

## Dopa-Mind™

### Retain youthful mental acuity

Item #02006 • 60 vegetarian tablets

**Dopa-Mind™** is a standardized **wild green oat extract** for aging individuals who wish to maintain more youthful cognitive health and performance.

With age, our brain's levels of **dopamine** — which regulates mood and cognition — begin to diminish,<sup>1,2</sup> leading to a corresponding decline in mental performance.<sup>3</sup>

This dopamine depletion is largely caused by rising levels of an *enzyme* called **monoamine oxidase-B (MAO-B)**.

Published studies show that by inhibiting **MAO-B**, this bioactive **wild green oat extract** promotes healthy **dopamine** levels. This MAO-B inhibiting mechanism has been shown to support mental acuity and longevity.<sup>4</sup>

In a double-blind, randomized, placebo-controlled trial in aging volunteers, researchers demonstrated that **1,600 mg** of the same **wild green oat extract** found in **Dopa-Mind™** produced a **74%** improvement on a standard test of mental acuity.<sup>4</sup> In soon-to-be published research, **800 mg** of the same extract supported mental processing time and speed.<sup>5</sup> In other research, this extract exhibited support for cerebral vasodilator function, as well as endothelial function — both of which play roles in brain health.<sup>6</sup>

The **wild green oat extract** in **Dopa-Mind™** has been shown to promote more youthful cognitive performance and may support longevity. The suggested dose is one tablet of **Dopa-Mind™** daily for the first month. If desired results do not manifest, increase the dose to two tablets daily.

#### References

1. *J Neurosci.* 2013 Jan 2;33(1):286-91.
2. *Psychol Med.* 2011 Feb;41(2):419-29.
3. *Am J Psychiatry.* 1998 Mar;155(3):344-9.
4. *J Altern Complement Med.* 2011 Jul;17(7):635-7.
5. Unpublished data on file. Frutarom 2015.
6. *J Hyperten.* 2013 Jan;31(1):192-200.



#### One vegetarian tablet contains:

Calcium (as calcium carbonate) ..... 100 mg  
Neuravena® Wild Green Oat extract ..... 800 mg  
(aerial part) (providing isovitexin)

Other ingredients: maltodextrin, microcrystalline cellulose, stearic acid, croscarmellose sodium, aqueous film coating (purified water, hydroxypropyl methylcellulose, glycerin), vegetable stearate, silica.

#### Dosage and use

- Take one tablet once or twice daily, with or without food, or as recommended by a healthcare practitioner.

#### Non-GMO

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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.