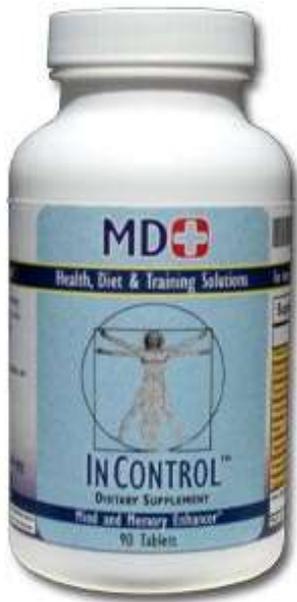




InControl

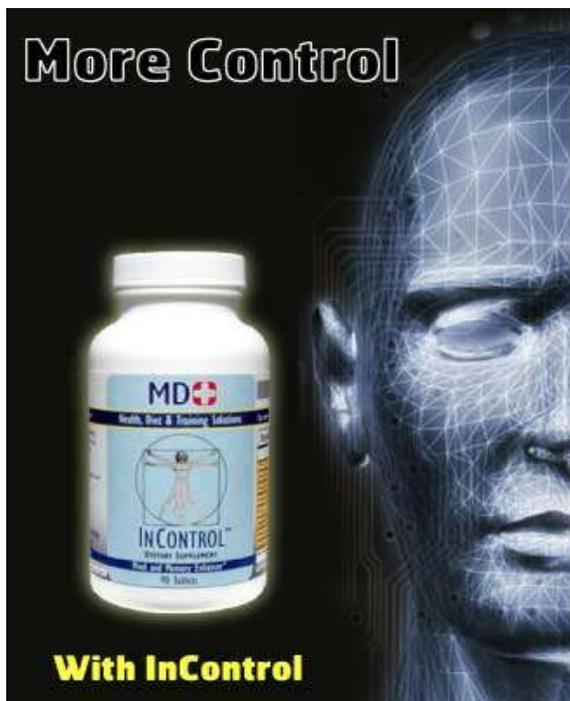
Mind control is a good thing if you're doing the controlling – InControl will give you more control over your own mind.



InControl is formulated to influence several pathways in the brain to improve concentration, focus, memory and cognition, and to decrease anxiety and its associated physical effects such as rapid heart beat, sweating, nervousness, shakiness, etc.

You need InControl if:

- 1. You feel that your memory isn't up to par or is slipping and you could use a memory boost.**
- 2. You have trouble focusing and concentrating.**
- 3. You suffer from nerves prior to a test, presentation, or competition and need help reducing performance anxiety.**
- 4. You need to perform well at almost anything but are having problems doing so.**



**InControl is formulated
by Dr. Mauro Di
Pasquale, M.D.**

InControl is useful in a variety of settings and conditions, and can produce the following results:

1. An increase in focus and concentration for special events, competitions, training, examinations, speeches, presentations, or anytime you need to.
2. An increase in mental functioning and wellbeing.
3. A decrease in butterflies and stress associated with presentations and special events including performances, competitions, public speaking, presenting at seminars and other functions.
4. A feeling of being In Control in situations and conditions that may leave you feeling out of control including attention deficit disorder, pre-menstrual syndrome, anxiety attacks, nervousness, withdrawal from drug use, etc.
5. Enhanced cognitive function and a lessening of senior moments – inability at times to remember certain words, even though these words, such as names, are easy to remember most of the time.
6. A steady hand and control of fine movement in sports and activities where they are necessary for optimum performance including golf, shooting, archery, pool, etc.
7. Elimination of wasted nervous energy.

InControl Puts You Back IN CONTROL

Many people, whether due to stress or aging, feel that their mental capacities such as memory, cognition, and concentration aren't up to par, or at least not like they used to be.

Most of the time it's lapses in memory that makes you think that mentally you're slipping. Other times it could be changes in other aspects of cognitive function such as alertness, orientation, attention span, and insight.

The common consensus, however, is that we should expect some deterioration in mental functions and ability to stay sharp and focused with stress and aging, and that there's not much you can do about it except to stay as mentally active as possible.

However, that's not necessarily the case. There are several conditions and nutritional deficiencies, as well as a number of potent anti-aging therapies that can impact brain function. And correcting the conditions and deficiencies and using certain nutritional ingredients can help us to improve memory and cognition and deal with both aging and stress related dysfunction.

InControl helps deal with both conditions, such as insulin resistance, blood lipid abnormalities, and inflammation, and nutritional deficiencies. As well, it puts together over 60 natural ingredients in an additive and synergistic formulation that affects many of the mental, memory and cognitive pathways as well as pathways that act to diminish the adverse effects of stress, inflammation and free radical damage on the body's cardiovascular and neuromuscular systems.

Reactive and Proactive Use of InControl

Luckily for almost all of us there is a substantial window of opportunity between mild cognitive impairment, even as mild as "senior moments" when we go into a room and forget why we're there, or can't remember a name of something that is so familiar that we should easily be able to recall it, or feeling a tad confused under situations that we normally could easily handle automatically, and the development of more serious disorders.

It's at these times, and for times when we have difficulty performing under stress, that InControl can be used to decrease the incidence of these moments, and slow or even reverse any decline in mental capacity, whether due to stress or aging.

InControl is so advanced in its ability to affect significant neural pathways that it is a quantum leap above anything else on the market today. In fact its approach to mind, memory and cognition, and its complimentary effects on other body mechanisms represents a new paradigm for personal mind control.

Within a half hour or so of taking InControl, there's often an enhancement in alertness, focus, concentration and brain function, a decrease in stress induced mental alterations and an increase in mental performance.

InControl works to enhance memory and brain function by supplying you with a complex blend of specific brain nutrients that will:

- Help increase oxygen and circulation to the brain to enhance focus, concentration, memory and cognition.
- Help protect the brain from inflammation and free radical damage.
- Help promote neuronal health and repair, and increase neural growth for smooth information processing, understanding and retrieval.
- Alleviate the effects of aging on the central nervous system.

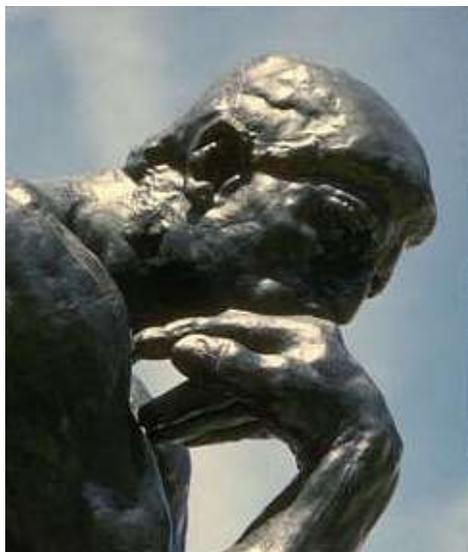
For example, InControl helps people who have problems staying focused on tasks or activities by improving neurotransmitter function, including dopamine, serotonin, norepinephrine, GABA, glutamine, etc. and thus improving the symptoms related to cognition and inability to focus or pay attention.

The bottom line is that InControl will give you more control over the effects that stress and aging have on your mental capabilities. InControl will put you back In Control.

