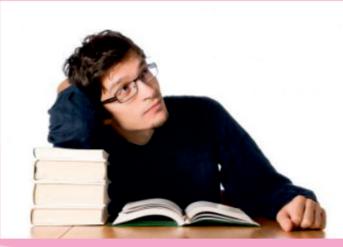
Ablyans

PURPOSE: Better quality life

Ablyans

It facilitates concentration, as well as retention, processing, and conception of cognitive stimuli





The innovative approach of **M.C.Byocare** with ABLYANS is to provide an integration of **powerful nootropic nutraceuticals** with improved action on cognitive function, concentration and memory, which already give a great clinical casuistry, together with **components**

that modulate anxiety and depression mild and therefore put the patient in the best psychophysiological conditions to use the benefits of integration.



Ablyans

PURPOSE: Better quality life

- L- TRYPTOPHAN
- GINKGO BILOBA
- VIT C

- BACOPA MONNIERI
- NIACIN AND PYRIDOXINE
- VIT E



- •EFFECTIVE
 AND SAFE
- •60 CPR
- •TAKE BEFORE
 THE MAIN MEALS
- •IT DOES NOT CONTAIN
 GLUTEN AND LACTOSE

1.Chopra RN. Indigenous Drugs of India. 2nd ed. Calcutta, India: U.N. Dhur and Sons; 1958:341.

2.Kapoor LD. CRC Handbook of Ayurvedic Medicinal Plants. Boca Raton, FL: CRC Press Inc; 1990;61.

Chakravarty AK, Garai S, Masuda K, et al. Bacopasides III-V: three new triterpenoid glycosides from Bacopa monniera. Chem Pharm Bull (Tokyo) 2003;51:215-21

lou CC, Lin SJ, Cheng JT, Hsu FL. Bacopaside III, bacopasaponin G, and bacopasides A, B, and C from Bacopa monniera. J Nat Prod 2002;65:1759-1763.

Bhattacharya SK, Bhattacharya A, Kumar A, Ghosal S. Antioxidant activity of Bacopa monniera in rat frontal cortex, striatum and hippocampus. Phytother Res 2000;14:174–179.

7. Kapoor R, Srivastava S, Kakkar P. Bacopa monnieri modulates antioxidant responses in brain and kidney of diabetic rats. Environ Toxicol Pharmacol 2009;27:62–69.

8.Dhanasekaran M, Tharakan B, Holcomb LA, et al. Neuroprotective mechanisms of Ayurvedic antidementia botanical Bacopa monniera. Phytother Res 2007;21:965–969

S. Petri-Nor I, Watchitation J, Matchitation J, Matchitation J, Matchitation J, Watchitation J

10.Stough C, Lloyd J, Clarke J, et al. The chronic effects of an extract of Bacopa monniera (Brahmi) on cognitive function in healthy human subjects. Psychopharmacology 2001;156:481–48

12. Calabrese C, Gregory WL, Leo M, Kraemer D, Bone K, Oken B. Effects of a standardized Bacopa monnieri extract on cognitive performance, anxiety, and depression in the elder

13.Barbhaiya HC, Desai RP, Saxena VS, et al. Efficacy and tolerability of BacoMind_ on memory improvement in elderly participants: A double blind placebo controlled study. J Pharmacol Toxicol 2008;3:425–434

14. Singh HK, Dhawan BN, Neuropsychopharmacological effects of the Avurvedic nootropic Bacopa monniera Linn, (Brahmi), Indian J Pharmacol 1997;29:S359-S365,

15. Sumathy T, Subramanian S, Govindasamy S, et al. Protective role of Bacopa monniera on morphineinduced hepatotoxicity in rats. Phytotherapy Res 2002;15:643-645

