DMAE (dimethylaminoethanol) can activate higher brain functions, support memory, the ability to think clearly, as well as promote learning ability and focused concentration. DMAE can also help maintain brain power and cognitive function.

#### Basics:

DMAE (dimethylaminoethanol) is always present in small amounts in the brain. This nutrient is also found in foods such as sardines and anchovies, although only in smaller amounts. A sufficient amount of DMAE in the brain can have positive effects on its function. DMAE is called a "nootropic" substance. This aims to maintain optimal brain performance, promote the permeability and stress resistance of the cell membrane and influence serotonin production. The mechanism of action is described as an increase in the concentration of the neurotransmitter acetylcholine in the brain.

The main functions of DMAE are to maintain optimal brain performance and brain function including learning ability, concentration and memory, as well as to support a positive state of mind. The latter is attributed to the positive influence of DMAE on the serotoninergic system, which can also lead to less daytime fatigue and better night sleep.

If the absorption of DMAE through the diet is not sufficient or there is an increased need, this nutrient can be supplemented through special food supplements.

### Ingredients:

# One capsule (clear) contains:

125 mg DMAE (dimethylaminoethanol) from 344 mg DMAE bitartrate

# Other ingredients:

Rice Flour, Magnesium Stearate.

The product is vegan, vegetarian, gluten-free, lactose-free, not genetically modified.

Capsule shell vegan.

### Recommended consumption:

In normal cases take 1-4 capsules daily 30 minutes before breakfast with plenty of fluid.

Should you develop sleeplessness, headache and muscular pain, reduce the dose.

#### Notes:

Food supplements are not intended as a substitute for a balanced and varied diet and a healthy lifestyle. Do not exceed the recommended daily intake. Keep out of the reach of children. Store protected from light and dry at room temperature.

The published information is not a cure and is not intended as a request or suggestion for selfmedication.

Although some of the above statements on individual micronutrients are derived from scientific studies, they have been categorised as "not yet sufficiently proven" by official authorities such as the European Food Safety Authority (EFSA), meaning that no positive effect can be confirmed.

The product described here has not been conclusively evaluated by the Food and Drug Administration (FDA; USA) or the European Food Safety Authority (EFSA; Europe). This product is not intended to diagnose, treat, cure or prevent any disease.

Errors and typographical errors excepted. VBX-1-24

Manufacturer

