

SYNCHRONICITY™ ... Balance Life

Synchronize your Daily Body Rhythms for Mental Health, Wellness and Longevity

If you're among the many who lead desynchronized lives in our modern, over-stimulated world and aging prematurely now there's hope, based on recent medical breakthroughs.

NEURVANA Tranquil and **NEURVANA MoodBrightener** are a team of 'Chronobiotic' formulations that keep your biological rhythms in sync. They optimize the balance between your '**Daytime Energy Cycle**' and '**Nighttime Sleep & Repair Cycle**' by raising the levels of stimulatory neurotransmitters during the day and inhibitory neurotransmitters at night.

- ✓ SYNCHRONICITY's natural chronobiotic approach to health helps prevent accelerated aging, degenerative disorders, functional decline and many other health problems.
- ✓ Evidence shows that restoring the integrity of biological rhythms that desynchronized and preventing temporal disorganization from damaging physiology can inhibit degenerative disorders, eases and may extend the healthy human lifespan.
- ✓ Synchronizing Circadian Body Rhythms represents a natural unique approach for mental wellness, attention problems, drug addiction, learning disturbances and recovery from addictions.
- ✓ SYNCHRONICITY is valuable for jet lag, chronic fatigue, excessive mood swings, depressive mind states, tension, mental foginess, memory loss, sexual problems, short temper and low immunity.

*Used as a team, **NEURVANA Tranquil** and **MoodBrightener** can resynchronize biological oscillators with each other and your environment. They help inhibit the age-related decline of your endocrine system (which is regulated by circadian clocks) from causing a cascading decline in health and wellbeing.*

NEURVANA® MoodBrightener...Experience Happiness & Pleasure

Synchronize your 'Daytime Energy Cycle' for Alertness, Mood-Elevation, Motivation and Stress-Control

NEURVANA MoodBrightener supplies the catecholamine regulators (Beta-Phenylethylamine, *N-acetyl*-L-Tyrosine & L-Taurine) with nutrient cofactors (Vitamin B6, Vitamin B12 & Folic Acid) for increasing catecholamine neurotransmitters during the day and staying synchronized. They can quickly boost depressive moods, ease-away tension, block stressful feelings, increase attention, stabilize moods, and make you feel good.

NEURVANA MoodBrightener works through different neural pathways to:



- ✓ Keep your circadian rhythms in sync.
- ✓ Increase alertness, wakefulness, attention, energy and endurance.
- ✓ Boost chronic & acute depressive moods and stabilize mood swings.
- ✓ Enhance sexuality, creativity, awareness and sensory perceptions.
- ✓ Negate tension and stressful feelings while increasing feelings of pleasure and emotional wellbeing.
- ✓ Prevent cognitive impairment and harmful effects from excessive stress in your life.

NEURVANA MoodBrightener can help acute & chronic depressive moods, seasonal affective disorder, post-traumatic stress, obsessive-compulsiveness, decreased libido, moodiness, and mental foginess.

NEURVANA MoodBrightener triggers neurotransmitters for “Brain Plasticity” (*the forming of new brain cells, connections and functions*) to increase cognition, learning, memory, skills, smartness and performance. It’s a natural alternative to drug stimulants for increasing learning, memory, cognition & athletic performance at school, home, work and play

NEURVANA® Tranquil... Natures Chill Pill

Synchronize your ‘Nighttime Sleep & Repair Cycle’ for Relaxation, Calmness and Deep Restorative Sleep

NEURVANA Tranquil contains Indoleamine transmitter regulators (5-HTP & Melatonin) and neural inhibitors (Phenibut & L-Theanine) for relaxation, calmness, stress-relief and restful sleep for occasional sleeplessness.

NEURVANA Tranquil work synergistically through different neural pathways to:



- ✓ Keep your circadian rhythms in sync.
- ✓ Relax and calm the mind without the side effects of drugs.
- ✓ Elevate depressive moods and stabilize mood swings.
- ✓ Improve mental and physical performance.
- ✓ Negate tension, anxiousness and stress.
- ✓ Provide natural relief for unpleasant emotional states ranging from mild unease to intense fear.
- ✓ Improve sleep and sleep quality without causing morning sleepiness.

