



Formulated by doctors from  
Harvard, Connell, MIT and  
Bastyr







DELIVERING HEALTH

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## Brain Blend®

### Boosts Six Areas of Brain Health

Based on recommended daily usage.

	BRAIN BLEND	NEURIVA ORIGINAL	RED BULL	VITAL MEMORY	MEMORY SUPPORT FORMULA (DR. WEIL)	GINKGO BILOBA
						
Huperzine A	400 mcg	—	—	—	—	—
Alpha Lipoic Acid	300 mg	—	—	16.67 mg	—	—
Acetyl-L-Carnitine	1500 mg	—	—	50 mg	—	—
Ginkgo	—	—	—	—	120 mg	120 mg
Coffee fruit extract*	—	100 mg	—	—	—	—
Caffeine*	—	—	80 mg	—	—	—
Phosphatidylserine	—	100 mg	—	—	—	—
DHA	—	—	—	—	100 mg	—
Vitamin E	—	—	—	—	100 IU	—
Sugar	—	—	27 gm	—	—	—
Contains doses of nutrients shown in clinical trials to boost memory, energy, learning, focus and recall.**	Yes	No	No	No	No	No

Among all these manufacturers, only NBI contains doses of nutrients used in clinical trials and shown to promote six crucial areas of brain function: energy production, mood, memory, learning, focus and recall. The products included in this chart may contain additional nutrients not listed on the chart, such as vitamins and minerals. However, none of these additional nutrients have been shown in clinical trials to improve cognitive function. This chart does not contain a complete list of all nutrients found in these products.

\*While research has shown that caffeine can increase attention and feeling more alert, it has not been shown to improve memory (Nutrients.2018;10(10)). Additionally, while the each 8.4-ounce can of Red Bull contains 80 mg of caffeine and 27 grams of sugar. While that may temporarily enhance energy, high amounts of caffeine and sugar can be dangerous. Side effects include rapid heartbeat (tachycardia), insomnia, poor blood sugar regulation, increasing diabetes risk, anxiety and mood changes.

References: Montgomery SA, Thal LJ, Amrein R. 2003;18(2):61-71. Ferreira GC, McKenna MC. 2017;42(6):1661-1675. Fava A, Pirritano D, Plastino M, et al. \*\*These statements have not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease. Copyright © 2011- 2022 2013;2013:454253. Zhu XD, Giacobini E. 1995;41(6):828-35. Li J, Wu HM, Zhou RL, et al. 2008;(2):Cd005592.NBI