Nutrition and Cognition

There are multiple nutritional and other nutritionally related risk factors for memory loss and cognitive decline including:

- High blood pressure. A study done in 1998 found a direct correlation between hypertension and mental decline.
- Low serum folate. Low serum folate was strongly associated with atrophy of the cerebral cortex.
- Vitamin B12 deficiency. An important manifestation of B12 deficiency is cognitive impairment.
- Hyperhomocysteinemia is related to poor recall and this association was partially independent of folate status.
- Other nutrient deficiencies can lead to dementia.
- A lack of thiamine is known to produce Wernicke's encephalopathy. Such a patient presents with malnutrition, confusion, ataxia, and diplopia.
- A severe lack of vitamin B12, folic acid or omega 3 fatty acids may cause, among other things, dementia due to damage to cerebral myelinated fibers.
- Deficiency of nicotinic acid (pellagra) and pyridoxine may cause spastic paraparesis, peripheral neuropathy, fatigue, irritability, and dementia. This syndrome has been seen in prisoner-of-war camps.
- Toxicities known to produce dementias include narcotic poisoning, heavy metal intoxication, dialysis dementia (aluminum), and other organic toxins.
- Low and high thyroid hormone levels.
- Menopause - common symptoms of menopause are decreased memory and concentration.



InControl™ is designed to enhance and support normal brain function and has significant neuroprotective functions that decrease the adverse psychological and physical effects of stress.

The dozens of ingredients in InControl work synergistically to support mental processes and improve memory and cognition.

It contains more than 60 ingredients including:

- Fat-soluble **vitamin E** fights free radical damage in the body's fattiest organ--the brain.
- Antioxidant **coenzyme Q10** and its analog **idebenone** increase brain activity.
- Flavonoids combat free radical damage and may improve cognitive function.
- **Phosphatidylserine** assists brain function and helps the brain process energy.
- **Phosphatidylcholine** is necessary for nerve growth and function.
- **Acetyl-L-carnitine** and **alpha lipoic acid** help neurons maintain optimal energy levels
- **Huperzine A** improves memory, cognitive and behavioral function.
- **Vinpocetine** improves blood circulation to the brain.
- **Ginkgo biloba** improves cognitive performance.
- **Benfotiamine, L-carnosine** and **alpha lipoic acid** decrease glycation, provide protection against nervous system degeneration and improve brain function.
- **Vinpocetine** is a plant-derived compound that enhances blood circulation to the brain, thus boosting oxygen and glucose delivery to brain cells.
- **Choline** is a precursor to the cell-membrane component **phosphatidylcholine** (low levels are common in dementia patients) and to the neurotransmitter acetylcholine.
- **Pantothenic acid** (vitamin B5) is a vital cofactor for choline metabolism.
- **DMAE** (dimethylaminoethanol) enhances mood and alertness.
- **DHA** (docosahexaenoic acid) is an **omega-3 fatty acid** that is vital to the formation of cell membranes and that is helpful in age-related cognitive decline.
- **L-carnosine** inhibits brain degeneration and provides immune and anti-aging effects
- **Bacopa monnieri** improves learning and memory.

And dozens of others that significantly improve brain function and performance.

Mind-Body Connection



Take Your Training to the Next Level

In order to maximize the results you get from your training you have to be primed both physically and mentally.

While it's important for your body to be ready to train to maximum capacity, if your head's not into it, you're not going anywhere.

That's because it's impossible to make that extra effort if the body's ready but the mind isn't. You'll end up just going through the motions and not pushing yourself enough to make any progress.

Effective training requires the right frame of mind and the ability to focus and concentrate on just your training and nothing else.

The right frame of mind means that you're up for the training and raring to go. While that's important, it's only the first step.

To make it work you also have to be able to concentrate and focus on your training and nothing else. That means being able to block out all distractions and ignoring, at least while you're training, all the stresses in your life.

Unfortunately, this is easier said than done and what often happens is that your mind sabotages your good intentions.

But InControl can help as it's formulated to influence several pathways in the brain to improve concentration and focus and decrease the counter productive effects of stress and distractions.

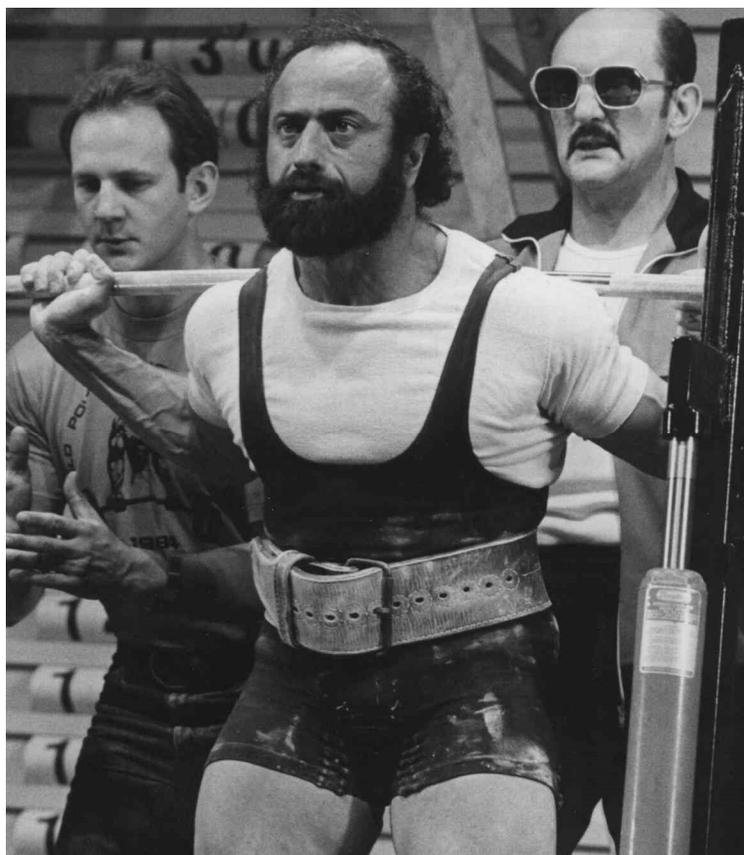
InControl not only increases focus and concentration, and decreases distractions, it also increases neuromuscular functioning, which in turn increases exercise performance and intensity. It acts as a musculoskeletal, neuromuscular and central nervous system optimizer.

InControl will put you back In Control by helping you to:

- 1. focus your mind on your training**
- 2. get charged for your workouts but relaxed about everything else**
- 3. block out all distractions**
- 4. feel a sense of inner calm and purpose**
- 5. increase confidence**
- 6. enhance exercise performance and results**

With InControl you'll spend less time in the gym and make your training more productive.

Dr. Mauro Di Pasquale – In Control at an IPF World Championships.



Where's the Proof?

Dozens of studies have shown the memory and cognitive enhancing effects of several of the ingredients in InControl. These are listed in the section below, with references at the end of this paper, and relate to the details on the ingredients present in InControl.

However a few studies deserve special mention.

For example a study published in 2001 and conducted at the done by researchers at the Department of Neuropharmacology, The Scripps Research Institute, La Jolla, California, USA, used several of the ingredients found in InControl to test their effectiveness on short term memory (Polich J, Gloria R. Cognitive effects of a Ginkgo biloba/vinpocetine compound in normal adults: systematic assessment of perception, attention and memory. Hum Psychopharmacol. 2001 Jul;16(5):409-416).