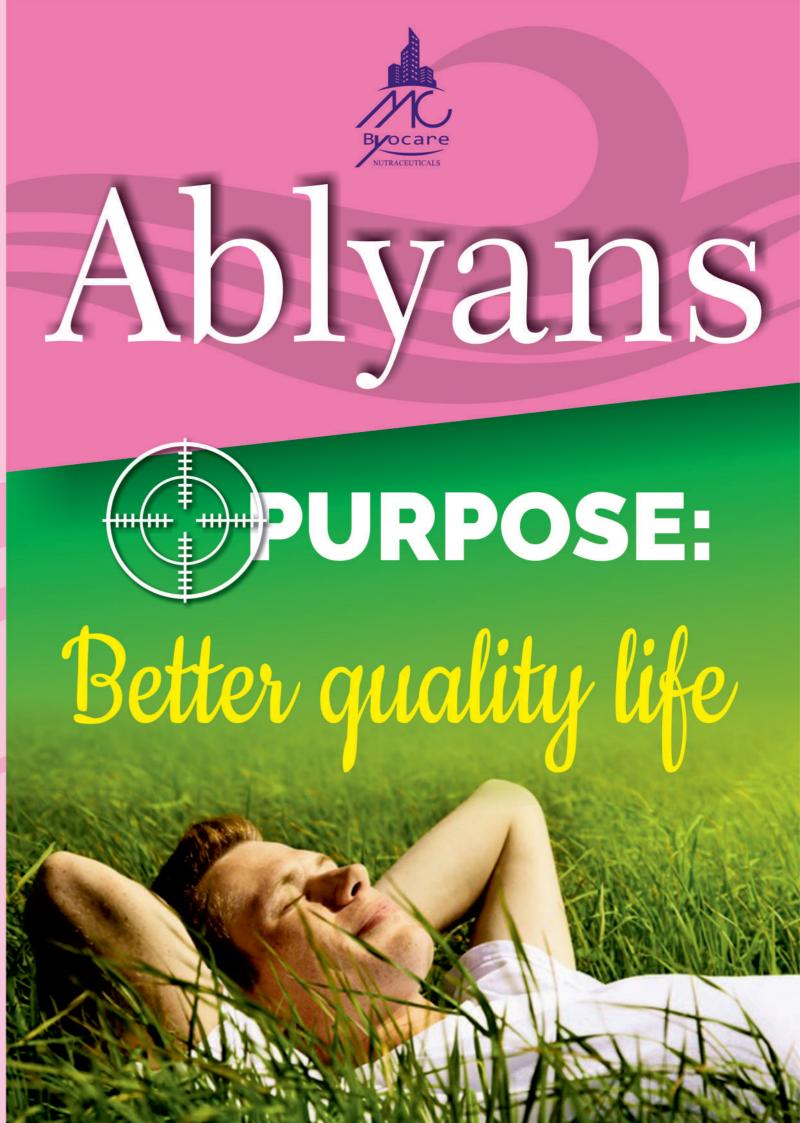
18)^ Shi-Jin Zhang e Zhan-You Xue, Effect of Western medicine therapy assisted by Ginkgo biloba tablet on vascular cognitive impairment of none dementia, in Asian

19)^ Zhang SJ and Xue ZY, Effect of Western medicine therapy assisted by Ginkgo biloba tablet on vascular cognitive impairment of none dementia. - PubMed - NC

20)^ Albert Attia, Stephen R. Rapp e L. Doug Case, Phase II study of Ginkgo biloba in irradiated brain tumor patients: effect on cognitive function, quality of life, and mood, in Journal of Neuro-Oncology, vol. 109, nº 2, September 2012, pp. 357–363, DOI:10.1007/s11060-012-0901-9. 14)^ X. Zeng, M. Liu e Y. Yang, Ginkgo biloba for acute ischaemic stroke in The Cochrane Database of Systematic Reviews, nº 4, 19 ottobre 2005, pp. CD003691, DOI:10.1002/14651858.CD003691.pub2.

21)^ Fitoterapia, impiego razionale delle droghe vegetali, F. Capasso G. Grandolini A.A. Izzo Springe







Our society is aging, memory problems are also becoming more frequent.

However, in addition to aging, even in the youngest population, due to the **stress** or high expectations to which we are subjected, an increasing number of people suffer from this problem.





A state of depression or anxiety play an important role in the rhythm of sleep, on appetite, but above all on the ability to learn, working memory.

