



Brain

PROBLEM
Brain Dysfunction

COMPLAINTS
Loss of memory; mental confusion;
difficulty concentrating; senility.

**CAUSE (ACCORDING TO HOLISTIC
HEALTH DISCIPLINES)**
Blood stagnation; excess phlegm in
openings to brain; lack of Kidney
Essence; weakness in Heart and
Kidney Systems.



SUGGESTED USAGE: One tablet after breakfast, and another after lunch, or two tablets after breakfast or lunch.

Supplement Facts

Serving Size: 2 Tablets Servings Per Container: 30

Ingredient	Amt. Per Serving	%DV
Vitamin B-3 (niacinamide ascorbate, inositol hexanicotinate)	45 mg	225
Vitamin C (niacinamide ascorbate)	60 mg	100
Nootropic (brain) Nutrients		
Monatomic trace elements	147 mg	*
Phosphatidylserine	90 mg	*
Phosphatidylcholine	90 mg	*
GABA (gamma amino butyric acid)	54 mg	*
Glycerylphosphorylcholine	45 mg	*
B-nicotinamide adenine dinucleotide (NAD, NADH)	675 mcg	*
Proprietary Superfood and Herbal Extract Blend		
Spirulina plantensis	360 mg	*
Barley grass juice concentrate (33:1 concentrate)	90 mg	*
Polygala tenuifolia root (10:1 full spectrum extract)	54 mg	*
Ginkgo leaf (50:1 full spectrum extract)	45 mg	*
Bacopa herb (25:1 full spectrum extract)	45 mg	*
Evodia fruit (10:1 full spectrum extract)	45 mg	*
Rehmannia root (18:1 full spectrum extract)	45 mg	*
Ashwagandha root (12:1 full spectrum extract)	30 mg	*
Mucuna pruriens seed (40% l-dopa)	27 mg	*
Asparagus root (40% saponins)	27 mg	*
Schizandra fruit (9% schizandrins)	27 mg	*
Dong Quai root (10:1 full spectrum extract)	27 mg	*
Acorus root (8:1 full spectrum extract)	27 mg	*
Salvia root (8:1 full spectrum extract)	27 mg	*
Lycii fruit (10:1 full spectrum extract)	27 mg	*
Platycodon root (5:1 full spectrum extract)	27 mg	*
Celastrus paniculata resin (20:1 full spectrum extract)	3 mg	*
Total Whole Food/Herbal Value	12,924 mg	*

* Daily value not established

Other Ingredients: Cellulose gum, magnesium stearate, silicon dioxide, lemon balm and sage oil complex. **Storage:** Keep tightly closed at room temperature. **Caution:** Not intended for use during pregnancy. Please keep all supplements out of childrens' reach. This product contains Ginkgo Biloba. Those on blood thinning medications should have their blood monitored while using it.

4 Way Brain Support is guaranteed to your complete satisfaction. If you are anything less than delighted with your personal results, return the unused portion (or your empty bottle) with your receipt to your place of purchase for a complete refund.



We welcome your questions, comments and suggestions.

Please write us at:

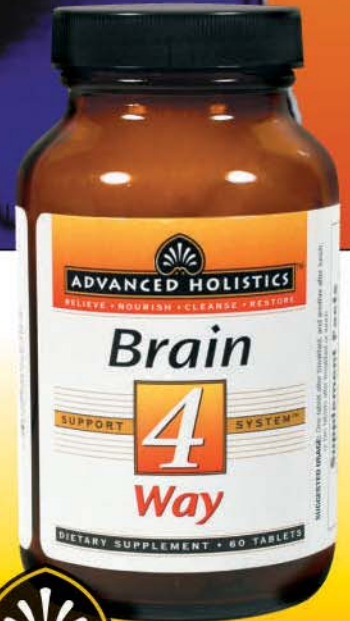
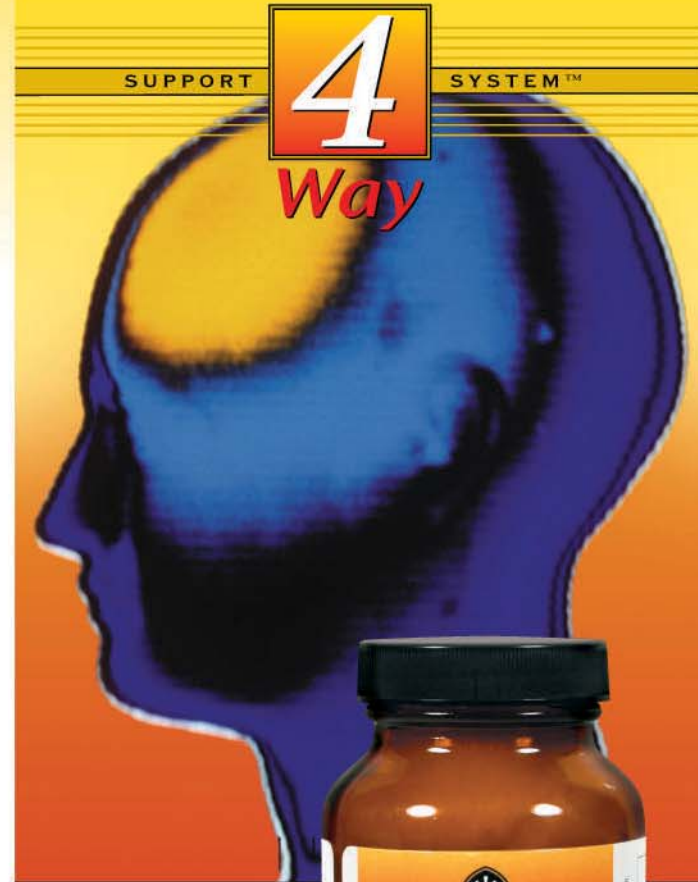
Pure Essence Labs

P.O. Box 95397, Las Vegas, NV 89193

www.pureessencelabs.com • 888-254-8000

These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease.

www.h2ohealthsolutions.com



Brain

Brain dysfunction is not only a problem in its own right. It is a sign of imbalances that can lead to more serious problems if not properly addressed.



RELIEVE • NOURISH • CLEANSE • RESTORE

Brain

Explanation

Modern medicine blames brain dysfunction on a lack of brain chemicals called neurotransmitters (the factors the brain uses to pass messages from cell to cell). However, it fails to explain *why* these chemicals are in short supply. To answer this question, we must look to the world's great holistic traditions.

According to Traditional Chinese Medicine, brain dysfunction stems from several imbalances. These include a lack of the energy called Kidney "Essence," stagnation of the blood, excess phlegm blocking the openings to the brain, and weakness in the Heart and Kidney Systems as a whole.

When any system weakens, all its parts are weakened, as well. The Kidney System includes not just the brain, but the kidneys themselves, the adrenal glands, the bones, and the urinary and reproductive tracts. In addition to these things, it *controls* healing, hearing, excretion, urination, and the marrow of the blood, and supplies much of the vitality for the brain and mind.

While nutrients like phosphatidylserine can improve the quality of neurotransmissions in the brain, they do nothing to resolve the imbalances or weaknesses listed above. Because of this, they leave us vulnerable to worse health

challenges in the future. These challenges include bone loss, incontinence, prostate or gynecological disorders, sexual disinterest or dysfunction, hormone deficiencies, fatigue, low blood counts, etc.

The only way to guard against these challenges while also improving brain function is to resolve the imbalances that cause them. And, Advanced Holistics 4 Way Brain Support System is the only mainstream supplement that does.

4 Way Brain Support begins by providing the most comprehensive blend of brain nutrients ever offered in a single supplement. This insures the quickest, most complete improvement in brain function possible. But, it also provides an exquisite botanical formula to support the Heart and Kidney Systems, build Kidney Essence, and clear the blood stagnation and phlegm blocking the openings to the brain.

Because it does *all* these things, it *helps your brain function not just*

better, but at its very best, while also protecting against the other health challenges mentioned above.

