



# TOTAL RECALL

COGNITIVE ENHANCER/BRAIN OXYGENATOR

## Address Memory - Mental Acuity - Concentration/Focus

Accelerates the rate of **LEARNING** up to 40%\*

Alleviates **HEADACHES** in 78% of patients\*

Alleviates **DEPRESSION** in 74% of cases\*

Alleviates **INSOMNIA** in 70% of cases\*

Alleviates several types of **SLEEP DISORDERS**

Improves **VISUAL ACUITY** in 70% of cases\* (many with acute or chronic ophthalmological diseases)

Alleviates **VERTIGO** in 77% of patients\*

Improves **TINNITUS/INNER EAR PROBLEMS** Used to treat **SENSORINEURAL HEARING PROBLEMS**

Improves **SHORT-TERM MEMORY** up to 40%\*

Increases production of **ATP**

Enhances the bodies ability to address **STROKE\***

### ACTIONS:

- √√√ Increased Blood Flow To The Brain, Penetrates Blood/Brain Barrier (1,17)
- √√√ Increased Brain & Upper Organ & Tissue Oxygenation (1,16,17)
- √√√ AChE inhibitor (cholinesterase inhibitor) providing increased acetylcholine (2,8,10,11)
- √√√ Neuroprotective Action w/ Extremely Low Toxicity (3,5,9)
- √√√ Promotes New Dendrite Growth (15)
- √√√ Excellent penetration into the CNS (8)
- √√√ Remarkable 1/2 life (6 hrs per 150 mcg. dose approx.) (14)
- √√√ Low Side Effects/Toxicity (lacks binding receptors for the CNS other AChE inhibitors do)(13)
- √√√ Specific Selective Action for the Brain v.s. AChE found elsewhere in the body (2,8,10,11)
- √√√ Peripheral Vasodialator(12)

### BENEFITS:

- > Improved Short & Long Term Memory
- > Increased Mental Acuity
- > Beneficial for Dementias & Brain Injuries (Alzheimers, Stoke, CP, etc.)(4,5,6,7)
- > Improved Eyesight & Hearing
- > Increased Concentration & Focus
- > Increased Mental Stamina/Reduced Fatigue
- > Improved Speech
- > Improves Sleep Patterns; Relieves Insomnia
- > Improves Learning Ability as much as 40%
- > Improved Brain Glucose Uptake & Utilization
- > Improved Brain & Tissue Oxygenation

### REFERENCES: [\*Scientific Research-Humans

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- 5) Neuroreport 1997 Mar 3; 8(4); 963-968
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- 12) Arch Pharm (Weinheim) 1997 Jun; 330(6); 190-198
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- 16) Likk Sprava (Ukrainian) 1998 Aug 6(1); 120-124
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SIDE EFFECTS/TOXICITY: Excellent tolerability. Extremely low toxicity. Vinpocetine occasionally can cause transient hypotension (low blood pressure) and tachycardia (irregular heartbeat) in susceptible individuals.

\*All studies area based on Vinpocetine Total Recall may or may not have the same results as clinical studies.

**Alpha GPC**—Serves as a direct precursor in the synthesis of choline which is a nitrogen-containing putative acetylcholine precursor used in the treatment of amnesic and cognitive disorders of aging.

**Alpha Lipoic Acid**—Soluble in both water and fat, this powerful antioxidant works synergistically with Vit. C, Vit. E and glutathione producing an antioxidant effect greater than the sum of their parts and regenerating the Vit. C & E.

**Ashwagandha**—This herb has diverse applications ranging from anti-stress and anti-cancer to enhancement of memory and learning. Rejuvenative and nervine properties provide what the body needs to settle and sleep, thus helping the body address stress-related conditions instead of masking them.

**B1 (Thiamine)**—Enhances circulation and assists in blood formation. Optimizes cognitive activity and brain function. Has a positive effect on learning capacity and acts as an antioxidant.

**B2 (Riboflavin)**—Necessary for red blood cell formation, antibody production, cell respiration and growth. Helps alleviate eye fatigue and aids in the treatment of cataracts.

**B3 (Niacin/Needed)** for proper circulation, it aids in the functioning of the nervous system. It is helpful for schizophrenia and other mental illnesses, and is also a memory-enhancer.

**B5 (Pantothenic Acid)**—Known as the “anti-stress” vitamin, it is involved in the production of neurotransmitters as well as adrenal hormones. May be helpful in treating depression and anxiety. Required by the brain for conversion of choline into acetylcholine.

**B6 (Pyridoxine)**—Required by the nervous system, and needed for normal brain function. Plays a role in cancer immunity and the prevention of arteriosclerosis.

**B12**—B12 is linked to the production of acetylcholine, a neurotransmitter that assists in memory and learning. Prevents nerve damage and promotes normal growth and development.

**Bacopin®**—Has a calming effect on the body and has a positive effect on circulation, strengthening the veins and capillaries. Helps alleviate fatigue and reduce the effects of depression and insomnia. May be used to increase brain function, improving concentration and memory.

**Beta 1,3 Glucan**—Enhances the function of natural killer cells and other immune factors such as interferon and interleukins. Boosts host resistance, detoxification mechanisms, antioxidant functions, and provides strength for the connective tissue matrix of the body.

