



Gunabrain

FOOD SUPPLEMENT



**THE SYNERGISTIC ACTION
OF 6 ACTIVE INGREDIENTS TO PROTECT
THE PHYSIOLOGICAL BRAIN FUNCTION**

Mental performance

In a society calling for frantic working and life rhythms as well as long-term mental performances related to school, job and social life, the concept of **physiological brain function protection** is becoming more and more important.

YOUNG PEOPLE/ADULTS

Need for intense **cognitive performances** to overcome periods of mental effort such as:

- Mental strain
- Intense study
- Work
- Emotional stress



↑
NUTRITIONAL SUPPORT
↓

- SUPPORT
- STRENGTHENING
- ENERGY

ELDERLY PEOPLE

Need to **protect the brain function** to support the natural function in the event of:

- Physiological cognitive impairment
- Physical and mental weakness
- Oxidative stress in the brain



↑
NUTRITIONAL SUPPORT
↓

- SUPPORT
- PROTECTION
- DEFENSE

What is Gunabrain

Gunabrain specific formulation contains **N-Acetylcysteine, Selenium, Manganese, Coenzyme Q₁₀, Green tea and Indian Ginseng**. The **synergistic** and **complementary action** of its ingredients has been designed to:

- Protect **brain functions** to reduce a physiological cognitive impairment.
- Support **memory, concentration** and **attention** skills during intense mental activity: intense study, work, mental strain.
- Help **brain function recovery** thanks to arterial microcirculation improvement.
- Protect against **oxidative damage**, one of the main causes of cell aging.



Gunabrain - Properties

The synergistic action of **Gunabrain** is aimed to protect your physiological brain function.

INDIAN GINSENG

(Withania Somnifera)

Energizing (physical and mental fatigue)
Mental relaxation and well-being

N-ACETYLCYSTEINE
Antioxidant

COENZYME Q₁₀

**MANGANESE AND
SELENIUM**

**Cell protection against
oxidative stress**

GREEN TEA

(Camellia Sinensis)

Antioxidant

Energizing (physical and mental fatigue)





Specifically dosed active ingredients: _____

- **NAC (N – ACETYLCYSTEINE)** ¹⁻⁵

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

NAC acts through two mechanisms:

- **intracellular “scavenger”** of **free radicals**, slowing down cell apoptosis.
- **vasodilating action**, because of the combination with nitric oxide leading to an improvement of brain and peripheral function.

- **SELENIUM** ⁶

It is an essential trace element for the glutathione peroxidase enzyme. It protects cells against environmental damage and pollution. It takes part in the metabolism of thyroid hormones (especially TSH and T3, which are involved in degenerative-cognitive or post-micro-ischemic processes).

Various studies have shown that cognitive impairment is faster in the event of Selenium deficit, and Selenium supplementation improves the brain function in predisposed subjects.



- **MANGANESE**⁷

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 very important for brain activity, being **essential in the glucose use by the neurons as well as in neurotransmitter control**. The central nervous system balance depends on a good level of circulating Manganese. A Manganese deficit reduces dopamine levels.

- **COENZYME-Q₁₀**^{8,19}

It protects tissues and cells against hypoxia which occurs due to brain aging.

The Q₁₀ synthesis begins to decrease gradually starting from 35-40 years of age, and keeps on decreasing over time. Even different chronic pathologies and a long-term use of synthetic drugs (such as statins) can negatively influence Coenzyme Q₁₀ synthesis.

- **INDIAN GINSENG (WITHANIA SOMNIFERA L. DUNAL)**^{9,14,18}

This plant has many phytotherapeutic properties. It is considered as **one of the most powerful natural adaptogens**; the biological effects of the root phyto-complex can be ascribed to "whitanolides", i.e. steroidal molecules that help:

- **improve neuronal trophism**
- **protect the hippocampal structures**, where memory is located
- **modulate the enzyme acetylcholinesterase** leading to an increase of the synaptic impulse.

