



ENZO Brain Recovery

Enzogenol® Pine Bark Extract : Brain Injury

Effects / Benefits

Enzogenol® can help recovery of brain functions after sustaining a brain injury. Loss of brain function is associated with many different conditions such as concussions, traumatic brain injury or stroke.

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Supplement facts per cap

Enzogenol® 200 mg
(Extract of *Pinus radiata* bark)

Extra-DHA Omega-3 200 mg
as DHA 167 mg
EPA 33 mg

Other ingredients: gelatine, glycerine, water, beeswax, natural vitamin E, mixed tocopherols, soybean lecithin.

Dose Recommendation - Adults: To promote recovery of brain functions after injury 5 capsules/day for 3 months. For general health 2-3 caps/day ongoing.

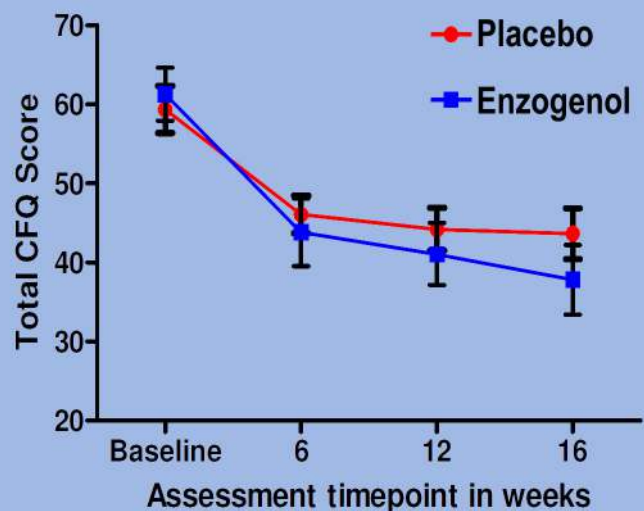
Children: Recovery 2 caps/day for 3 months. General health 1 cap/day ongoing.

Side effects: No serious adverse effects are known for Enzogenol. Very occasionally a bitter/acidic aftertaste, acid reflux or a light stomach upset has occurred mostly due to taking the capsules with too little liquid. In rare cases, individuals taking high doses (5 or more caps) without dosing up slowly have reported a headache. Reducing the dose usually overcomes these complaints. Some people experience sleeplessness if taking the product in the late afternoon or evening. This is due to increased levels of alertness, and can be avoided by not taking the capsules after 2 pm.

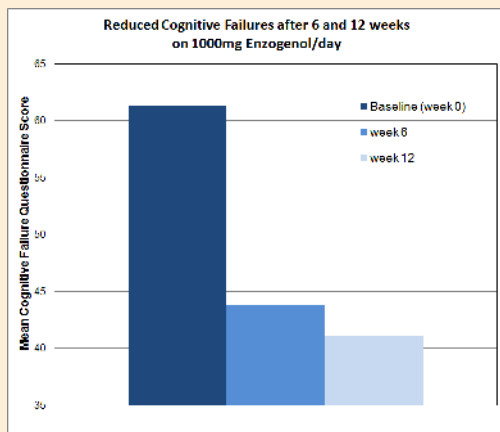
Clinical Research: A randomized controlled trial at the National Institute for Stroke and Applied Neurosciences, Auckland University of Technology, investigated the effects of Enzogenol in 60 people with persistent cognitive deficits after sustaining a mild traumatic brain injury (TBI). This study found that Enzogenol (1000mg/day) can improve recovery of brain function. There was a significantly greater improvement on the cognitive failures questionnaire (CFQ) in the Enzogenol group compared to placebo. Improvements accumulated over a period of at least 10 weeks, and were sustained after Enzogenol treatment was discontinued^{1,2}. The dosage used in this study was equivalent to taking 5 capsules of ENZO Brain Recovery/day.

Enzogenol linked to improvements in memory post-mild TBI: A pilot RCT

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Short term memory failures are very common in TBI, and previously there have been no treatment options to help with recovery. This is the first study that has shown significant benefits to speed up the recovery process.

Anxiety and depression are often associated with TBI, and, although the results on the Hospital Anxiety and Depression Scale (HADS) did not reach significance, there was a greater number of patients in the Enzogenol group that showed improvements on anxiety and depression compared to the placebo group.

1) Theodom et al. 2012. Enzogenol linked to improvements in memory post mild-TBI: A pilot RCT. Manuscript submitted.

2) Theodom et al. 2011. Enzogenol supplementation for improving cognitive function in post mild-TBI subjects: A pilot RCT. New Zealand Stroke and Applied Neuroscience Conference, 16 Nov 2011



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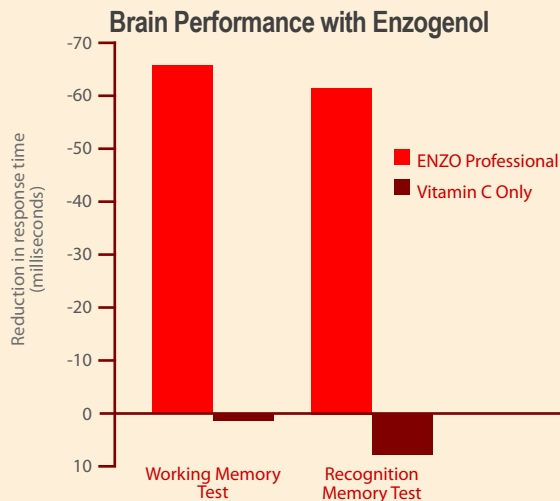
Enzogenol® Pine Bark Extract : Brain Aging

