

# 3 BRAINS™

A whole-body  
approach  
to balanced  
**brain health and  
well-being**

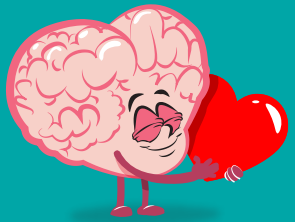


**natural  
Factors**®

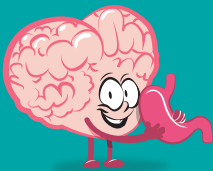
Most of us tend to think of the brain as an isolated control center for all our other organs. But the fact is, our inner workings are far more synergistic. According to Karen Jensen, naturopathic doctor and author of *Three Brains*\*, there is a growing body of evidence to suggest we actually have three “brains” and their interaction influences our overall health. She suggests, “nutrients from whole foods, exercise, and supplements are effective, non-invasive ways to support the ‘three brains’ interaction and optimize mental health and cognition.”

**HEAD BRAIN** – Cognition, clarity of thought, and memory are key brain functions. Our brains have high oxygen and energy demands. So, when nutritional gaps, stress, or irregular sleep prevail, then mental sharpness and concentration can suffer.

**HEART BRAIN** – Recent discoveries\* in the area of neurocardiology have shown that the messages the heart sends the brain affect our perceptions, mental processes, feelings, and performance in profound ways.



**GUT BRAIN** – The gut brain contains approximately 100 million neurons and it can work both independently of, and in conjunction with, the head brain. Studies suggest\* gut microbiota communicate with the head brain and may play a role in mood and cognition. This gut-brain connection is an exciting emerging field called neurogastroenterology.

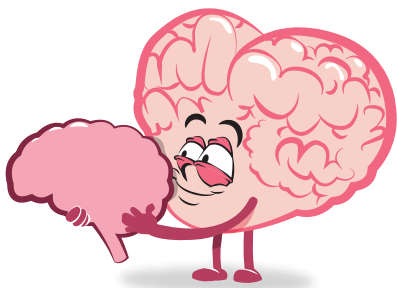


\*According to Karen Jensen, in her book: *Three Brains: How the Heart, Brain, and Gut Influence Mental Health and Identity*.

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.



We need brain-boosting nutrients for brain function, antioxidants to prevent free radical damage, and omega-3s to help support cognitive health and brain function. The Three Brains line of supplements is designed to support the critical relationship between the **HEART BRAIN**, the **GUT BRAIN**, and the **HEAD BRAIN**. This product line features a kit that includes the foundational supplements for good three-brain health, as well as individual products formulated to support specific aspects of mental and cognitive health, physical and mental fatigue, support mood, and improve sleep quality.



# GIVE YOUR BRAINS WHAT THEY NEED

## 3 BRAINS™

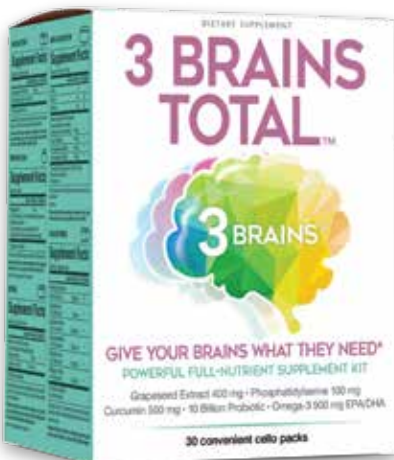
### 3 BRAINS TOTAL™ KIT

#### Comprehensive support for cognitive health

Our overall health clearly relies on the individual health of our brain, heart, and gut. And well-being in turn, affects our cognitive health. The 3 Brains Total kit includes five supplements that are essential for “three-brain health” – Sharp-PS® phosphatidylserine, Meriva® curcumin, omega-3 EPA/DHA, grapeseed extract, and a high-potency probiotic – in convenient daily cello packs.