- **GREEN TEA (CAMELLIA SINENSIS L. KUNZTE)**^{15,16,17}

The green tea (Camellia sinensis L. Kunzte) extract contained in **Gunabrain** is particularly rich in tannins, alkaloids, saponins, vitamins, minerals and trace elements carrying out:

- **antioxidant action**
 - **supportive action to the cardio-circulatory function.**
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Gunabrain - Application fields and instructions for use

As part of a balanced diet and a healthy lifestyle, **Gunabrain** is useful in the event of:

- MENTAL STRAIN
- INTENSE STUDY
- INTENSE WORK
- EMOTIONAL STRESS
- PHYSIOLOGICAL COGNITIVE IMPAIRMENT
- PHYSICAL AND MENTAL FATIGUE
- OXIDATIVE STRESS IN THE BRAIN



INSTRUCTIONS FOR USE

It is recommended to take one tablet once a day, swallowed with a little water.
It should not be taken on an empty stomach.



Gunabrain - Combinations

Gunabrain + Gunabasic

Brain function protection in the event of acid-base imbalance.



Packaging: 15 sachets

Gunabasic:

*Balance of acid-base metabolism
Depurative functions of the body*

Gunabrain + Tonicoguna PLUS

Brain function protection in the event of chronic stress and fatigue.



Packaging: 150 ml

Tonicoguna:

Made with Noni juice and rich in plant extracts to support the organism in situations of:

- Physical weakness
- Fatigue and/or tiredness
- Energy depletion

Gunabrain + Profem plus

Brain function protection during menopause.



Packaging: 20 sachets

Profem plus:

Beneficial nutritional support for menopausal woman.

Made with plant extracts with microencapsulated probiotic microorganisms and FOS.

Gunabrain + Omegaformula

Brain function protection in the event of hypercholesterolemia and hyperhomocysteinemia.



Packaging: 30 swallowable tablets

Omegaformula:

With oleic acid for the maintenance of physiological cholesterol levels in the blood and with Baobab for blood pressure regularity.

Warnings

Store the product in a cool and dry place and protect from light. The expiry date refers to a product correctly stored in its original and undamaged packaging. Do not exceed the stated recommended daily dose. Keep out of reach of children under 3 years of age. Food supplements should not be used as a substitute for a varied diet and a healthy lifestyle. It should not be taken by pregnant or breastfeeding women and children under the age of 18. It should not be taken if on the same day other products containing green tea are consumed. It should not be taken on an empty stomach. The maximum number of servings per day is 1 tablet. Do not consume a daily amount of epigallocatechin-3-gallate (EGCG) of 800 mg or more.

Nutrition facts

	per 100 g	per tablet	%NRV* tablet
Energy	199 kcal 845 kJ	1.7 kcal 7.1 kJ	
Protein (N x 6.25)	1.17 g	0.01 g	
Carbohydrate	18.93 g	0.16 g	
Fat	0.00 g	0.00 g	
Coenzyme Q10	2.367 g	20 mg	
Manganese	592 mg	5 mg	250
Selenium	5917 µg	50 µg	91
N-acetylcysteine	29.6 g	250 mg	
Green tea d.e. of which EGCG	11.8 g 7.08 g	100 mg 60 mg**	
Withania somnifera d.e.	11.8 g	100 mg	

*NRV: Nutrient Reference Values

** * maximum value per tablet

Ingredients

N-acetylcysteine, bulking agent: microcrystalline cellulose;
Green tea (*Camellia sinensis* (L.) Kuntze) leaves d.e.,
Withania (*Withania somnifera* (L.) Dunal) root and leaves
d.e., bulking agent: dicalcium phosphate; anti-caking agent:
cross-linked sodium carboxymethylcellulose; coenzyme Q10,
anti-caking agent: vegetable stearic acid; coating agent:
hydroxy-propyl-methylcellulose; manganese carbonate,
selenomethionine, stabiliser: polyvinylpyrrolidone;
colouring agent: calcium carbonate; anti-caking agents:
silicon dioxide, polyethylene glycol; coating agent: glycerol;
colouring agent: chlorophyllin copper complexes.

Packaging

30 x 845 mg tablets – net weight 25.35 g e

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GUNA S.p.A. is a company
with quality management standard system **ISO 9001**
certified by Bureau Veritas Italia S.p.A



**Guna S.p.a. has joined
Lifegate's Zero[®] Impact project**
To offset its plant's CO₂ emissions
by contributing to the development
of energy efficiency and forest protection initiatives.