In this study a computerized test battery was used in a double-blind design to assess the cognitive effects of a combination of the following nutritional supplement ingredients, all of which are present in InControl at comparable levels:

- Ginkgo biloba extract
- Folic acid
- L-tyrosine
- DMAE bitartrate
- Vitamin B5 (pantothenic acid)
- Riboflavin
- Vitamin B6
- Vitamin B1
- Vitamin B3 (niacin and niacinamide combination)
- Vinpocetine,

Ten tasks (perceptual, attention and short-term memory) were tested in a standardized manner designed to maximize performance, with substantial pre-test practice employed to minimize response variability.

A total of 24 adults (12 female, 12 male) were given either placebo or the combination of ingredients and tested after 14 days. The process was then reversed and the subjects were retested after another 14 days.

The results in both cases showed that the combination of ingredients speeds short-term working memory processing in normal adults.

Other studies done both in the US and internationally have shown the beneficial effects of specific ingredients that are in InControl on memory, cognition and general health. We'll cover some of these studies as we discuss the individual ingredients.

Details on the Ingredients in InControl

Neurotransmitter Precursors and Modulators



Several ingredients in InControl optimize the levels of various neurotransmitters in the brain resulting in increased mental functioning and improved mood.

These ingredients include **5-HTP (5-Hydroxytryptophan)**, **L-tyrosine**, **L-phenylalanine**, **velvet bean extract (containing L-dopa)**, **L-pyroglutamic acid**, **alpha-glycerolphosphorylcholine**, **choline**, **CDP choline**, **phosphatidylserine**, **GABA**, **glutamine**,

huperzine A, and **DMAE**, all affect neurotransmitters, both major and minor, in the central nervous system, including serotonin, dopamine, norepinephrine and acetylcholine.

Stress and Anxiety Relievers

Several ingredients in InControl are meant to relieve stress and anxiety and some of their adverse cardiovascular and neuromuscular effect, and subsequently to improve performance.

These ingredients include, **chamomile extract**, **hops extract**, **passion flower extract**, **skullcap herb extract**, **lemon balm extract**, **codonopsis extract**, **GLA** and **vanillin**.

To get the required effects the mix of these ingredients are in specific proportions to themselves and to other ingredients in InControl. The result is that while they relieve stress, they do not make you tired or drowsy but rather increase focus, concentration and mental control.

For example, **lemon balm extract** (*melissa officinalis*) has been shown to have a relaxing effect and also result in significant improvements in cognitive scores in patients with mild-to-moderate Alzheimer's disease.

Lemon Balm is a natural herb that has been used to relieve feelings of anxiety, stress, nervous agitation and gastrointestinal discomfort. This traditional herbal medicine is considered a mild sedative that is used to help improve sleep and has also been reported to increase attention and mental cognition.

Researches have recently performed clinical studies to determine the effectiveness of Lemon Balm on memory, cognitive thinking and attention enhancement. In one placebo controlled study involving young participants, lemon balm dosages over a period of 6 weeks were found to improve the accuracy of attention and improve working memory factors.

In a subsequent clinical trial, researchers concluded that supplementation with lemon balm can improve cognitive performance, specifically memory performance. In both studies, patients reported an enhanced mood and rated themselves as being more calm.

A double blind, placebo controlled clinical trial directly investigated the effects of lemon balm on laboratory-induced psychological stress. The results showed that a single dose of lemon balm improved negative mood effects associated with stress. Moreover, patients reported increased calmness and significant improvements in the speed of mathematical processing with no reduction in accuracy.

Gamma linolenic acid (GLA) is important for health and has suppressive effects on both acute and chronic inflammation, and effects on decreasing the response to anxiety and stress. It also works synergistically with some of the essential fatty acids to decrease inflammation and stress responses.

Acetyl-L-Carnitine

Acetyl-L-carnitine (ALC) has been extensively studied and found to have significant cognitive and anti-aging effects. It can be effective in improving memory, mood and response to stress:

ALC is a cognitive enhancer and neuroprotective agent that protects against a wide range of age-related degenerative changes in the brain and nervous system. ALC is an ester of carnitine that modulates cellular concentrations of free coenzyme A and acetyl-coenzyme A, two compounds integrally involved in numerous cellular functions, including the transfer of fatty acids across mitochondrial membranes for energy production.

ALC is found in various concentrations in the brain and its levels are significantly reduced with aging. Several studies suggest that acetyl-L-carnitine delays onset of age-related cognitive decline and improves overall cognitive function in the elderly.

ALC protects against brain degeneration, helps with energy production in mitochondria of cells, and removes toxins from the mitochondria.

Its effects on brain cells include:

- Increasing neural energy production
- Protecting neurons from toxins
- Maintaining neuron receptors
- Increasing availability of the neurotransmitter acetylcholine

ALC also has the ability to cross into the brain where it acts as a potent antioxidant, preventing the deterioration of brain cells that normally occurs with age. Because of this protective effect, ALC may be beneficial in the prevention and treatment of free-radical induced diseases, such as Alzheimer's and Parkinson's disease.

Several clinical trials suggest that acetyl-L-carnitine improves overall mental functioning and mood.

In one study, acetyl-L-carnitine was given to elderly people with mild cognitive impairment. After 45 days, significant improvements in cognitive function (especially memory) were observed.

Another large trial of acetyl-L-carnitine for mild cognitive impairment in the elderly found that supplementation significantly improved memory, mood, and responses to stress. The favorable effects persisted at least 30 days after treatment was discontinued.

Acetyl-L-carnitine also has effects on alleviating depression. Studies have shown that acetyl-L-carnitine supplementation is effective at relieving depression in elderly people, particularly those showing more serious clinical symptoms.

ALC also significantly reduces damaged fats, such as lipofuscin, in the brains of aged rats. In addition to accumulating in the aging brain, lipofuscin also accumulates in the skin as aging spots, those brownish pigmented blemishes that accumulate in the backs of hands of many people over fifty. The reduction of these deposits following consumption of ALC may be evidence of a slowing in the aging process in the brain.

Alpha-Lipoic Acid

ALA is a natural substance that has potent antioxidant and anti-inflammatory properties that can recycle other antioxidants such as vitamin C, vitamin E and glutathione. It also is important for optimizing energy metabolism and thus provides an important impetus for the maintenance and repair of the central nervous system.

It has been shown to inhibit cross-linking among proteins, a process that contributes to the aging process in the body. Alpha-lipoic acid activates a collagen-regulating factor known as AP-1 that turns on enzymes that digest glycation-damaged collagen.

It also improves vascular function and helps the repair process in damaged tissues. As well, it helps neutralize and remove various toxic metals, including mercury, from the body.

All of these properties allow ALA to exert beneficial effects on the brain and neuromuscular, immune and cardiovascular systems.

Alpha-Lipoic Acid (ALA) is an excellent antioxidant agent in neurodegenerative diseases due to the fact that it can interrupt free radical damage at several points. It has been shown to elevate antioxidants in various brain regions and improves memory. Further, ALA supports healthy blood glucose levels and insulin activity.

A combination of ALA and ALC has been found to rejuvenate elderly rats and could have a similar effect in ageing humans. These two nutritional supplements act on the mitochondria. Studies show that over time, damage to mitochondria could be significantly implicated in the ageing process.

