF Guna**brain** ARE  
USFUL AS THEY ACT ON EVERY PHASE OF  
THE ETIOPATHOGENETIC CASCADE OF  
BRAIN AGING.

Guna**brain** is an ideal formulation where all ingredients optimally act on the most important mechanisms of the brain function by:



## ACTIVE INGREDIENTS IN OPTIMAL DOSAGE

### NAC (N – acetylcysteine) <sup>1-5</sup>

Precursor of Glutathione. Together with Selenium, it makes up the glutathione peroxidase enzyme, a powerful intracellular antioxidant, which also exert an important chelating action for toxic metals.

NAC acts through two mechanisms:

- **Intracellular “scavenger” of free radicals** together with a slowdown of cellular apoptosis.
- **Vasodilator action**, because of the association with nitric oxide causing an improvement of cerebral and peripheral function. One of the most important preventive action in case of **Alzheimer and Parkinson's diseases and atherosclerosis and cerebral ischemia** is fighting the oxidative stress affecting the brain.

### SELENIUM <sup>6</sup>

Selenium is an essential trace element for the glutathione peroxidase enzyme. It protects cells from environmental damage and pollution. It takes part in the metabolism of thyroid hormones ( in particular TSH and T3. Their concentration diminishes during degenerative-cognitive or post-micro-schemic processes).

**Various studies have shown that a Selenium deficit speeds up cognitive impairment, whereas supplementing Selenium improves the brain function in predisposed subjects.**

### MANGANESE <sup>7</sup>

Manganese is an essential mineral which carries out an **antioxidant action**. It plays an important role in the **superoxide dismutase (SOD) enzymatic system**. Moreover, it is **essential** for brain activity both in the **control of neurotransmitters** and in the **neuron use of glucose**. A correct balance of the central nervous system depend on a good level of Manganese. A Manganese deficit reduces the dopamine levels.

### COENZYME-Q<sub>10</sub> <sup>8</sup>

**It protects tissues and cells** from hypoxia which occurs due to aging and cerebral ischemia.

Q<sub>10</sub> synthesis begin to decrease gradually from 35-40 years of age: even different chronic pathologies and a long-term use of synthetic drugs (such as statins) can negatively influence Coenzyme Q<sub>10</sub> synthesis.

### WITHANIA SOMNIFERA (ASHWAGANDHA) <sup>9-14</sup>

This plant is considered as **one of the most powerful natural adaptogens**; the biological and pharmaceutical effects of the root phytocomplex must be ascribed to “withanolides”, i.e., steroidal molecules with a variety of pharmacological properties that help:

- **improve neuronal trophism** to regenerate axon and dendritic endings
- **protect the hippocampal structures, i.e., the seats of memory**
- **modulate the acetylcholinesterase enzyme** involving an increase of the synaptic impulse.

### CAMELIA SINENSIS (GREEN TEA) <sup>15</sup>

The green tea (Camellia sinensis) extract contained in Guna**brain** is particularly rich in tannis, alkaloids, saponins, vitamins, minerals and trace elements carrying out:

- **an antioxidant action**
- **an anti-inflammatory action**
- **an hypocholesterolemic action**
- **a support action to the cardio circulatory function.**

#### REFERENCES

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## RECOMMENDED DOSAGE AND HOW TO USE

### In cases of:

- **intensive mental fatigue**
- **intensive study**
- **intensive work**
- **emotional stress**

#### Adults:

2 tablets daily

#### Children under 12 years of age:

1 tablet daily

### In cases of:

- **cognitive impairment**
- **TIA outcomes**
- **Alzheimer's disease**
- **Parkinson's disease**

2 or more tablets daily directed by your healthcare professional

We recommend taking the tablets with half a glass of water between meals

## Gunabrain - Combinations

Gunabrain



**OMEGA**  
FORMULA™



**Memory and cognitive function  
impairment in patients suffering from  
atherosclerosis**

Gunabrain



**Tonicoguna**



**Chronic Stress Syndromes**

Gunabrain



**Gunabasic**



**Basic treatment of chronic degenerative  
diseases affecting the CNS**

### REFERENCES

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## KEY WORDS:

Guna**brain**, the synergic action of 6 active ingredients for a better mental efficiency



**PROMOTES MEMORY  
AND COGNITIVE CAPACITIES**

**SLOWS DOWN  
PHYSIOLOGICAL  
BRAIN AGEING**

### NUTRITION FACTS

	per 100 g	per tablet	%NRV * per tablet
Energy	277 kcal 1157 kJ	2 kcal 10 kJ	
Fat	2.81 g	0.024 g	
of which saturates	2.23 g	0.019 g	
Carbohydrate	28.97 g	0.243 g	
of which sugars	0.54 g	0.005 g	
Proteins	18.55 g	0.156 g	
Salt	0.58 g	0.005 g	
Coenzyme Q10	2381 mg	20 mg	
Manganese	595.2 mg	5 mg	250
Selenium	5952.4 mcg	50 mcg	91
N-acetylcysteine	29.8 g	250 mg	
Green tea d.e.	11.9 g	100 mg	
Withania somnifera d.e.	11.9 g	100 mg	

\* NRV: Nutrient Reference Values

## INGREDIENTS

Ingredients: N-acetylcysteine, bulking agent: microcrystalline cellulose; green tea (*Camellia sinensis* L. Kuntze) leaves d.e. std. 98% polyphenols (40% EGCG), *Withania* (*Withania somnifera* L. Dunal) root d.e., bulking agent: calcium phosphate; anti-caking agent: cross-linked sodium carboxymethylcellulose; coenzyme Q10, anti-caking agent: vegetable stearic acid; coating agent: hydroxypropylmethylcellulose; manganese carbonate, selenium-methionine, stabilizer: polyvinylpyrrolidone; anti-caking agent: silicon dioxide; colours: titanium dioxide, chlorophyllin-copper complex.

## WARNINGS

Store the product in cool and dry place and protect from light. The expiry date refers to the product stored correctly in its original and undamaged packaging. Do not exceed the stated recommended daily dose. Keep out of reach of young children. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle. Do not administer the product to children under 3 years of age.

## PACKAGING

30 x 840 mg tablets.



GUNA S.p.a.

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