NEURVANA Tranquil can block over-arousal, alter emotional responses and induce a calming and pleasurable healthy state-of-mind. Other beneficial effects include better impulse control, improved attention and decreased overeating.

BENEFITS & FEATURES

NEURVANA MoodBrightener and NEURVANA Tranquil

A team of chronobiotics for SYNCHRONICITY™ that keep your circadian rhythms in sync

Certain nutraceuticals, known as “chronobiotics” can improve circadian timekeeping and biological functions by alter circadian clocks that control biological functions. **NEURVANA MoodBrightener** and **NEURVANA Tranquil** contain research –proven chronobiotics to resynchronize circadian rhythms and normalize physiology that has gone out of sync.

Chronobiotics can inhibit progressive metabolic shifts of circadian desynchronization from initiating accelerated aging, degenerative disorders, functional decline and many other problems. Chronobiotics may actually extend the healthy human lifespan.

Benefits of SYNCHRONICITY™

- Maintains homeostatic balance and endocrine functions.
- Supports circadian clocks to protect DNA against damage.
- Inhibit metabolic shifts of circadian desynchronization initiating accelerated aging, degenerative disorders, and other problems.
- Prevents excessive mood swings, depressive mood states, anxiousness, and emotional disorders.
- Promote deep restorative sleep at night and more energy during the day.
- Enhance cognitive and physical performance.
- Increase increased immunity, resistance and stress adaptation.
- Creates greater emotional stability and behavioral control.

NEURVANA MoodBrightener

Pacemaker for SYNCHRONICITY™ of the Catecholamine-driven “Daytime Energy Cycle”

NEURVANA MoodBrightener contains the catecholamine regulator Beta-Phenethylamine and precursor N-acetyl-L-tyrosine, and other natural coactive factors which increase brain levels of catecholamine neurotransmitters in the sympathetic nerve system. They work synergistically to maintain integrity of the circadian system of biological clocks. **NEURVANA MoodBrightener** keeps your biological functions synchronized and operating correctly.

Beta-Phenethylamine (PEA) is a naturally occurring neurotransmitter and neuroregulator in our brain that increases the activity of the major brain neurotransmitters.

PEA acts on the central nervous system to produce alertness, wakefulness, attention, energy and endurance. **PEA** is highly concentrated in the limbic system of the brain, the center of emotions. The interaction of **PEA** with its receptor sends signals to the brain that can improve emotions, pleasurable feelings, motivation, physical drives, creativity, and sensory perceptions.

Actions of PEA on Neurotransmitters

- Stimulates dopamine’s nerve terminals and activity for feeling pleasure, libido and emotional wellbeing;
- Increases epinephrine and norepinephrine catecholamine activity, for energy production and inhibition of their reuptake;
- Increases the action of acetylcholine for cognitive functions by stimulating the AMPA glutamatergic receptors;
- Elevates mental alertness and mood by suppressing the inhibitory effects of GABA-B receptors;
- Enhances serotonin release and its uplifting activity on mood, emotions and control.

Proven MOOD Brightener

PEA is a research-proven mood-brightener that can quickly boost a depressive mood of sadness, hopelessness, discouragement, and being “down in the dumps”. Researchers have found that **PEA** controlled chronically low moods in 60% of persons--the same percentage as the major Serotonin-Selective Re-uptake Inhibitors (SSRIs)--but without their serious side. **PEA** has produced sustained boosts of both acute and chronic low moods

N-acetyl-L-tyrosine is a highly bioavailable form of L-tyrosine, the amino acid precursor for synthesizing approximately 90% of the brain's catecholamines (dopamine, norepinephrine, and epinephrine).

- Tyrosine has been used as mood brightener since 1980.
- By increasing brain neurotransmitter concentrations, **N-acetyl-L-tyrosine** can help increase attention and combat performance decrements
- **N-acetyl-L-tyrosine** may act as an “anti-stress supplement”, suppressing rises in cortisol and the norepinephrine depletion associated with the stress

L-Taurine is an inhibitory amino acid that functions in nerve endings to maintain healthy brain cell functioning.

- **L-Taurine** is a potent antioxidant for the brain that functions as a membrane stabilizer, inflammation fighter and nerve protector
- **L-Taurine** is a powerful anti-catabolic amino acid that helps to reduce muscle breakdown.

