

(U.S. product)

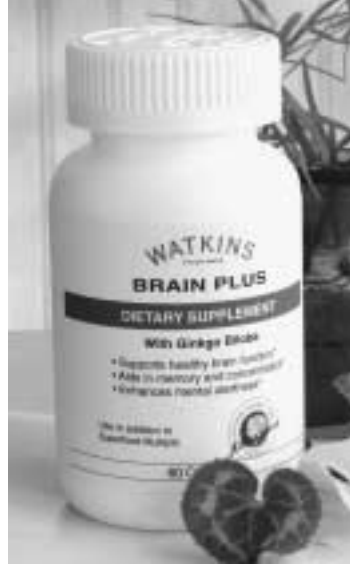
Article No. 02275 (30-day supply)

Brain Plus can help to:

- Protect against age-related memory loss*
- Enhance memory and recall*
- Enhance mental alertness*
- Improve focus and concentration*
- Enhance learning ability*
- Improve quality of work under stress*
- Improve blood flow and oxygen to the brain and entire body*
- Enhance sexual performance*

The human brain is a highly complex organ that receives, processes, transmits and stores information, filtering and influencing it all through logic, reason and emotion—all in a matter of milliseconds. To do this, the brain relies on a delicate and highly sophisticated interaction between cells, chemicals and electrical impulses. If any of these factors is compromised, the brain ceases to function at its optimum efficiency. Watkins Brain Plus contains a unique blend of herbs and essential nutrients designed to enhance your brain's performance and keep it running smoothly.*

60 caplets; two per day.



helps to improve memory, mental function, mood and behavior. Low levels are associated with impaired mental function.

- **Watkins Bio-Activator™ Blend (Black Pepper and Ginger):** Scientific studies strongly suggest that black pepper and ginger may help to protect and maximize the potency of vitamins and nutrients in the body.*

- **Ginkgo Biloba:** This well-known herb improves blood flow and oxygen to the brain, helping to enhance memory and recall and to protect against age-related mental decline and memory loss.*
- **Brahmi:** This ayurvedic herb helps to strengthen memory, fight fatigue, reduce anxiety, and improve performance in learning situations and during states of anxiety and learning difficulty.* Enhances focus and concentration.*
- **L-Tyrosine:** An amino acid which enhances mental alertness by raising levels of dopamine, a neurotransmitter which regulates attention networks in the brain. Also enhances mood and raises adrenaline to help cope with stressful situations.*
- **Siberian Ginseng:** Helps to balance brain chemicals; shown to increase mental alertness and work output, and to improve the quality of work under stress.*
- **Schisandra Berry:** Helps improve brain efficiency and mental alertness, increase work capacity, stimulate the central nervous system, improve reflexes, and build strength and endurance.*
- **Soy Lecithin:** A source for phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol and phosphatidylserine. These chemicals are required for proper function of neurotransmitters, including acetylcholine, which is necessary for memory and brain function. Phosphatidylserine

Watkins Brain Plus will change the way you think! For maximum effectiveness, take with Watkins Superfood Multiple.

**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.*

Supplement Facts		
Serving Size 1 Caplet		
	Amount Per Serving	%DV
Ginkgo biloba leaf standardized extract (27% ginkgo flavonglycosides, 7% sesquiterpene lactones)	60 mg	†
Brahmi leaf standardized extract (aerial parts) (20% bacosides) (Bacopa monniera)	100 mg	†
L-Tyrosine	100 mg	†
Eleuthero root standardized extract (0.8% eleutherosides)	100 mg	†
Schisandra berry standardized extract (9% schizandrins)	50 mg	†
Soybean lecithin [60% total phospholipids (phosphatidylcholine, phosphatidylethanolamine, phosphatidylinositol and phosphatidylserine)]	100 mg	†
Watkins Bio-Activator™ Blend Black pepper fruit, ginger root, cellulase plant enzyme	25 mg	†

†Daily value (DV) not established

Other ingredients: Dibasic calcium phosphate, microcrystalline cellulose, cellulose gum, stearic acid, silicon dioxide, magnesium stearate, pharmaceutical glaze.

Directions: For adults: take 1 caplet twice daily.

Please note change in US label: Due to US government regulations, the label for Brain Plus now lists the amount of the ingredient that is taken at one time (one caplet) rather than the amount of the daily dose, as was previously listed. The product has not changed, but you will see a difference in the amount of the ingredient listed on the label. To calculate the amount of the ingredient in a daily dose, multiply the amount of the ingredient listed on the label by the number of caplets taken per day. For example, the amount of ginkgo biloba is listed as 60 mg. Since the instructions are to take 2 caplets per day, multiply 60 x 2 which equals 120 mg of ginkgo biloba in a daily dose.

Testimonial —

Individual results may vary. Consult your physician before taking any dietary supplements.

“I found an immediate improvement in my concentration and memory after taking Watkins Brain Plus.”

— **Glen Klassen, Manitoba**