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PROFESSIONAL USE ONLY

DIRECTIONS: Blend, shake, or briskly stir two scoops (47 g) into 8-12 oz chilled water and consume once daily, or as directed by your healthcare practitioner. Adjust amount of water to desired sweetness and thickness.

Consult your healthcare practitioner prior to use. Individuals taking medication should discuss potential interactions with their healthcare practitioner. Do not use if tamper seal is damaged. The labeling on this product does not comply with California's Proposition 65. Therefore, this product may not be sold in California.

BrainSustain™, developed by David Perlmutter, MD, FACP, board-certified neurologist and internationally recognized leader in nutritional neurology, represents more than 30 years of neuroscience research. Designed to address brain health, structure, and function, BrainSustain contains a variety of nutrients and cofactors that support mitochondrial energy production, antioxidant systems, neurotransmitter production, and cell membrane integrity.*

BrainSustain features VegaPro™, XYMOGEN's proprietary pea/rice protein blend; Aminogen®, to facilitate protein absorption; and activated B vitamins such as riboflavin 5'-phosphate (B2), pyridoxal 5'-phosphate (B6), 5-methyltetrahydrofolate (folate), and methylcobalamin (B12). 5-methyltetrahydrofolate (5-MTHF) is provided as Quatrefolic®, a stable, bioavailable form of folate.*

Two scoops of BrainSustain powder provide the same amount of N-acetyl-L-cysteine phosphatidylserine, acetyl-L-carnitine, alpha-lipoic acid, coenzyme Q10, and glucoraphanin (SGS™) as eight capsules of XYMOGEN's NeuroActives™ BrainSustain™.

***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.**

STORAGE: Keep tightly closed in a cool, dry place out of reach of children.

DOES NOT CONTAIN: Wheat, gluten, yeast, soy protein, dairy products, fish, shellfish, peanuts, tree nuts, egg, artificial colors, or artificial sweeteners.



19g
PROTEIN

Developed by David Perlmutter, M.D.

BrainSustain™

*Comprehensive Brain Support Formula**



NET WT
24.88 oz
(705 g)

**Dietary
Supplement**



**Vanilla
Delight**

Supplement Facts

Serving Size: 2 Scoops (about 47 g)
Servings Per Container: About 15

Amount Per Serving	%Daily Value‡	Amount Per Serving	%Daily Value‡
Calories 180		Calcium	85 mg 9%
Calories from Fat 50		(as calcium ascorbate and ingredients with naturally occurring calcium)	
Total Fat 5 g	8%	Iron (naturally occurring)	5 mg 28%
Saturated Fat 1.5 g	8%	Phosphorus (as potassium phosphate)	50 mg 5%
Total Carbohydrate 17 g	6%	Magnesium (as Albion® di-magnesium malate)	50 mg 13%
Dietary Fiber 6 g	24%	Sodium (naturally occurring)	370 mg 15%
Sugars 6 g	**	Potassium (naturally occurring)	170 mg 5%
Protein 19 g		Acetyl-L-Carnitine (as acetyl-L-carnitine HCl)	800 mg **
Vitamin C	400 mg 667%	N-Acetyl-L-Cysteine	300 mg **
(as calcium ascorbate and ingredients with naturally occurring vitamin C)		Phosphatidylserine (Sharp•PS® GREEN)	200 mg **
Vitamin D3 (cholecalciferol)	1000 IU 250%	Alpha-Lipoic Acid	200 mg **
Vitamin E	200 IU 667%	Coenzyme Q10 (as ubiquinone)	200 mg **
(as d-alpha tocopheryl succinate and mixed tocopherols)		DHA (docosahexaenoic acid from algal oil)(life'sDHA®)	50 mg **
Riboflavin (as riboflavin 5' phosphate sodium)	25 mg 1471%	Benfotiamine	50 mg **
Niacin (as niacinamide)	200 mg 1000%	Glucoraphanin	30 mg **
Vitamin B6 (as pyridoxal 5'-phosphate)	50 mg 2500%	(from broccoli extract)(<i>Brassica oleracea italica</i>)(seed)(SGS™)	
Folate (400 mcg as Quatrefolic®	800 mcg 200%	‡ Percent Daily Values are based on a 2,000 calorie diet.	
(6S)-5-methyltetrahydrofolic acid, glucosamine salt and 400 mcg as calcium folinate)		** Daily Value not established.	
Vitamin B12 (as methylcobalamin)	1000 mcg 16,667%		

Other Ingredients: VegaPro™ (XYMOGEN's proprietary blend of pea protein concentrate, pea protein isolate, taurine, glycine, rice protein concentrate, and L-glutamine), dried cane syrup, inulin (from chicory), sunflower oil, natural flavors (no MSG), medium-chain triglyceride oil, cellulose gum, xanthan gum, Aminogen®, guar gum, stevia leaf extract, and silica.

AMINOGEN® is a registered trademark of Triarco Industries. AMINOGEN® is protected under US patent 5,387,422.

Produced under US patent 5,725,895; 5,968,505; 5,968,567; 6,177,122; and 6,242,018 licensed from Brassica Protection Products LLC; SGS is a trademark of Brassica Protection Products LLC.

Sharp-PS® GREEN is a registered trademark of Enzymotec Ltd.

Albion is a registered trademark of Albion Laboratories, Inc.



Quatrefolic® is a registered trademark of Gnosis S.p.A. Produced under US patent 7,947,662.



life'sDHA® is a trademark of DSM.

Typical Amino Acid Profile Per Serving:

Alanine	834 mg
Arginine	1,673 mg
Aspartic Acid	2,259 mg
Cysteine	182 mg
Glutamic Acid	3,293 mg
Glycine	797 mg
Histidine	483 mg
Isoleucine	899 mg
Leucine	1,634 mg
Lysine	1,417 mg
Methionine	204 mg
Phenylalanine	1,059 mg
Proline	845 mg
Serine	1,039 mg
Threonine	726 mg
Taurine	500 mg
Tryptophan	191 mg
Tyrosine	742 mg
Valine	973 mg

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