MODULATORS OF ANXIETY AND DEPRESSION

Ablyans

NOOTROPIC NUTRACEUTICALS

PURPOSE: Better quality life

L- TRYPTOPHAN -350 mg

2 cps:

The pharmaceutical industry has long known the importance of serotonin.

Drugs able to inhibit the reabsorption of serotonin into cells, so-called serotonin reuptake inhibitors (SSRIs) have been available on the market for some years.

these substances allow serotonin levels to remain elevated and are mainly used as anti-depressants. unfortunately, many drugs of this type have marked side effects.

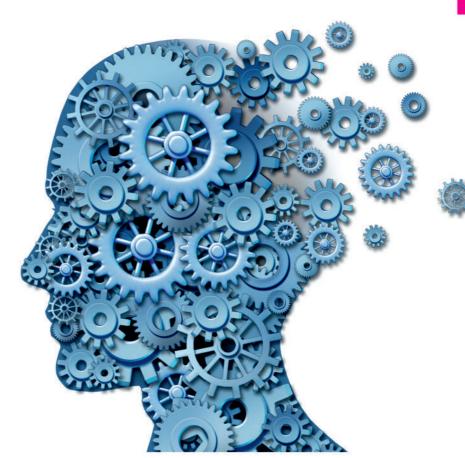
Since LTP cannot be patented, pharmaceutical companies are naturally not interested in marketing this product.

The lack of serotonin can cause, as already said, depressions and states of anxiety.

Serotonin also acts on pain control, appetite and peristalsis intestinal. This is why individuals who present levels of serotonin also suffer from physical disorders. Also the headache, the headache caused by a vasomotor disorder, the premenstrual syndrome and the chronic inflammatory diseases, such as fibromyalgia.

Niacin (Vit B3: 40 mg) Pyridoxine (Vit B6: 6 mg)

Vitamins B3 and B6 support the metabolization in serotonin, partly inhibiting the decomposition of chinuerine.



VIT E (40mg) - VIT C (100mg)

The former prevents oxidation reactions of polyunsaturated lipids and acts as a biological antioxidant. in particular, in the uman body, tocopherol is the main fat-soluble antioxidant to exert a protective effect against oxidative stress. In this sense, it performs an action similar to that of the Vit C.



GINKGO BILOBA - 120mg

- A review of the studies published in 2002 by the Cochrane Collaboration (one of the best known scientific institutions in the world) concluded that the current literature strongly supports the efficacy and safety of Ginkgo formulations in the treatment of cognitive decline and memory loss due to age. [17]
- Other studies support its effectiveness in the improvement of cognitive symptoms and the sense of well-being due to other diseases of the central nervous system, such as those due to vascular disorders or in subjects undergoing radiation therapy in the context of brain tumor therapy. However, it does not seem to accelerate the recovery of functions following stroke (ictus).
- The Ginkgolides prevent metabolic damage caused by cerebral ischemia and reduce infarcts caused by vessel occlusion. The bilobalide, more than the Ginkgolide B, exerts a powerful protective effect against ischemic damage. clearly, the anti-toxin and neuroprotective properties of ginkgo are important in cases of hypoxia-ischemia and neuronal damage.
- Ginkgo against tinnitus and vertigo of vascular origin.
 Ginkgo biloba can be used to treat tinnitus and dizzy syndromes of vascular origin.

As regards vertigo, a study has shown that the ginkgo extract is able to reduce the intensity, duration, and frequency of vertiginous attacks.

In any case, the use of ginkgo has been officially approved for the treatment of the aforementioned disorders.

BACOPA MONNIERI - 400mg

Since the primary therapeutic use is the **improvement of cognitive function**, most of the research has been focused on the mechanism that justifies this property

• The **triterpenoid saponins** and their **bacosides** are responsible for Bacopa's ability **to increase the transmission of the nerve impulse**. Bacosides contribute to the repair of damaged neurons by increasing the activity of protein kinases; Bacopa facilitates neuronal synthesis, contributes to the restoration of synaptic activity and improves the transmission of the nervous impulse. (1-7)

Clinical evidence

Bacopa monnieri extract in a randomized elderly study showed: (9-16)

- improve working memory;
- improve attention;
- improve cognitive processing;
- suppress the acetylcholinesterase activity at the plasma level.



