
MICHAEL HIRT, M.D., A.P.C.
DIPLOMATE AMERICAN BOARD OF INTERNAL MEDICINE
DIPLOMATE AMERICAN BOARD OF NUTRITION

Nervana

An Enlightened Vitamin Experience

WHAT IT IS:

- The world's most bioactive form of vitamin B1, thiamine

WHY YOU NEED IT:

- Important for patients with dysfunctional and diseased nerves
- Targets patients with neuropathy and Multiple Sclerosis
- Great for patients with brain degeneration
- Supports patients with nerve symptoms: numbness, burning, tingling, pain
- Good for cognitive and cardiovascular health
- Aids patients with hyperactivity and excessive sweating

HOW IT WORKS:

Thiamine was the very first of the B vitamins that was discovered, hence its distinction as vitamin B1. Thiamine is commonly found in certain foods such as seeds, beans, the bran of grains, as well as in meat and fish. Polished grains (like white rice) have had their hull removed and with it the thiamine, too.

Without sufficient dietary thiamine or supplementation, humans will experience symptoms of fatigue, irritability, and brain fog or confusion. If the deficiency is not corrected, humans eventually die of thiamine deficiency from a disease known as beriberi.

The World Health Organization considers thiamine supplementation a safe and effective medicine and includes thiamine on its list of Essential Medicines.

However, vitamins can only work if they can get to where they are needed. This is particularly important for the water-soluble B vitamins. The human body is made of two types of tissues: water soluble and fat-soluble structures. Our brains and nerves have a water-soluble inner core insulated by a fat soluble outer layer.

In order for nutrients to reach the important nerve and brain structures located beneath the outer fat-soluble layer, water soluble vitamins have to be escorted one at a time through the fat layer into the water soluble inner core. This process can be slow and inefficient which, in turn, can delay or prevent complete nerve health restoration.

Nervana is a highly bioactive vitamin for the body's health because it converts a water-soluble B vitamin, thiamine, into a fat-soluble vitamin that can reach every brain and nerve cell in the body that needs it. Other forms of thiamine can get into the blood stream, but only Nervana can get out of the water-soluble blood and transition effortlessly through the fat-soluble brain and nerve tissue to support optimal health.

If you suffer from a nerve disorder, brain dysfunction, hyperactivity, or excessive sweating, Nervana provides the fastest and most efficient thiamine supplement to completely suffuse the brain, body, and nerves with the healing power of thiamine.

Usual dosage: Take one capsule daily with or without food.