Phosphatidylserine

Phosphatidylserine will:

- Maintain neuron membranes.
- Increase number of receptors and promote dendritic branching.
- Stimulate release of neurotransmitters.
- Encourage the regrowth of damaged nerve networks.

All of these functions improve memory and cognition, and help prevent degeneration of brain structure and function.

Phosphatidylserine (PS), the most abundant phospholipid in the brain, is essential to cell membrane structure and function, and effects nerve cell metabolism and the release of neurotransmitters. It plays critical roles in alleviating the effects of stress, especially on an adrenal/cortisol level, and maintaining both the structure and functionality brain cells.

It has been studied for beneficial effects in protecting the hippocampus (memory) sector of the brain, retarding loss of neural connections and age-related memory function. Low levels of phosphatidylserine in the brain are associated with impaired mental function and depression in the elderly.

Supplementation with PS consistently benefits memory, learning, concentration, word choice, and other measurable cognition parameters, as well as mood and the capacity to cope with stress. Numerous studies have documented phosphatidylserine's ability to improve memory, learning, concentration, word recall, and mood in middle-aged and elderly subjects with dementia or age-related cognitive decline.

Extensive double-blind trials and other clinical testing have established that PS consistently benefits memory, learning, concentration, word choice, and other measurable cognition parameters, as well as mood and the capacity to cope with stress.

PS and choline improve acetylcholine (ACh) levels. ACh and the cholinergic neurons which secrete ACh are important for memory and cognition.

L-Carnosine

L-carnosine, a dipeptide made up of the amino acids alanine and histidine (histidyl-alanine) is present at relatively high levels in muscle, heart, and brain tissue. Carnosine levels, however, decline with age.

It was added to InControl because of its antioxidant and anti-inflammatory properties, its beneficial effects on healing and the immune system, and its anti-aging potential.

Carnosine, (along with alpha lipoic acid and benfotiamine) also provides protection against glycation (protein carbonylation), a destructive protein/sugar reaction that occurs in the body

and which contributes to aging through a number of mechanisms including the breakdown of connective tissue and interfering with central nervous system function.

Carnosine reacts with and removes the carbonyl groups in glycated proteins. Moreover, carnosine suppresses the multiple pathways that lead to protein carbonylation. Several studies show that carnosine prevents protein cross-linking and AGE formation. In particular, carnosine inhibits the cross-linking of amyloid beta, which forms the senile plaques characteristic of Alzheimer's disease.

In animal studies carnosine has been shown to extend the life span of senescence-accelerated mice by 20% on average compared to mice that were not fed the supplement, and doubled the number of mice who lived to old age. The researchers of this study concluded that, in addition to extending the lives of the mice, carnosine significantly improved their appearance, physiological health, behavior, and brain biochemistry.

Benfotiamine

Benfotiamine, a compound derived from thiamine, is fat soluble and therefore considerably more available to the body than thiamine. One of its beneficial effects is in decreasing glycation. As such, it works along with L-carnosine and alpha lipoic acid in decreasing glycation and the adverse effects that glycation has on brain function.

A recent study found that benfotiamine increases transketolase activity in cell cultures by 300%. By comparison, when thiamine was added to cell cultures, transketolase activity increased only 20%. This activation of transketolase by benfotiamine was sufficient to block three of the four major metabolic pathways leading to blood vessel damage.

Additionally, benfotiamine blocked activation of the pro-inflammatory transcription factor NF- κ B. This suggests yet another beneficial attribute of benfotiamine. The study research team, based at the Albert Einstein College of Medicine of Yeshiva University in New York, further demonstrated that benfotiamine prevents damage to blood vessel cells cultured under hyperglycemic conditions in "test tubes" in the laboratory. Similarly, benfotiamine completely prevented retinal damage in live laboratory animals.

"The data indicate that treatment of diabetic patients with benfotiamine or other lipid-soluble thiamine derivatives might prevent or delay the development of diabetic complications," concluded the authors.

A study on human subjects in Hungary found that six weeks of benfotiamine treatment resulted in significant improvements in diabetic polyneuropathy in 93% of cases. Polyneuropathy is a painful condition that results when diabetes damages nerves in the extremities. The research team found benfotiamine therapy to be both safe and effective.

Working along the same lines, a Bulgarian research team enrolled 45 diabetic patients in a three-month observational study to determine the efficacy of benfotiamine for the treatment of diabetic polyneuropathy. One group was given benfotiamine while the control patients received conventional B-vitamin supplements.

The benfotiamine-supplemented patients experienced statistically significant relief of their pain symptoms, while patients taking vitamin supplements experienced no such improvement. Researchers noted that their results “underscore the importance of benfotiamine tablets as an indispensable element in the therapeutic regimen of patients with painful diabetic polyneuropathy.”

Essential Fatty Acids

Fish oils contain two essential fatty acids, **EPA** and **DHA** that are well known for their anti-inflammatory activity. Furthermore, DHA is required for normal brain function in adults. Decreases in brain DHA content are associated with age-related cognitive decline, dementia, and Alzheimer's disease.

Docosahexaenoic acid (DHA) is an omega-3 fatty acid that is essential for proper growth and functional development of the brain in infants, and DHA is also required for maintenance of normal brain function in adults. Adequate levels of DHA in the diet improves learning ability, whereas deficiencies of DHA are associated with deficits in learning. Also, in adults, decreases in DHA in the brain are associated with cognitive decline during aging.

A deficiency in EFAs or too little omega 3 fatty acids can lead to decreased mental health, depression and even aggressive tendencies.

EFAs have been shown to assist in treating depression and other mental health conditions. Low levels of omega-3 EFAs are common in depression. In one 2002 study, researchers found that treatment with 1 g/d of EPA improved outcomes in patients with persistent depression. Another study found that EPA may prove an effective add-on treatment in schizophrenia.

There is even some evidence that the decrease in omega 3 consumption may be responsible for increasing homicide rates.

Part of omega-3's effectiveness in treating brain disorders and the reason why lack of omega 3's results in some mental aberrations may be linked to its role in neurotransmission and brain development. DHA in particular is crucial for proper brain function, and pregnant women are advised to consume adequate levels for fetal brain development.

A recent paper published in 2005 concluded:

There is no doubt that cerebral lipids, and EFA-derived LC-PUFAs in particular, have significant direct and indirect actions on cerebral function. Not only does the lipid composition of neural membranes affect the function of their embedded proteins, but also many LC-PUFAs are converted to neurally active substances. There is good evidence that psychiatric illness is associated with depletion of EFAs and, crucially, that supplementation can result in clinical amelioration. As well as challenging traditional views of aetiology and therapeutics in psychiatry, the clinical trial data may herald a simple, safe and effective adjunct to our standard treatments for many disabling conditions.

InControl contains pharmaceutical grade fish oil with higher levels of EPA and DHA. It's important to include these longer carbon chain omega 3s as the formation of EPA and DHA from ALA is limited. As well, while fish is one method of getting these oils, most sources recommend that fish consumption be limited to two to three servings weekly because so many fish, unlike fish oil capsules, are tainted with mercury and other contaminants.

One benefit of omega-3 fatty acids is that they are very safe to consume. However, most sources recommend that fish consumption be limited to two to three servings weekly because so many fish are tainted with mercury and other contaminants. Fish oil capsules don't present this same risk.

