Brain ENERGY

DESCRIPTION
Brain ENERGY, provided by Douglas Laboratories, supplies essential nutrients and precursor amino acids carefully formulated to provide nutritional support for increased brain energy and the neurotransmitter dopamine.†

FUNCTIONS
Dopamine is a neurotransmitter that affects brain processes that control movement and emotional response like mood and motivation, and is the source of brain’s power and energy. It is an excitatory and inhibitory neurotransmitter, depending on the dopamine receptor it binds to. Stress, medications, poor diet, alcohol, caffeine, and sugar may contribute to low dopamine levels in the brain. This formula has been specially formulated to support dopamine production for a more energetic and focused brain.†

Phenylalanine is an essential amino acid that must be obtained through the diet. Found primarily in high protein sources such as meat and eggs, it plays an important role in regulating the nervous system. DL-Phenylalanine can be used to metabolize two distinct chemicals. Both the D and L forms can be converted to phenylethylamine, which may have regulating effects in mood and feelings of well-being.† The L form can be converted to tyrosine, an important amino acid used to produce certain neurotransmitters.

Tyrosine is a precursor of important neurotransmitters in the brain, such as dopamine, epinephrine (adrenaline) and norepinephrine (noradrenaline). The synthesis of these neurotransmitters is limited by the rate of tyrosine entry from plasma into the brain. L-tyrosine is a conditionally essential amino acid that can be manufactured by the body from the essential amino acid phenylalanine. Therefore, adequate tyrosine production depends on a sufficient supply of phenylalanine in the diet.

Rhodiola rosea is a plant found in the arctic mountain regions of Siberia. As an adaptogen, Rhodiola is thought to increase the body’s resistance to biological and chemical stresses, and thus stimulate a person’s general vitality, both physical and emotional.† Methionine, an essential amino acid and octacosanol, a compound found in vegetable oils, are included to provide additional support to the brain.†

INDICATIONS
Brain ENERGY may be a useful dietary supplement for individuals wishing to nutritionally support dopamine.

FORMULA (#98723)
1 Vegetarian Capsule Contains:
DL-Phenylalanine .......................................................... 300 mg
L-Tyrosine ..................................................................... 200 mg
Rhodiola rosea extract .................................................. 75 mg
(standardized to contain 1% rosavins)
L-Methionine ................................................................. 60 mg
Octacosanol ................................................................. 2 mg

SUGGESTED USE
Adults take 2 capsules in the morning or mid-day, or as directed by a healthcare professional.

SIDE EFFECTS
WARNING: PHENYLKETONURICS: CONTAINS PHENYLALANINE
Do not use if you have phenylketonuria (PKU). If you are pregnant, nursing, or taking prescription medications such as L-dopa for Parkinson’s disease, MAOIs, or antipsychotics, consult with a physician before using this product. Use of this product should be limited to less than 2 grams per day.
Brain ENERGY

STORAGE
Store in a cool, dry place, away from direct light. Keep out of reach of children.

REFERENCES

For more information on Brain ENERGY, visit douglaslabs.com

† 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.