

# Rationale For Neuridone™

When we think of nourishment we normally think of building muscle and other tissue and replenishing energy reserves. The brain, spinal cord, and nerves networking throughout the body are often viewed as simply a static electrical conduit system through which electrical charges pass. This view, combined with the notion, promoted by modern psychiatry for many decades, that our psyche is primarily formed and influenced by the environment, has stalled the advancement of brain and nerve biochemical knowledge.

## NEURIDONE™

Nutrient Support Formula

W Y S O N G

### PURPOSE:

A nutritional supplement designed to support the health of the brain, spinal cord, afferent and efferent neurons.

### INGREDIENTS:

Natural Pytonutrient Extracts and Concentrates of Ginseng, Ginkgo biloba, Bacopa Monniera, Huperzia Serrata Moss; Magnesium Taurinate, Lecithin, Phosphatidylserine, Acetyl-L-Carnitine, Docosahexaenoic Acid (DHA).

- Contains no additives -

### DIRECTIONS:

Suggested Dosage: One capsule three times daily. Neuridone™ is best assimilated if swallowed with meals. For best results, Neuridone should be used as part of the Wysong Optimal Health Program™.

For long-term usage discontinue two days out of every week and five successive days every month to decrease the potential for intolerance developing.



But as understanding of physiology and biochemistry has grown, it is now realized that nervous tissue has myriad nutritional requirements just like all other tissues in the body. In fact, when you consider that the brain contains over 100 billion neurons with supporting cells, and that the possible interconnections between these neurons is estimated to be greater than the total number of atoms in the universe, it's a wonder that we are able to sustain such an organ system no matter how much we eat.

The brain is like a huge energy sink hole. Although the body is about 50 times the size of the brain, the brain consumes almost 1/4 of the total energy we expend. Such activity requires a vast array of integrated nutrients. A ready supply of all the vitamins, minerals and associated food cofactors is necessary on a continuing basis in order for our brain and nervous system to perform properly. Our brain and nervous system should not be taken for granted.

Since the brain is the origin of thought, feelings, moods, creativity, resistance to stress, and the control of all the autonomic (internal processes not under voluntary control) functions, a well-fed nervous system is obviously critical to good health and a sense of well-being.

There are two categories of nutrients for the brain. The first consists of those nutrients that help nerve cells produce the chemicals that pass from axon to dendrite (finger-like projections going to and from nerve cells) and humoral chemicals that send messages to various parts of the body via the blood stream. The second category of nutrients has to do with the structural integrity of the nerve cell itself. These two categories are not inseparable since nutrition of one overlaps the other.

Neuridone™ is designed primarily to address the structural and physiological integrity of brain and nerve cells. Vivreis™ and Somniquil™, other Wysong Nutrient Support Formulas, are designed to affect neurotransmitters affecting mood, energy and tranquility.

Neuridone is the result of several years of research seeking non-toxic natural nutritional supplements. Ingredients have been selected based upon the weight of scientific evidence and traditional experience with their use. Supplementation with natural nutrients and “nutriceuticals” is an emerging science and precise mechanisms of action have not been determined in many cases.

As we age, the nutritional demands of the brain increase. Diminished ability to digest food substances that nourish nervous tissue and to synthesize biochemicals needed by the brain causes decline in mental function. Over the span of our adult life we can, in fact, lose 50% or more of our mental capacity. Neurons (nerve cells) die and there is loss in synaptic connections between them. The result is a decline in memory and cognition, a decrease in alertness and eventually apathy and withdrawal.

Such deterioration is not inevitable. Living a healthy life in all respects can do much to significantly retard such loss of mental function. In the Optimal Health Program these things are described and include obvious life choices such as daily exercise, fresh air, fresh water, appropriate sleep, daily sunshine, good social interaction and eating a varied diet of foods we are genetically adapted to.

### **Clinical Evidence**

The nutrients in Neuridone are designed to not only replenish and rejuvenate nerve cell membranes, but also to increase the microcirculation within brain tissue. Research has demonstrated the ability of Neuridone ingredients to pass the blood/brain barrier and become concentrated in brain cells. The result is an increasingly active, vibrant cell membrane as confirmed by Positron Emission Tomography showing increased brain activity and test scores of subjects consuming these ingredients.

One of the ingredients in Neuridone, phosphatidylserine, has had some 34 scientific studies performed on it, 14 of which were double blind, and these have been going on since the 1970's. In one of the studies 149 subjects ages 50-75 years old were able to roll back the cognitive age clock some 12 years, as confirmed by test scores. This is after only taking the nutrients for 12 weeks. The beneficial results continued some four weeks after the supplements were stopped.

Other clinical studies have proven the following benefits from Neuridone ingredients:

1. Increased ability to recognize names and faces.
2. Increased ability to learn and remember information.
3. Increased ability to maintain concentration.
4. Increased ability to remember phone numbers.
5. Increased ability to recall location of objects misplaced.
6. Improved scores on neuropsychological tests.
7. Increased vigilance and attention.
8. Improved short-term memory.
9. Amelioration of behavior such as apathy and withdrawal.
10. Increased ability to shake off the “winter blues.”
11. Improved memory, cognition, and behavioral functions in those suffering from Alzheimer's disease (more effective than the pharmaceutical drug, Tacrine™).

These are impressive results considering the quality of the scientific studies conducted. For example, one study which confirmed these effects was double blind with 425 participants aged 65-93.

### **Biochemistry**

The mechanism of action of Neuridone includes increased microcirculation resulting in increased

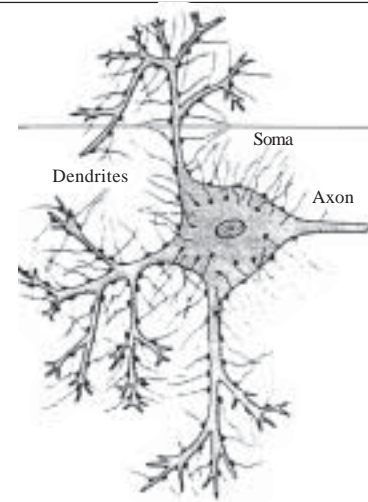


Figure 1. A typical motor neuron

delivery of nutrients to brain and nerve cells and increased efficiency of removal of toxins and waste products. Additionally, Neuridone nutrients help in the transduction of signals within the brain, the release of neurochemicals of hormones and neurotransmitters, enhancing cell-to-cell communication, improved recognition of old cells that need to be recycled, and regulation of cell growth, proliferation and renewal.

Neuridone ingredients work because these nutrients are sparse in common processed foods and, as mentioned earlier, we have a decreased ability to synthesize them as we age.

Appropriate cardio- and cerebrovascular health is important to brain function, so it is advisable to take Wysong Carvasol™ in conjunction with Neuridone for extra nutritional support. In addition, of course, all of the Foundation Formula products should be taken along with Neuridone so that a full complement of vitamins, minerals, enzymes, probiotics and essential fatty acids (particularly the omega-3 fatty acids in Wysong products) can help exert their beneficial effects on the nervous system as well.

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*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.*

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