

KEY BENEFITS & FEATURES



PRODUCT	RRP	DAYS SUPPLY	USAGE
ReMind™ Brain Health Supplements	£50	30-Day	3 capsules per day

What are the ReMind™ Brain Health Supplements?

The ReMind™ formulation was specifically designed to reflect the very latest scientific understanding of brain nutrition. The active ingredients in the ReMind™ formulation are already found in the brain.

The ReMind patented formula combines carotenoids and the power of Omega-3. Omega-3 fatty acids are one of the key building blocks of the brain, with DHA fatty acids making up 40% of our brain. Carotenoids have been discovered in both our eyes (at the macula) and our brains.

Suitable for?

The ReMind™ Brain Health Supplements is suitable for anyone who wants to look after their brain health and support their brain function. Students, new mums, busy professionals or the active ageing looking to support optimum brain health will all benefit from The ReMind™ Brain Health Supplements .

Ingredients

Carotenoids

The ingredients – Lutein, Zeaxanthin and Meso-Zeaxanthin are powerful plant based nutrients called carotenoids. Carotenoids can be found in leafy greens like spinach, kale and broccoli. Our carotenoids are harvested using a patented process from organic marigold flower petals called Tagetes Erectes.

Science has confirmed that these specific carotenoids naturally gather in both our eyes and our brain from the day we are born.

Omega 3s

Omega 3s are known as essential fats, meaning our bodies can't produce them and we must get them through our diet. Foods high in omega 3 include cold water fish like salmon. DHA omega 3s are vital nutrients for maintaining healthy brain function and have been linked to healthy aging throughout life.

Natural Vitamin E

D-Alpha Tocopherol, also known as Natural Vitamin E, is an antioxidant used by ReMind™ to slow down oxidation of the raw material, thus maintaining the integrity and bioavailability of the product. Vitamin E is a vital nutrient that helps protect the cells from oxidative stress.

The ReMind™ formula provides 15mg of natural Vitamin E (D-Alpha Tocopherol), which delivers 125% of the 12mg nutrient reference value recommended by the European Food Standards Authority.

Gelatine Capsule (Gelatine, Glycerine, Purified Water, Annatto)

Gelatine – This food grade gelatine is used as the softgel casing for the manufacturing of the supplement.

Annatto – This natural red plant extract is used to create the red colour of the capsule. Annatto comes from achiote shrub seeds and is mainly used as a natural food colouring. Produced in South America, Achiote seeds have been used by tribes for centuries for many culinary and medical traditions.

Lemon Flavour Oil

Natural lemon flavour gives a pleasant taste to the supplement.



Product Benefits

- * Scientifically researched
- * Patented formula with carotenoids and Omega-3s
- * Improves cognitive function and memory
- * Reduces brain fog and improves mood
- * Supplement Certified Seal of Approval

FAQ's

How should it be taken and for how long?

Take three capsules per day with food. The brain requires ongoing good nutrition to function at its best. Clinical trials have shown that results are cumulative. The patients who took ReMind every day for a sustained period of time experienced the best results. We often describe committing to supplementation as a lifestyle change. A change to your daily routine that you are happy to commit to long term, alongside a healthy and balanced diet to achieve optimum results.

What are carotenoids?

Carotenoids are powerful plant pigments found in rainbow fruits and green leafy vegetables. They naturally accumulate in our eyes and brain. These nutrients are responsible for the bright red, yellow and orange colours in many fruits and vegetables. They are found in high concentrations in green leafy vegetables such as spinach, kale and broccoli and are recognised as having strong anti-oxidant and anti-inflammatory properties. Our bodies can't produce carotenoids so the only way to get them is through the foods we eat and from carotenoid supplements. Sadly with the nutritional quality of food dropping world-wide, it is nearly impossible to get enough carotenoids from diet alone.

Is it suitable for vegetarians and vegans ?

No unfortunately, bovine gelatine is used in the manufacture of ReMind™ supplements.

Can I take ReMind while on medication?

While ReMind™ has been found to have no contraindications with any medication, we would always advise you consult with your doctor first.

Is ReMind suitable for those with coeliac disease/ diabetes?

Yes. ReMind™ is gluten free and suitable for individuals with coeliac disease.

Yes ReMind™ contains no sugar and is suitable for diabetics. However, we would always advise you consult with your doctor first.

What if I am allergic to fish?

The ReMind™ supplement doesn't actually contain any fish or shell fish, but rather it contains specific nutrients that can be found in those foods. The carotenoids in our supplement are harvested from the marigold flower and the fish oil we use is an extremely high-quality omega-3 oil. Fish and shellfish allergies are generally triggered by the proteins in the fish and these are completely absent from any high-quality fish oil.

How long will it take to see results?

Each brain is different and requires a different amount of nutrition to perform at its best. However, clinical studies have shown that by taking 3 capsules every single day you can start to see results in as little as 3 months. When prescribed the ReMind™ formulation in an 18-month clinical trial, the best results were measured in patients at 18 months.

Reminders & Precautions

- * Do not take with porridge, as the fibre can inhibit the absorption of carotenoids into the blood.
- * Discontinue use and contact a healthcare professional immediately in the event of any adverse reaction.
- * Do not to exceed the recommended daily intake.

E - sales@the-body-doctor.com
T - +44(0) 1484868816