Alpha linolenic acid is transformed into eicosapentaenoic acid (EPA) and later into docosahexaenoic acid (DHA). The series three prostaglandins are formed from EPA. As well, EPA reduces the production of the bad prostaglandins from arachidonic acid.

Coenzyme Q10

Coenzyme Q10, known also as "ubiquinone" and most commonly as CoQ10, is involved in the production of ATP and is an antioxidant cofactor that has been shown to protect the brain. In addition to being a potent free radical scavenger, CoQ10 has proven to be effective in a wide variety of age-related conditions.

Idebenone, an analog of Coenzyme Q10, supplies all of the same benefits as CoQ10 plus some distinct advantages. Though very similar in chemical make-up to CoQ10, its longer chain organic structure gives it extra powerful anti-oxidant properties making it a more effective "free radical quencher" resulting in less cell and tissue damage.

Idebenone offers three very distinct advantages over CoQ10:

1. Studies show that Idebenone enhances brain structure and function
2. Its superior anti-oxidant properties protect body organs more efficiently
3. Offers protection against excitatory amino acid neurotoxicity from ingestion of these ingredients through the diet (Examples: MSG, artificial sweeteners, canned soups and meats, spices, etc.)

Huperzine A

Huperzine A, from the Chinese medicinal herb *Huperzia serrata*, has been found to improve cognitive function in elderly people with memory disorders. It acts as an acetylcholinesterase inhibitor (a class of drugs that inhibit the enzyme that breaks down acetylcholine) used to treat Alzheimer's Disease), possibly more effectively than tacrine (a drug used to treat Alzheimer's Disease). Supplementation results in improvements in memory, cognitive function, and behavioral factors in 58% of Alzheimer's patients with no significant side effects.

This club moss extract may also benefit older individuals with dementia. A study was conducted with fifty-six patients suffering from multi-infarct dementia (multiple small strokes) and one hundred patients with senile memory disorders. Most patients had an improvement in memory. Huperzine was even mentioned in the Journal of the American Medical Association as a possible herbal therapy for Alzheimer's disease.

These findings suggest that Huperzine not only protects from the effects of Alzheimer's and senile memory deficits, but also provides a unique and exciting supplement for supporting memory in the healthy aging human as well.

Bacopa monnieri

Bacopa monnieri may improve higher order cognitive processes such as learning and memory.

Clinical studies show that **bacosides** can improve intellectual and cognitive functions, reduce stress-induced anxiety, increase concentration, promote memory and protect synaptic function of nerves.

Animal studies have found the Ayurvedic herb bacopa has constituents that enhance several aspects of mental function and learning ability. A controlled study found that a syrup containing an extract of dried bacopa herb given to children improved several measures of mental performance.

Ginkgo Biloba

Ginkgo biloba's effect on memory and cognition has been studied fairly extensively. Several studies have found ginkgo supplementation to be a safe and effective treatment for age related cognitive decline.

Ginkgo biloba extract is a time-honored remedy for improving memory and cognition and is an approved treatment for dementia in Germany. It has been shown to promote awareness, alertness and cognition by increasing cerebral blood flow and by providing antioxidant protection to neural networks.

Overall ginkgo seems to be effective at improving memory, concentration, fatigue, anxiety, and depression. It also has antioxidant properties, is neuroprotective and protective against hypoxia (insufficient oxygen).

The **combination ginkgo biloba and ginseng** can promote fast, accurate thinking, improve short and long-term memory retention and reduce mental fatigue. In a 14-week, double-blind, placebo-controlled, trial the cognitive effects of the herbal combination was studied in 256 healthy volunteers between the ages of 38 and 66 years. The volunteers performed a battery of tests using the Computerized Cognitive Assessment System, a validated testing method accepted by the FDA and used to assess the effect of cognitive enhancing products.

The study showed the group of volunteers receiving the active herbal combination had statistically significant improvements in cognitive function compared to the control group receiving placebo. The combination product was well tolerated by study volunteers.

While previous research has documented the effects of ginkgo biloba on memory in older people, this study clearly shows that this specific formulation of standardized Ginkgo biloba and Ginseng extracts enhanced mental performance in a younger healthy population.

DMAE (see below) and ginkgo biloba act to reduce age pigment formations such as lipofuscin and amyloid.

Vinpocetine

- Increases cerebral blood flow
- Increases transport and uptake of glucose
- Increases availability of the neurotransmitter acetylcholine

Vinpocetine, derived from the herb lesser periwinkle (*Vinca minor*), has been shown to result in memory enhancement, increased cognitive performance, improved cerebral circulation and higher mental acuity and awareness.

The demonstrated safety, absence of serious adverse effects, and the improvement of cognitive function even in healthy individuals suggest a clinical application of vinpocetine in the early phases of mild cognitive impairment.

Experiments with vinpocetine indicate that it can dilate blood vessels, enhance circulation in the brain, improve oxygen utilization, stepping up brain cell ATP production, make red blood cells more pliable, and inhibit aggregation of platelets. Vinpocetine also has been shown to have antioxidant properties.

Reactive oxygen species (ROS) are believed to play a crucial role in the neuronal damage occurring in ischemic injury (stroke) and neurodegenerative disorders. Researchers at the Center for Neurosciences in Portugal performed animal studies to examine the antioxidant effects of vinpocetine to prevent the formation of ROS and lipid peroxidation in brain synaptosomes. They found that vinpocetine significantly decreased oxidative stress and inhibited ROS formation up to 83%. The researchers concluded that the antioxidant effects of vinpocetine contributed to reducing neuronal damage in pathological situations.

Several peer-reviewed, double-blind studies looked at cognitive performance of normal subjects, seeing how vinpocetine would improve their cognitive performance. The researchers found a significant improvement with vinpocetine.

In a double blind clinical trial, vinpocetine was shown to offer significant improvement in elderly patients with chronic cerebral dysfunction. Patients on vinpocetine scored consistently better in all cognitive evaluations. No serious side effects were reported.

In another study twelve healthy female volunteers received pre-treatments with vinpocetine or placebo for two days according to a randomized, double-blind crossover design. On the third day of treatment and one hour following morning dosage, subjects completed a battery of psychological tests. Memory was significantly improved following treatment with vinpocetine when compared to placebo.

Choline and Phosphatidylcholine

Choline - Involved as a precursor in the synthesis and release of acetylcholine. Some preliminary reports, mostly in mice models of Alzheimer's, suggest that choline supplementation significantly improves cognitive function.

Choline is well known to promote neurologic development in neonates, and has been shown in a pilot study to improve verbal and visual memory in critically ill patients requiring parenteral nutrition.

Lecithin is known as **phosphatidylcholine**, although lecithin is also a term loosely applied to describe a combination of phosphatidylcholine with other phospholipids. Phosphatidylcholine levels in brain cell membranes decline with age, perhaps contributing to memory loss.

Phosphatidylcholine and Homocysteine

A report in the July 2005 issue of the American Journal of Clinical Nutrition, indicates that a high daily dose of choline, supplemented as phosphatidylcholine, lowers fasting as well as postmethionine-loading plasma homocysteine concentrations in healthy men with mildly elevated homocysteine concentrations. If high homocysteine concentrations indeed cause cardiovascular disease, choline intake may reduce cardiovascular disease risk in humans.

phosphatidylcholine could be of help to those with high homocysteine levels.

