

INTEGRATING
WESTERN MEDICINE,
NUTRITION AND
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THE CENTER FOR
**INTEGRATIVE
MEDICINE**

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SMARTS

‘Natural’ Intelligence

WHAT IT IS:

- A proprietary blend of herbs to sharpen your mind and elevate your focus

WHY YOU NEED IT:

- Important for patients who wish to enhance memory and learning
- Great for patients needing to boost focus and cognitive performance
- Good for patients seeking to increase brain vitality and reduce brain fog
- Targets patients wanting a better mood and sense of calm
- Supports patients looking to promote and preserve long-term brain health

HOW IT HELPS:

Smarts is a premium nutritional supplement expertly formulated to enhance mental clarity, memory, and overall brain performance. Powered by a trio of scientifically supported ingredients, Smarts targets key aspects of cognitive health to help your brain stay sharp and agile at any age. Ideal for professionals, students, or anyone seeking to optimize brain function, this daily formula supports focus, energy, and long-term mental vitality without the jitters of caffeine or other stimulants.

be well

Key Benefits

- **Enhances Memory and Learning:** Promotes nerve growth and plasticity for better recall and information processing.
- **Boosts Focus and Cognitive Performance:** Improves speed of thought, attention, and problem-solving under pressure.
- **Supports Mood and Tranquility:** Helps alleviate mental fatigue and promotes a balanced, resilient mindset.
- **Increases Brain Focus and Vitality:** Fuels mitochondrial function for sustained mental energy and neuroprotection.
- **Promotes Long-Term Brain Health:** Elevates BDNF levels (a brain repair peptide) and combats age-related cognitive decline.

Premium Ingredients

Smarts features a synergistic blend of natural, high-potency extracts for maximum brain support:

- **Lion's Mane Mushroom (*Herichium erinaceus*):** This adaptogenic medicinal mushroom stimulates Nerve Growth Factor (NGF) production, enhancing neurogenesis and cognitive speed while reducing stress for clearer thinking.
- **Acetyl L-Carnitine (ALCAR) :** A bioavailable form of carnitine that crosses the blood-brain barrier to boost mitochondrial energy, improve neurotransmitter balance, and support memory and mood.
- **Whole Coffee Fruit Extract:** A patented, virtually caffeine-free extract of the outer coffee fruit (not the coffee bean) that is rich in the molecules that can rapidly increase BDNF (Brain-Derived Neurotrophic Factor), enhancing brain connectivity, learning, and cognitive resilience.

Smarts works by addressing multiple pathways of brain health. Lion's Mane fosters new neural connections and protects against oxidative stress, while ALCAR supercharges cellular energy production to combat mental fog. Coffee fruit extract amplifies BDNF for faster neuroplasticity and recovery from age-related brain issues and brain trauma. Together, they create a synergistic effect—delivering rapid cognitive uplift and sustained support for daily demands.

How the Ingredients Work Together for Synergistic Benefits

The three key ingredients in Smarts—Lion's Mane Mushroom, Acetyl L-Carnitine (ALCAR), and Whole Coffee Fruit Extract—are designed to complement each other, creating synergistic effects that amplify cognitive enhancement beyond what each could achieve alone. This synergy targets multiple brain pathways: neurogenesis (new neuron growth), neuroplasticity (brain adaptability), energy production, and neurotransmitter

balance. By combining these, Smarts supports sharper focus, better memory, reduced mental fatigue, and long-term brain resilience.

The ingredients in Smarts don't just add up; they interact in ways that enhance each other's benefits, creating a "multiplier effect" on brain health.

1. **Amplified Neurogenesis and Neuroplasticity (Lion's Mane + Coffee Fruit):**
Lion's Mane boosts NGF to encourage new neuron formation and repair, while Coffee Fruit spikes BDNF to strengthen connections between neurons and improve adaptability. Together, NGF and BDNF work in tandem—NGF focuses on neuron survival and differentiation, while BDNF enhances intelligence and learning. This synergy leads to faster cognition, such as better memory retention and quicker problem-solving. Studies on Lion's Mane paired with coffee fruit elements suggest this duo provides sustained mental clarity and reduces brain fog by promoting brain cell growth and reducing oxidative damage more effectively than either alone.
2. **Enhanced Brain Energy and Mitochondrial Support (ALCAR + Lion's Mane + Coffee Fruit):**
ALCAR acts as the "energy engine," optimizing mitochondrial function to fuel demanding brain processes like neurogenesis. Lion's Mane and Coffee Fruit require this energy to maximize their effects—without sufficient ATP (cellular energy), NGF and BDNF production could be limited. This trio creates a balanced, jitter-free energy boost, supporting prolonged focus and reducing fatigue.
3. **Improved Mood, Stress Resilience, and Long-Term Protection:**
The anti-inflammatory and antioxidant properties of Lion's Mane and Coffee Fruit reduce oxidative stress, a major contributor to cognitive decline, while ALCAR's support helps stabilize mood and combat mental exhaustion. This nutraceutical 'stack' leads to greater resilience against stress, with potential benefits for those patients with (or at risk for) cognitive impairment or brain fog. Combining these ingredients has shown promise for overall brain vitality.

In a world where 'Artificial Intelligence' is rapidly expanding, Smarts gives you the 'Natural Intelligence' boost you need to enhance all things 'human.'

Usual dosage: Take two (2) caps once or twice daily with food.