Effects / Benefits

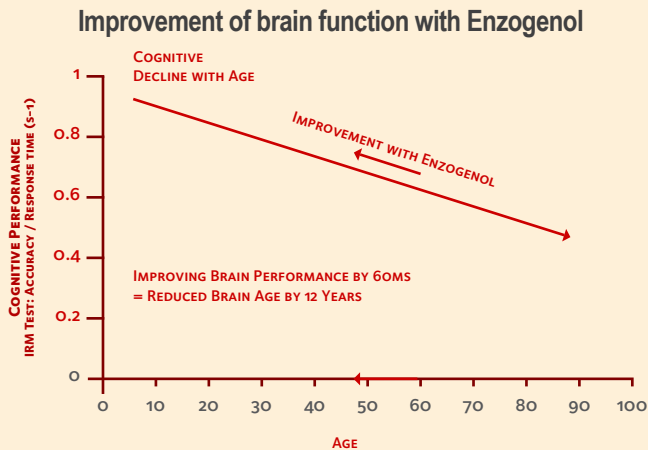
Enzogenol® supports healthy brain functioning including concentration ability, alertness, executive functioning and short term memory. Extra-DHA Omega-3 provides the essential fatty acids the brain requires to maintain its structural and functional integrity. Increasing flavonoid and DHA intake with ENZO Brain Recovery may reduce cognitive decline with age.

Dose Recommendation - Adults: To support brain function, take 2 capsules in the morning with a large glass of water, before or after food. For individuals with existing complaints of brain dysfunction take with 5 caps/day in one dose. After 6 weeks dose down to 3 caps/day.

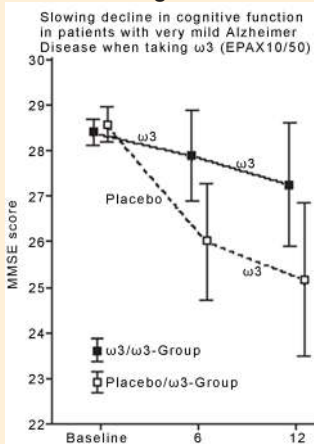
Clinical Research: In a RCT of 50-65 year-old men, overweight with a sedentary occupation, taking 960mg Enzogenol per day for 5 weeks led to significant improvements on computer-based cognitive tests, compared to the placebo controls. Furthermore, this study identified significant changes in brain activities in the men taking Enzogenol that were indicative of improvements in concentration and correlated strongly with accurate decision making on the cognitive tests^{1,2}.



Based on the average decline in brain performance with age seen in the normal population, the brain science researchers concluded that Enzogenol led to a recovery in functional brain age of between 7 to 12 years.



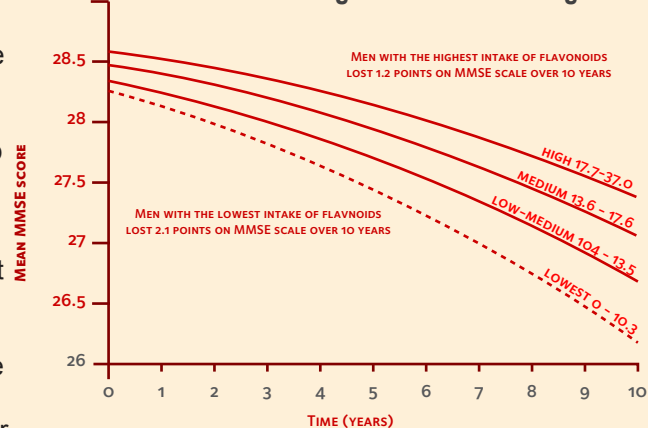
Epidemiological research on flavonoids and brain function has shown that cognitive decline with age is more severe in people that consume less flavonoids³. Taking just one capsule per day of ENZO Brain Recovery will increase flavonoid intake substantially, and may help to reduce cognitive decline with age.



A recent clinical study in mild to moderate Alzheimer patients found that taking the Extra-DHA Omega-3 (equiv. 10 caps/day of ENZO Brain Recovery) for six months slowed down the decline in people with very mild cognitive dysfunction. One group took the ω-3 for 12 months, and one group first took placebo for 6 months and was then given ω-3. Shown to the left are the mean MMSE scores over the 12 months⁴.

Taking the Extra-DHA Omega-3 also led to a significant increase of DHA and EPA in the blood serum which has many additional health benefits for heart, eyes, blood circulation, cholesterol levels and the body's inflammatory responses⁴.

Flavonoid intake and cognitive decline with age³



1) Pipingas & Silberstein Journal of Clinical EEG & Neuroscience 16th Annual Conference of the Australasian Society for Psychophysiology, Dec 9-11, 2006.
2) Pipingas et al. 2008. Phytotherapy Research 22, p1168 3) Letenneur L, et al, 2007, American Journal of Epidemiology 165: 1364. 4) Freund-Levi, Y. et al. 2006. Archives of Neurology, Vol 63, p1402.