Vitamin B6 (pyridoxine) is essential to the manufacture of all monamine neurotransmitters in the brain...serotonin, norepinephrine and dopamine and serotonin.

- **Vitamin B6** levels have been found to be low in depressed individuals.
- Supplementing **Vitamin B6** in individuals with low moods has been helpful and increased levels of both norepinephrine and serotonin.

Folic acid and Vitamin B12 along with Vitamin B6 are necessary for synthesizing S-adenosylmethionine, a vital substance for neurotransmitter metabolism.

- A deficiency of either **Folic acid** or **Vitamin B-12** may cause neurologic and mental disturbances.
- A folate deficiency, in particular, may specifically affect the metabolism of catecholamines and indoleamines and aggravate low mood disorders.
- **NEURVANA MoodBrightener** contains **Folinic Acid**, a more bioactive form of Folic Acid and **Methylcobalamin**, the bioactive form of Vitamin B12 that directly supports the central nervous system.

Magnesium is an essential mineral for the transmission of nervous system impulses and assists in the uptake of calcium and potassium.

- **Magnesium** is needed for neurotransmitter release and activity, ion changes, oxidative stress protection, protein synthesis, and energy metabolism.
- **Magnesium** protects the brain from traumatic injury, seizures and nerve damage.

NEURVANA MoodBrightener contains **Bioperine** a standardized extract of Piperine that potentiates the effects of the catecholamines and indoleamines. Piperine's MAO-inhibiting activity prevents the breakdown of norepinephrine, dopamine and serotonin, which helps amplify the cyclical peak that occurs during the morning hours.

***Catecholamines** are a family of chemical messengers of the brain and nervous system that include dopamine, epinephrine, and norepinephrine. They are involved in many functions such as alertness, energy, autonomic arousal, raising blood pressure, increasing heart rate, fight-or-flight stress responses, and reward activities. Catecholamine levels tend to peak early in the day.

NEURVANA **Tranquil**

Pacemaker for **SYNCHRONICITY™** of the Indoleamine-driven “Nighttime Sleep & Repair Cycle”

NEURVANA **Tranquil** contains a combination of indoleamine transmitter activators (5-HTP & Melatonin) and neural inhibitors (Phenibut & Theanine), which work synergistically through different neural pathways to improve the circadian system by helping the transition to restful sleep.

5-hydroxy-L-tryptophan (5-HTP) is a natural metabolite and the direct precursor of the inhibitory neurotransmitter serotonin. . Serotonin is a major neurotransmitter within the circadian system. The Suprachiasmatic Nucleus (SCN) of the hypothalamus which is the central clock for generating circadian biological rhythms responds to serotonin to keep our body rhythms us synchronized.

- Supplementation of **5-HTP** at night raises levels of serotonin in the brain, which can improve mood, impulse control, learning, behavior, sleep patterns and circadian balance.
- Low levels of serotonin are related to depression, anxiety, aggression. irritable bowel, SAD (seasonal affective disorder), PMS. drug use, chronic joint & muscle pain, migraines, carbohydrate cravings and obesity,
- Studies have shown that **5-HTP** may be as effective as a Serotonin-Selective Reuptake Inhibitor (SSRI) for managing depressive moods.

Melatonin is the major neuroendocrine hormone of the pineal gland and functions as a time keeper for normal circadian (daily) rhythm balance

- **Melatonin** serves as a chemical messenger of the circadian pacemaker—the SCN.
- The **Melatonin** secretion cycle has a clear 24 hour rhythm with a nocturnal peak.
- Serum melatonin concentrations are often low in individuals with affective disturbances like depression and bipolar disorder.
- Taking **Melatonin** has been shown as useful in boosting low moods, stabilizing mood swings, promoting sleep, and maintaining circadian rhythm balance.

Phenibut (Beta-phenyl-gamma-aminobutyric acid) is a derivative of the inhibitory neurotransmitter GABA (gamma-amino butyric acid) that casues the release of GABA an important neurotransmitter of the circadian timing system that has supportive effects on anxiety, tranquility and muscle relaxation.

- **Phenibut** has natural calming, relaxing and sleep-improving effects.
- **Phenibut** is a ‘smart nutrient’ that improves mental functioning and enhances physical performance.
- **Phenibut** causes GABA receptors to release GABA for tranquilly and increases dopamine levels like β -phenylethylamine (PEA).