Phosphatidylcholine is abundant in nerve cell membranes, and is required for nerve growth and function. The Choline fraction promotes production and function of the neurotransmitter acetylcholine, and has been shown to promote memory processes.

CDP Choline

CDP-choline (cytidine-5'-diphosphocholine also known as citicoline) is a naturally occurring molecule found in most life forms, and is a chemical intermediate in the biosynthesis of phosphatidylcholine and acetylcholine.

It has several effects

- Maintain neuron membrane
- Increase availability of acetylcholine
- Facilitate activity in dopaminergic systems

Produced endogenously, CDP-choline serves as a choline donor in the metabolic pathways for biosynthesis of acetylcholine and neuronal membrane phospholipids, chiefly phosphatidylcholine. The principal components of CDP-choline, choline and cytidine, are readily absorbed in the GI tract and easily cross the blood-brain barrier. Exogenous CDP-choline, as the sodium salt, has been researched in animal experiments and human clinical trials that provide evidence of its cholinergic and neuroprotective actions.

shows promise of clinical efficacy in elderly patients with cognitive deficits, inefficient memory, and early-stage Alzheimer's disease.

CDP-choline improved the declining memories of the older rats compared with control rats of the same age that received no CDP-choline.

The authors of a meta-analysis of the literature on human clinical trials with CDP-choline analyzed 13 randomized, double-blind, placebo-controlled trials that involved elderly patients suffering from cerebrovascular disorders, senile dementia (including Alzheimer's disease), or normal or abnormal cognitive impairment associated with aging. They concluded that there were modest but significant beneficial effects of CDP-choline on memory function and behavior in these patients.

Citicoline (CDP-choline; cytidine 5'-diphosphocholine), a form of the essential nutrient choline, shows promise of clinical efficacy in elderly patients with cognitive deficits, inefficient memory, and early-stage Alzheimer's disease.

Amino Acids

L-Phenylalanine and **L-Tyrosine** are the major nutritional precursors for norepinephrine, a neurotransmitter which is also involved in primitive memory formation and learning. Both Norepinephrine and dopamine, another neurotransmitter, must be present for neural-dendrite growth to proceed for new learning to occur.

L-tyrosine is also a precursor for thyroid hormone. That along with its effects on neurotransmitter levels results in some beneficial effects on energy metabolism and mental functioning.

GABA (Gamma-aminobutyric Acid), a nonprotein free form amino acid which acts as an inhibitory neurotransmitter within the brain, protects against over-excitation of the neural thoroughfares, while **L-Glutamine** (GAM) acts as an excitatory agent stimulating neural receptor sites and enabling deep processing of information to take place, critical for long term memory enhancement.

Taurine is considered a potent antioxidant and cytoprotective agent that may be useful for combating the adverse effects of physical and psychological stress, and aging.

DMAE

DMAE (dimethylaminoethanol) has been used to elevate mood, improve memory and learning, increase intelligence and physical energy, and extends the life span of laboratory animals.

In a recent study the authors concluded that DMAE induces a psychophysiological state of better feeling of wellbeing on both levels of analysis mood and electrical pattern of brain activity in subjects suffering from borderline emotional disturbance.

DMAE is a free-radical chain transfer agent believed to specifically slow down the formation of lipofuscin age pigment within the neural network of the central nervous system, as well as slow the formation of other possible contaminants such as the other well known age pigments: ceroid (which accumulates in the liver) and amyloid (which is known to attack the CNS of Alzheimer's victims).

Lipofuscin age pigment forms especially rapidly in the dopamine-dependent tracts of the brain leading to dysfunction in these areas and affects memory, cognition, sexuality, locomotion, mood, tissue growth and repair.

Encephalitis lethargica or sleeping sickness, Parkinson's Disease and Catatonia in Schizophrenia are known to be correlated with low Dopamine populations within the brain. Interestingly, Dopamine populations also decline with age as lipofuscin increases. Thus lipofuscin appears to both directly and indirectly inhibit Dopamine production and transmission. Dopamine also falls prey to autoxidation, producing free radicals and hydrogen peroxide which damage dopaminergic nerve receptors.

S-Adenosyl-L-methionine (S-AdoMet)

Methyl donors are important for the methylation reaction, which adds a methyl group (one carbon atom and three hydrogen atoms), on proteins, enzymes, chemicals, DNA, and amino acids like homocysteine. Methylation is important for maintaining many functions in the body including genetic expression, and neurological and musculoskeletal function.

Usually this methylation process occurs through a compound called S-adenosyl-L-methionine (S-AdoMet). However, S-AdoMet, because of its volatility and incompatibility, can't be incorporated into a multi-ingredient formula such as InControl so the alternative is to include ingredients that have been shown to increase endogenous production and at the same time reduce the increased levels of homocysteine that can follow.

S-AdoMet, is synthesized from the amino acid methionine and its level in the body is increased by dietary methyl donors such as **folic acid, B12** (especially the **methylcobalamin** that is used as the preferred form of B12 in InControl rather than the synthetic cyanocobalamin, the usual form of B12 found in most other supplements), and **vitamin B6**. These nutrients are also needed to reduce homocysteine levels and decrease cardiovascular disease.

Various clinical trials and animal studies suggest that SAME may be effective, among other things, in reducing inflammation. It's also felt to have significant direct and indirect (by increasing glutathione synthesis) antioxidant effects.

SAME is prescribed by some doctors in Europe as therapy for depression, chronic fatigue syndrome, arthritis, and fibromyalgia.

Studies have shown that SAME influences the formation of brain chemicals and helping the preservation of glutathione, an important antioxidant. Furthermore, SAME is involved in the formation of myelin, the white sheath that surrounds nerve cells.

The influence of SAME on depression has been tested in numerous studies. A study published in 1994 compared oral SAME with oral desipramine (a pharmaceutical antidepressant). At the end of the four-week trial, 62 percent of the patients treated with SAME and 50 percent of the patients treated with desipramine had significantly improved.

Eleutherococcus Senticosus

Eleutherococcus Senticosus (Siberian Ginseng) is related to American ginseng and Panax ginseng and has beneficial effects on memory and concentration.

Chemicals in eleuthero appear to produce moderate reductions in blood sugar and blood cholesterol levels and modest improvements in memory and concentration.

Perhaps the single most important property of adaptogenic plants, which include **eleutherococcus**, **rhodiola** and **schizandra** is their proven ability to combat stress in all forms. Eleutherococcus, the most potent of the adaptogenic plants, increases the body's resistance to a variety of stressors. Experiments have conclusively demonstrated that eleutherococcus changes the course of the primary physiological indicators of stress by reducing the activation of the adrenal cortex.

Schizandra has shown anti-depressant and immune system effects.

Rhodiola rosea

Rhodiola rosea has been categorized as an adaptogen due to its observed ability to increase resistance to a variety of chemical, biological, psychological and physical stressors. It has significant effects on dampening the adverse hormonal effects of stress, including cortisol, insulin and thyroid, and in enhancing adaptation to stress. It also has potent antioxidant, anti-inflammatory, hepatoprotective and cardiovascular effects. As well, it has been shown to be useful in decreasing stress induced fatigue and increasing endurance.

Gotu Kola and Guarana

Both gotu kola and guarana have a beneficial effect on memory and cognition, and decrease fatigue. And both have been used as effective energy tonics and for mental acuity and long-term memory.