**Biotin**—Aids in cell growth; in fatty acid production, in metabolism of carbohydrates, fats and proteins. Utilization of B vitamins. Promotes healthy nerve tissue, hair and skin.

**Boron**—Enhances brain function and promotes alertness and metabolism of calcium, phosphorus, and magnesium. Boron deficiency accentuates vitamin D deficiency.

**Catnip**—Aids digestion and sleep; helps relieve stress and anxiety.

**Cholic Acid**—Aids in breakdown of fats.

**Copper**—Among its many functions, copper is required for healthy nerves. It is involved in the healing process and energy production.

**Folic Acid**—Considered a brain food, folic acid is required for energy production and the formation of red blood cells. May also help depression and anxiety. Signs of deficiency include memory problems.

**Ginkgo Biloba**—A powerful antioxidant herb that is best known for its ability to enhance circulation. It has the ability to squeeze through even the narrowest of blood vessels to increase the supply of oxygen which aids in mental functioning.

**Huperzine**—A natural compound isolated from the club moss. Used for centuries to improve memory, focus and concentration and to help alleviate memory problems among the elderly. Safe and effective, it protects nerve cells from toxic substances including nerve gas poisons and from damage by strokes, epilepsy, Alzheimer’s and myasthenia gravis.

**L-Tyrosine**—Precursor of norepinephrine and dopamine which regulate mood, among other things, suppresses the appetite and helps to reduce body fat. Also involved in the metabolism of phenylalanine. L-tyrosine is used for stress reduction and research suggests it may be helpful against chronic fatigue.

**Magnesium Aspartate**—A vital catalyst in enzyme activity. Supplementing helps prevent depression, dizziness, PMS, and aids in maintaining the body’s proper pH. Protects arterial linings from stress caused by sudden blood pressure changes.

**Manganese**—Works well with the B complex to give an overall feeling of well being. Deficiency may cause confusion, memory loss, arteriosclerosis, eye and hearing problems.

**MSM (MethylSulfonylMethane)**—A major detoxifier of the body, is responsible for opening the sodium/potassium pump in every cell allowing fluids into the cell membrane while permitting toxins to exit. Great transporter for nutrients.

**Mustard—Homeopathic** remedy to help dissolve scar tissue and lesions.

**PABA**—One of the basic constituents of folic acid, also aids in assimilation of B5. This antioxidant acts as a coenzyme in the breakdown and utilization of protein. Peppermint—To alleviate nausea caused by ingesting B vitamins.

**Phosphatidylserine (PS)**—A naturally occurring phospholipid especially concentrated in the brain and nerve tissue. A critical component involved in brain function. Scientists believe that PS impacts the neuronal membranes and specific neurotransmitters such as acetylcholine and studies show that PS may be able to diminish the negative effects of aging on cognitive ability.

**Potassium Chloride**—Important for a healthy nervous system. Helps prevent stroke and works with sodium to control the body’s water balance. Aids in maintaining stable blood pressure and in transmitting electrical

impulses.

**Pregnenolone**—Studies indicate that pregnenolone reduces fatigue and stress & has been found to play an important role in the acquisition of knowledge and long-term memory. Also promotes myelin formation during nerve regeneration.

**Rosemary**—Improves circulation to the brain and has anticancer and antitumor properties. Good for headaches, high and low blood pressure and circulatory problems.

**Selenium**—A vital antioxidant, especially when combined with Vit. E, this trace element is needed for tissue elasticity and is an essential component of the antioxidant enzyme **glutathion peroxidase**. This enzyme targets harmful hydrogen peroxide in the body and converts it into water.

**Skullcap**—Aids sleep, improves circulation and strengthens the heart muscle. Good for anxiety, fatigue, headache, hyperactivity, nervous disorders and cardiovascular disease. Useful in treating drug addiction and withdrawal.

**TMG —TMG** promotes healthy levels of homocysteine, a toxic end product of the metabolism of methionine (methylation), an essential amino acid. Homocysteine irritates the linings of veins and arteries which, researchers believe, leads to cardiovascular deterioration. When methylation is working properly, homocysteine is quickly converted back to methionine which is then converted to SAM (S-adenosylmethionine), a natural antidepressant. SAM then acts as a methyl donor for DNA, thereby protecting the DNA. SAM has also been shown to be useful in treating dementia and age related depression.

**Vinpocetine**—A derivative of Vincamine which is an extract of the Common Periwinkle plant, it selectively dilates the arteries and capillaries in the head area which improves circulation to the brain, thus alleviating cerebral insufficiency. Helps in treatment of Alzheimer’s, multiple infarct dementia, vertigo, depression, headaches, hypoxia, stroke, sleep disorders, speech impairment. Helps improve memory, learning ability, insomnia, hearing, eyesight, effects of menopause and increases tolerance to damage caused by hypoxia.

**Zinc**—Required for protein synthesis and collagen formation, promotes a healthy immune system. Protects the liver from chemical damage. Deficiency may result in fatigue, high cholesterol levels, impaired night vision, memory impairment, propensity to diabetes, prostate trouble, impotence.

**To Place An Order  
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(800) 266-0555**

Not evaluated by the FDA nor is it intended to diagnose, treat, cure, or prevent any disease.