L-Theanine is an amino acid in green tea helps the body maintains circadian rhythm balance and calm down excessive nerve activity by increasing GABA, the major inhibitory neurotransmitter in the brain.

- **L-Theanine** that can reduce stress, tension and anxiousness without dulling effects.
- **L-Theanine** stimulates the brain's production of alpha waves, making the user feel relaxed but alert and not drowsy.
- **L-Theanine** improves emotions by shutting-down signals from the limbic system and by increasing levels of dopamine

Vitamin B6 is essential to the manufacture of all monamine neurotransmitters in the brain... serotonin, norepinephrine and dopamine and serotonin

- **Vitamin B6** levels have been found to be low in depressed individuals.
- Taking **Vitamin B6** has been helpful in boosting moods and increasing levels of both norepinephrine and serotonin.

****Indoleamines** are family of chemical messengers in the brain and body concerned primarily with maintenance functions such as mood, contentment, learning, relaxation, sleep and appetite. Indoleamines that include serotonin and melatonin, generally reach their peak levels in the evening. Unlike catecholamines, which wake you up and make you more alert, indoleamines lower your arousal level and make you more relaxed, less anxious, and sleepy.

USAGE & WARNINGS

NEURVANA MoodBrightener is best taken during the early part of the day from morning till noon, and several hours before 4 pm on an empty stomach, when its actions help boost catecholamine peaks that normally occur during this time.

NEURVANA Tranquil is best taken later in the day after 4 pm, during the evening and before bedtime, on an empty stomach, when its actions help boost the normal nocturnal indoleamine peaks.

Recommended use of **NEURVANA MoodBrightener** for **SYNCHRONICITY** :

Take 2 to 3 tablets per day on an empty stomach.

Take 1 to 2 tablets in the morning before breakfast on an empty stomach.

Follow by taking one tablet midday on an empty stomach.

Do not take in the evening because phenylethylamine may cause sleep problems (insomnia).

Recommended use of **NEURVANA[™] Tranquil** for **SYNCHRONICITY**:

Take 1 to 2 tablets per day on an empty stomach.

Take tablets later in the day after 4 pm, in the evening, or 45-60 minutes before bedtime on an empty stomach.

WARNINGS:

DO NOT USE IF YOU ARE UNDER THE AGE OF 18 YEARS

DO NOT USE IF YOU ARE PREGNANT OR NURSING

If you are on medication or have a health condition consult a Physician before using these products.

Keep out of reach of children

Do not take phenylethylamine if you have used an MAO inhibitor such as isocarboxazid (Marplan), phenelzine (Nardil), rasagiline (Azilect), or tranylcypromine (Parnate) within the past 14 days. Do not take phenylethylamine if you have phenylketonuria (PKU).

SUPPLEMENT FACTS

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NEURVANA MoodBrightener

Supplement Facts		
Serving size 1 tablet		
Servings per container 9		
	Amount Per Serving	% Daily Value
Vitamin B6 (pyridoxine HCL)	20 mg	1000%
Vitamin B12 (methylcobalamin)	250 mcg	4166%
Folinic Acid	400 mcg	100%
Magnesium (magnesium citrate)	50 mg	12%
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Beta-Phenylethylamine HCL	125 mg	*
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Proprietary Neural Blend	550 mg	*
N-acetyl-L-Tyrosine		
L-Taurine		
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* Daily Value not established.		

Other ingredients: Soy Lecithin, Caprylic/Capric Triglycerides, Stearic Acid, Magnesium Stearate, Microcrystalline Cellulose Bioperine® Piperine ††

†† Bioperine® is a trademark of Sabinsa Corporation

NEURVANA Tranquil

Supplement Facts		
Serving size 1 tablet		
Servings per container 6		
	Amount Per Serving	% Daily Value
Vitamin B6 (pyridoxine HCL)	20 mg	1000%
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5-Hydroxytryptophan	75 mg	*
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Proprietary Neural Blend	550 mg	*
Phenibut (Beta-pheny-gamma-aminobutyric acid)		
L-Theanine		
Melatonin		
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Other ingredients: Soy Lecithin, Caprylic/Capric Triglycerides, Stearic Acid, Magnesium Stearate, Microcrystalline Cellulose

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.