- Takes the guesswork out of supporting brain health
- Grapeseed extract and curcumin deliver strong antioxidant support
- Phosphatidylserine supports cognitive function
- 900 mg of omega-3 EPA/DHA contributes to cardiovascular health and brain function
- 10 billion cfu<sup>†</sup> probiotic consists of five strains to support gastrointestinal health

<sup>†</sup>cfu: colony-forming units

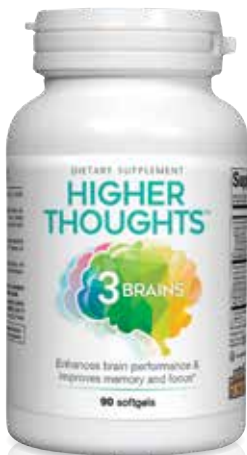


30 convenient cello packs

30 convenient cello packs

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30 convenient cello packs



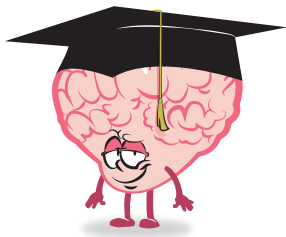
## HIGHER THOUGHTS™

### Supports cognitive health and brain function

Higher Thoughts is specifically formulated to support cognitive and cardiovascular health by combining nutrients that nourish both the brain and heart. Omega-3 fatty acids support cardiovascular health and cognitive function while green tea extract provides antioxidant support.

- Helps maintain cardiovascular health
- Supports cognitive function and brain function
- Alpha-glycerophosphorylcholine (alpha-GPC) is understood to support memory function
- Phosphatidylserine can help normalize the lipid content in our brains and, thus, support continued healthy neuronal function
- Uses Sharp-PS® phosphatidylserine, a non-GMO sunflower lecithin complex
- Green tea extract provides both brain-stimulating and calming properties conducive to healthy alertness and stress reduction
- 100 mg green tea extract, standardized to contain 75% catechins, 40% EGCg\*

\*Epigallocatechin-3-gallate



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## MENTAL SUNSHINE™

### Helps promote healthy mood balance

Mental Sunshine has important nutrients that help promote healthy mood balance. This formula combines vitamin B6, inositol, saffron extract, and 5-HTP made from the seeds of *Griffonia simplicifolia*, which together can promote a sense of comfort, contentment, and well-being.

- Promotes healthy mood balance
- Useful for supporting sleep when used before bedtime
- Enteric coating minimizes gastric discomfort and optimizes absorption
- Suitable for vegetarians and vegans



## THE BEST-SLEEP™

### Supports relaxation and promotes restful sleep

The Best-Sleep combines five non-habit-forming herbal extracts that have been traditionally used in herbal medicine as mild sleep aids, especially in cases of restlessness or occasional sleeplessness due to mental stress. The ingredients in this unique formula also have an analgesic effect that further promotes relaxed and restful sleep.

- Promotes healthy sleep
- Helps relieve occasional sleeplessness, nervousness, and restlessness caused by mental stress
- Acts as a natural, non-habit-forming, mild sleep aid
- Provides an analgesic action
- Suitable for vegetarians and vegans

## SERENE MIND™

### Relieves symptoms of stress-related fatigue

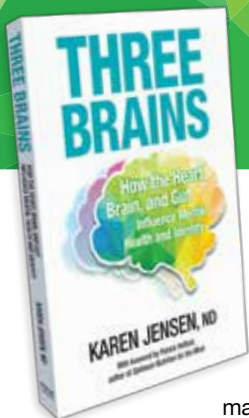
The Serene Mind formula supports cognitive function by relieving mental fatigue and the symptoms associated with stress. This blend of ashwagandha, rhodiola, and *Panax ginseng* extracts promotes a healthy response to both physical and mental stressors. Green tea extract antioxidants help defend against free radical damage.

- Helps to temporarily relieve the symptoms of stress
- Natural, non-habit-forming way to support cognitive function
- Has adaptogenic herbs to help support mental stamina and focus
- Enhances physical performance in cases of physical stress
- Promotes healthy glucose levels already within the normal range and supports liver function
- Suitable for vegetarians and vegans



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# When it comes to mental health, it's not all in your head



There is an intricate communication network between the heart, the brain, and the gut. Together these three “brains” influence mental, emotional, and physical health. Three Brains supplements help maintain optimal brain health by supporting that critical relationship.

## Comprehensive support for optimal cognitive health

- Support overall mental health
- Address physical and mental fatigue
- Promote sleep quality
- Help support gastrointestinal health
- Maintain heart health

*“There is growing evidence that nutrients from whole foods, exercise, and supplements are effective, non-invasive ways to support mental health and cognition.”*

– Karen Jensen, ND, author of *Three Brains: How the Heart, Brain, and Gut Influence Mental Health and Identity*.

[3brainshealth.com](http://3brainshealth.com)

