

# 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.



MADE IN ITALY

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- 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

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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

2 cps:

### L- TRYPTOPHAN -350 mg

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 metabolism in serotonin, partly inhibiting the decomposition of chinuerine.

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## NOOTROPIC NUTRACEUTICALS

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### 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.**<sup>17)</sup>
- 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.<sup>18-21)</sup>

- 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.<sup>(1-7)</sup>

#### Clinical evidence:

Bacopa monnieri extract in a randomized elderly study showed:<sup>(9-16)</sup>

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

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

The former prevents oxidation reactions of polyunsaturated lipids and acts as a biological antioxidant. in particular, in the human 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.