



# Memory and Brain Health

After passing the age of 20, our memory begins to decrease and the brain's ability to grow and form new connections declines. This process is accelerated by an unhealthy diet and environmental factors. Oxidative stress is one of the main reasons for cellular damage and degradation.

The Lion's mane mushroom, known from asian medicine, is packed with important trace elements such as zinc and selenium and therefore has an anti-oxidative function. Moreover, scientific studies show that some compounds of this mushroom have a positive impact on the regeneration and growth of nerve cells. Compounds of the plant Brahmi (Bacopa monnieri) help to protect these cells and improve the mental performance.

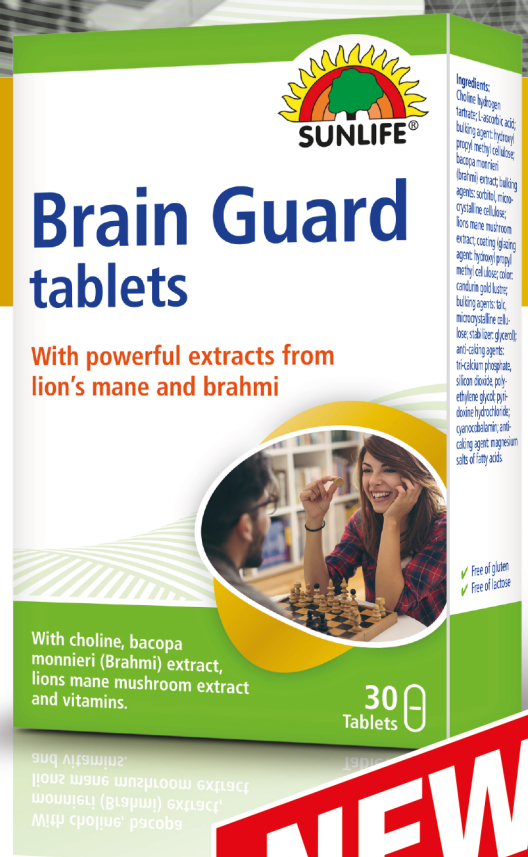
**SUNLIFE® Brain Guard** tablets contain extracts of these natural helpers and combine them with the amino acid L-choline, required for the communication of nerve cells, as well as the vitamins C, B6 and B12 which support a normal function of the nervous system and help to protect cells from oxidative stress.

## Composition per daily dosage (1 tablet)

- 40 mg Lion's Mane extract (\*\*)
- 75 mg Brahmi extract (\*\*)
- 100 mg L-Choline (\*\*)
- 80 mg Vitamin C (100% NRV\*)
- 1 mg Vitamin B6 (71% NRV\*)
- 1 µg Vitamin B12 (40% NRV\*)

\* NRV – nutrient reference values

\*\* no NRV available



- ✓ Free of gluten
- ✓ Free of lactose

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