Gotu kola contains several glycosides that have anti-inflammatory and anti-anxiety effects. It's been traditionally used to enhance, memory and alertness.

In a 1997 study, guarana was found to decrease fatigue and increase memory with single doses as well as with chronic doses. A recent study found that the use of guarana improved cognitive performance in human volunteers. A study published in 2005 found that guarana has antidepressant effects.

Antioxidants: The neuroprotectors.

The antioxidants in InControl include **vitamins C and E, zinc, coenzyme Q10, idebenone, L-carnosine, alpha lipoic acid, taurine**, and polyphenols and other ingredients from various extracts including **grape seed, green tea, and ginkgo biloba extracts**.

Antioxidants scavenge free radicals, or unstable ions, that result from oxidation, and therefore tend to protect the tissues from damage by these ions. Though lipid oxidation is a natural process in the aging brain, some researchers have found that people with AD have lower defences against oxidation than the rest of us. Namely, AD sufferers seem to have lower levels of the antioxidants Vitamins E and C in their cerebrospinal fluid than do healthy elderly people.

The oxidation of lipids is one of the biochemical processes driving Alzheimer's Disease, although its exact significance is not yet clear. In the brain, this process leads to neuronal cell death and thus the loss of memory and cognitive skills. In the rest of the body, oxidation contributes to the general wear and tear that could contribute to the eventual development of cancers and cardiovascular disease.

Since antioxidant use on the whole has been found to be safe and effective as a cardiovascular protector, it is probably safe to assume that these beneficial effects apply to the mind as well. Therefore, despite the fact that information regarding antioxidant benefits in dementia is just emerging, any vitamin or nutrient that is good for the heart is likely to be good for the mind as well.

Studies have shown that antioxidants, while uniquely different from one another, have a synergistic effect when used together. By combining these various lipid-and water soluble nutrients, InControl offers multiple levels of synergistic protection.

For example:

- Alpha lipoic acid is synergistic with vitamins C and E, and they work together as a team to produce an antioxidant effect that is far greater than any one individual antioxidant.
- Vitamin E and selenium interact to provide strong protection against oxidative damage to the liver.
- Selenium interacts with glutathione (GSH), which is a vital component in the production of glutathione peroxidase, an enzyme which is essential for life.
- Both vitamin C and coenzyme Q10 interact with vitamin E to regenerate its antioxidant form.
- Vitamin E and coenzyme Q10 taken together are believed to have an interactive effect wherein CoQ10 has a sparing effect on vitamin E, and vitamin E plays a key role in determining tissue retention of exogenous CoQ10.

Vitamin C is an antioxidant that reduces free radical damage in the body. Several studies with elderly subjects indicate that individuals who ingest higher amounts of vitamin C have better cognitive function and memory performance, which suggests that vitamin C may protect against cognitive decline.

Vitamin E is another antioxidant nutrient that reportedly protects against subsequent development of dementia and poor cognitive functioning, probably due to its protection against free radical damage to the blood vessel system in the brain.

Low vitamin E levels are consistently associated with an increased risk and occurrence of neurological diseases, including Alzheimer's and Parkinson's. The amount of vitamin E in the blood is associated with memory performance.

As well, vitamin E supplementation has been shown to be effective in slowing age-related cognitive decline. A study of patients with moderately advanced Alzheimer's disease indicated that vitamin E may slow functional decline.

Vitamin E supplementation, for example, has been shown to result in memory improvement in mildly demented patients in a well-designed trial.

Also studies suggest that polyphenols and other antioxidant constituents found in **grapeseed, green tea, ginkgo biloba**, and other extracts may protect against inflammation and cognitive disorders.

The B Vitamins

The B vitamins have multiple functions and effects and are essential for proper functioning of the brain and nervous system. Deficiencies of any of the B vitamins can result in a variety of debilitating diseases.

However, frank deficiency of any of the B vitamins is not common except under specific circumstances. However, marginal deficiencies are common because of the ways are foods are grown and processed, and some of our poor eating habits.

As well, the use of some of the B vitamins even if no deficiency is present, can result in beneficial effects.

Niacin and Nicotinamide – vitamin B3 Supplementation with vitamin B3 results in improvement of sensory register and short-term memory, and long-term memory.

Vitamin B6 (pyridoxine). Vitamin B6 deficiency is common among people over age 65. A study of healthy men, aged 70 to 79 years, showed that supplementation with pyridoxine for 3 months improved memory performance, especially long-term memory.

Pantothenic acid (as **calcium pantothenate** in InControl) is considered a stress vitamin and is involved in adrenal function and in the formation of certain neurotransmitters.

Vitamin B12. Supplementation with vitamin B12 may improve cognitive function in elderly people who have been diagnosed with a B12 deficiency.

Cognitive impairment is an important manifestation of vitamin B12 deficiency. Cognitive decline due to low levels of vitamin B12 is a greater problem in elderly individuals since cobalamin deficiency increases with advancing age.

Supplementation with vitamin B12 showed improvements in cognitive function even in people without obvious signs of B12 deficiency.

Vitamin B12 in the methylcobalamin form is used in InControl as it is the biologically active form of B12, whereas cyanocobalamin, the one used in most nutritional supplements, is the synthetic, and much cheaper form. The body has to change the cyanocobalamin into methylcobalamin. This process may be compromised in some people so using the metabolically active form is more efficient and improves bioavailability and function. In fact several studies have shown the advantages of methylcobalamin over cyanocobalamin.

For example, a preliminary study investigated the effects of methyl- and cyanocobalamin on circadian rhythms, well-being, alertness, and concentration in healthy subjects. Six women (mean age 35 years) and 14 men (mean age 37 years) were randomly assigned to treatment for 14 days with either cyano-or methylcobalamin and found that levels of B12 increased linearly with the methylcobalamin but not with cyanocobalamin, and that only methylcobalamin had a positive psychotropic alerting effect with significantly reduced sleep time, improved sleep quality, concentration, and feeling refreshed.

New findings suggests that some people with depression might have problems metabolizing the B vitamin **folate** - supporting the idea that supplements could help ward off the condition, researchers say.

Investigators in Norway found that depression occurred more commonly in people who had high levels of the amino acid homocysteine in their blood, and in those who carried a form of a gene that encodes a protein involved in processing folate.

Folate and vitamins B6 and B12 are needed for proper brain function. Insufficiencies of these nutrients may result in forgetfulness, memory loss, confusion, depression, dementia, and mood and sensory changes. One study stated that age-related impairment of cognitive function is likely related to vitamin deficiencies, and is "preventable or reversible with improved vitamins, especially vitamin B6, vitamin B12, and folate."

Deficiencies in the B vitamins B12, B6, folate, and thiamine (B1) have long been recognized as contributors to cognitive decline.

Patients with these deficiencies often respond favorably to vitamin replacement, showing improved short-term memory and language abilities. Furthermore, it is now thought that people with even slightly lower levels of these vitamins go on to develop Alzheimer's more often than people with normal levels.

Many dementia sufferers, however, are subclinically or mildly deficient in either B12 or folate, and can derive a cognitive benefit from replacement. It seems that a certain subset of patients with a subclinical deficiency in these nutrients derive particular benefit.