In short, 4 Way Brain Support System is the world's finest brain supplement. No matter what you're using now, you'll feel the difference. And, as with all Pure Essence products, it's guaranteed to your complete satisfaction.

The chart below lists the things we must address to *fully* support the brain itself while also resolving the imbalances that cause its problems. Below each heading are the ingredients that serve that function in the formula.

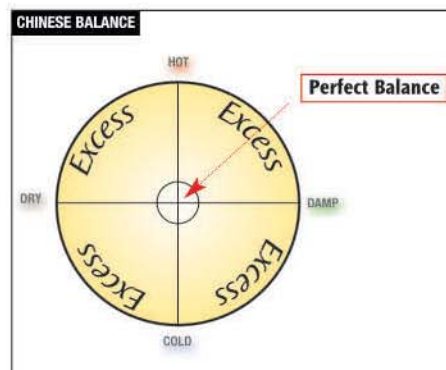
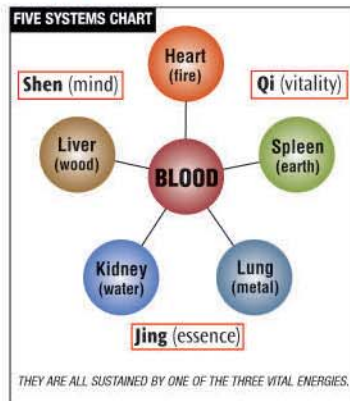
Note: Because 4 Way Brain Support System reflects the collective wisdom of Ayurveda, Traditional Chinese and Tibetan Medicine, and Japanese Kampo, you may be unfamiliar with some of its ingredients. Rest assured, these ingredients are ideal for the purposes they serve.

RELIEVE • NOURISH • CLEANSE • RESTORE					
Advanced Holistics 4-Way Brain Support System					
NEUROTRANSMITTERS	BLOOD STAGNATION	BLOCKED OPENINGS TO BRAIN	KIDNEY, HEART WEAKNESS	DEFICIENT ESSENCE	SPECIFIC BRAIN TONICS
Phosphatidylserine	Salvia	Polygala	Polygala, Rehmannia	Rehmannia	Bacopa
Glycerylphosphorylcholine	Ginkgo	Acorus	Lycii	Asparagus Root	Ashwagandha
Monatomic Minerals	Evodia	Ginkgo	Dong Quai, Schizandra	Schizandra	Celastrus
Mucuna (L-Dopa), GABA	Dong Quai		Asparagus Root	Lycii	

Platycodon is used to direct certain herbs to the Heart channel to stabilize mental, emotional energy.

PERFECT BALANCE = PERFECT HEALTH

Why Holistic is Vital.



cells grow inefficient, biological processes become sluggish. This triggers discomforts, with the type of discomfort depending on which types of cells are affected.

For over 4000 years, Traditional Chinese Medicine has correlated every type of discomfort with the imbalances that cause them. It has also told us how to resolve these imbalances.

dryness, phlegm, toxins or stagnation build up.

Deficiencies stem from a lack of the vital energies known as Qi (Vitality), Jing (Essence) or Shen (Mind).

Deficiencies and excesses prevent cells from working as they should. As

Naturally, when we experience discomfort, our first thought is relief. But, to truly protect our health, we must pay as much attention to the things that *cause* the discomfort as we do to the discomfort itself. If we have deficiencies, we must nourish the vital energies. If we have excesses, we must cleanse them from the systems they affect. Finally we must restore normal function to the cells those excesses or deficiencies have affected.

Advanced Holistics 4 Way Support Systems provide the world's finest nutraceuticals, to **relieve** discomforts as quickly and completely as possible. They also provide the world's most treasured Superior Tonic Herbs to **nourish** vital energies, and clearing herbs to **cleanse** excesses from the systems they've weakened. Together, all these things **restore** normal function to cells that have been damaged.

Relieve. Nourish. Cleanse. Restore. The four steps required for the complete resolution of any health challenge.

*Advanced Holistics 4 Way Support Systems...
The only supplements that work in all four ways.*