Nilsson and colleagues in Sweden recently found that patients with elevated blood homocysteine levels showed a greater improvement in cognitive function on B12 and folate supplements than did patients with normal homocysteine levels. Elevated homocysteine, which can be measured in the blood, is thought to represent a cardiovascular risk. It seems that measuring a person's homocysteine level may be a way of predicting how their memory might respond to B12 or folate supplements.

As well, hyperhomocysteinemia may be associated with poor cognitive function, possibly through alterations in vascular function, brain atrophy and depression.

The latest data from the Framingham Offspring Study, the ongoing survey that's tracking the health of successive generations living in the Massachusetts community shows that in older people, higher blood levels of homocysteine are associated with lower mental functioning.

For people over age 60, Elias and his colleagues report in the American Journal of Epidemiology, increasing levels of total homocysteine in the blood were associated with decreasing levels of cognitive performance in several areas.

Most importantly none of the relations observed were seen for persons under 60 years of age, suggesting that interventions to lower homocysteine early in the adult life span could prevent even modest cognitive deficit related to higher levels of homocysteine (see below about being proactive regarding lowering of homocysteine levels).

Serum homocysteine concentration is influenced primarily by low intakes, poor bioavailability, and poor absorption of folate and vitamin B-12, especially with aging and/or secondary to gastric atrophy.

Folic acid and B12 supplementation lower homocysteine levels and the protective effects of folate, vitamins B6 and B12 in hyperhomocysteinemic patients is well documented.

For example, in the Framingham Offspring Study mentioned above, high vitamin B12 levels correlated with better cognitive performance.

All in all, researchers seem to agree that a healthy diet high in the B vitamins and folate is at least protective against cognitive decline.

Minerals and Trace Elements

As we age, we also tend to become less efficient at absorbing some essential minerals such as zinc, and magnesium from our diets, and we may end up with relative deficiencies of these nutrients. Deficiencies in these metals can cause oxidative damage in our brains by preventing some key protective enzymes from operating to their fullest extent, thereby resulting in damage and cell loss.

Ginkgo Biloba and zinc monomethionine are powerful antioxidants which help keep dopamine from being oxidized into hydrogen peroxide and hydroxyl radicals which damage dopamine receptors.

Besides the adaptogens (see above), there are many other ingredients in InControl that improve well being. For example in a study involving 80 young, healthy males, the use of **calcium, magnesium and zinc** was associated with reduced anxiety and perceived stress, and an improved feeling of well-being.

Magnesium, besides complementing the effects of calcium it also has important effects on its own. Low levels of magnesium promote inflammation and impact on the body's ability to handle stress. These functions are useful in alleviating the release of pro-inflammatory cytokines, and decreasing both insulin resistance and inappropriate cortisol secretion.

Potassium helps correct marginal potassium deficiency. In many women, and in some men, fatigue may also be due to a relatively low, or low normal, serum potassium. This is understandable in light of the monthly potassium loss most women have secondary to their premenstrual water retention and subsequent diuresis (water loss), and the blood loss associated with menstruation.

As well, dieting increases potassium loss since fluid weight is lost initially and dietary potassium intake usually decreases when less food is eaten.

Whatever the reason, loss of potassium can lead to fatigue and lethargy, which can decrease well being.

Chromium enhances insulin sensitivity and decreases insulin resistance. As such, it can be used as an aid to treat various conditions associated with insulin resistance including the metabolic syndrome, diabetes, glycation and cardiovascular disease.

Although most diets just barely provide the RDA for chromium, for many it's not enough to make up for daily losses, especially if they exercise. But not any kind of chromium is OK. For example the most commonly used form of chromium, chromium picolinate, has potential adverse effects associated with its use. The polynicotinate form of chromium used in InControl is a readily absorbable and biologically active form of chromium that enhances insulin sensitivity, without side effects.

Manganese deficiency has been traced to abnormalities in brain function. Laboratory studies have demonstrated that Manganese superoxide dimutase, an antioxidant enzyme containing manganese, protects brain cells from the type of damage seen in stroke and Alzheimer's disease.

Other Ingredients

Bioperine®, an extract of black pepper fruit, has been shown to promote efficient nutrient absorption and thus enhance the bioavailability of the ingredients in InControl.

Supplement Quality and Purity Is Important

InControl consists of over 60 ingredients in the Generally Recognized As Safe (GRAS) list by the US government.

The nutritional and botanical ingredients used in InControl are of the highest quality and are intended to impact multiple pathways that lead to specific mental and physical benefits. These benefits include improved memory and cognition, increased focus and concentration, and improved mental health.

InControl has been manufactured for safety in a fully temperature-controlled 100,000 square-foot USA FDA-inspected facility that ensures purity and accuracy of materials through inspection and evaluation at every step of production and packaging. Product purity is verified through independent 3rd party analysis, and InControl is specially produced to meet or exceed United States Pharmacopeia (USP) standards.

InControl does not contain any IOC/USADA/WADA/IAAF/NCAA/NFL/NHL/MLB banned substances.

InControl Nutrition Panel

Supplement Facts:		Serving Size: 6 Tablets	
		Servings Per Container: 15	
	Amount Per Serving	% Daily Value	
Vitamin C (as Ascorbic Acid)	100 mg	167%	Bioperine
Vitamin E (as dl-Alpha Tocopheryl Acetate)	100 IU	333%	5 mg *
Vitamin B1 (as Thiamine and Benfotiamine)	10 mg	667%	InControl Proprietary Complex 8,500 mg
Vitamin B2 (as Riboflavin)	10 mg	490%	5-HTP (5-Hydroxytryptophan), Alpha-Glycerolphosphocholine,
Vitamin B3 (as Niacinamide and Niacin)	110 mg	550%	Alpha Lipoic Acid, Acetyl L-Carnitine HCl, Bacopa Monniera Leaf Extract.
Vitamin B6 (as Pyridoxine HCL)	10 mg	500%	Calcium Phosphate, Chamomile Extract, CDP Choline, Cellulose,
Vitamin B12 (as Methylcobalamin)	100 mcg	1667%	Choline Bitartrate, Codonopsis Extract, Coenzyme Q-10, DMAE Bitartrate,
Folic Acid	400 mcg	100%	Eleutherococcus Senticosus (Root), Ginkgo Biloba Extract, GABA,
Biotin	100 mcg	33%	Gotu Kola, Grape Seed Extract, Green Tea Extract, Guarana Extract,
d-Calcium Pantothenate	100 mg	1,000%	Hops Extract, Huperzine A, Idebenone, L-Carnosine, L-Glutamine,
Magnesium (as Magnesium Oxide)	150 mg	37.5%	L-Phenylalanine, L-Pyroglutamic Acid, L-Tyrosine,
Zinc (as Zinc Monomethionine)	10 mg	67%	Lecithin (Phosphatidylcholine), Lemon Balm Extract, Velvet Bean Extract,
Potassium (as Potassium Chloride)	99 mg	3%	Omega 3 Fish Oil (DHA, EPA), Passion Flower Extract, Phosphatidylserine,
Manganese (as Manganese Citrate)	2 mg	100%	Rhodiola Rosea Extract, Sage Extract, Schizandra, Skullcap Herb Extract
Chromium	25 mcg	21%	Taurine, Vanillin, Vinpocetine.

Other Ingredients: Stearic Acid, Magnesium Stearate, Croscarmellose Sodium, Silicon Dioxide, Hypromellose

***Daily Value Not Established**



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