



SMALL MOLECULE TECHNOLOGIES, INC.

MOLECULES & HEALTH

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Mending your Mind



People struggle with the idea of losing their ability to think clearly or remember things, and this is one of the reasons that conditions like age-related cognitive decline, dementia, and Alzheimer's disease can seem so scary. The fear that people have for developing these conditions is only made worse by the fact that there is seemingly very little that we can do to treat the conditions once they've started. But what if this

wasn't the case? What if our approach has just been misguided and there are actually some safe and simple things we could do that not only help prevent these conditions, but could actually reverse them?

A small study conducted at UCLA examined a group of factors associated with cognitive decline and the development of neurodegenerative disorders. They wanted to focus on multiple aspects of neurological conditions including inflammation and nutritional deficiencies or imbalances. The researchers hypothesized that if all of these factors were properly addressed in combination, they could potentially slow, halt, or even reverse the progression of cognitive decline and even Alzheimer's disease.^{1,2}



The research emphasized the importance of looking at all potential contributing factors in combination versus individually. The authors compared their approach to fixing a leaky roof with multiple holes in it by patching all of the holes instead of only patching one of the holes. One major shortfall of current medical and pharmaceutical research is that it attempts to look at specific factors of a disease individually, and identify a single cause with a single cure. This can obscure the big-picture of overall health and disease and frequently leads to treatments with limited efficacy and potential safety concerns. Most diseases, including Alzheimer's, are not likely caused entirely by one single factor, but rather a combination of factors. The researchers proposed that prevention and treatment plans should be structured to address all of the factors instead of sin-





gluing out individual targets – that is to say, mending the entire roof instead of just plugging the largest leaks.

The preliminary results of this small pilot study were dramatic to say the least, with 9 out of 10 study participants experiencing a reversal in their cognitive decline and regaining function that improved their quality of life.² Several of the participants were even able to return to the careers that they had previously retired from because of their cognitive decline. The combined interventions in the UCLA study utilized several nutrients found within the Small Molecule Technologies Nutritional Supplement line including:

- Optimizing antioxidants with mixed tocopherols/tocotrienols (Vitamin E), N-acetyl-l-cysteine (NAC), vitamin C, and alpha lipoic acid. These nutrients are all found in Small Molecule Technologies Multi-Vitamin. NAC is vital for increasing levels of one of the most important cellular antioxidants, glutathione, and it is found in all Small Molecule Technologies products with the highest doses in Olivamine

10® Max and Immune-Boost™.

- Optimizing mitochondrial function with Coenzyme-Q10, alpha-lipoic acid, NAC, acetyl-l-carnitine, selenium, zinc, resveratrol, vitamin C, and vitamin B1. Resveratrol and NAC are found in ImmuneBoost™, Sleep Support, Mood Support, Joint Health, Energy Support, and Brain Health. The other nutrients listed are all included in Small Molecule Technologies MultiVitamin.
- Use of prebiotics like Small Molecule Technologies Prebiotic Fiber to promote GI health to avoid inflammation and autoimmunity.
- Supplementing with melatonin at bedtime to optimize sleep (at least 8 hours/night). Melatonin is included in Sleep Support.
- Supplementing with methylcobalamin (Vitamin B-12) to help raise serum

levels of B12 and also to decrease homocysteine levels. Methylcobalamin is included in Brain Health, Energy Support, and Mood Support.

- Using curcumin (from turmeric) to address inflammation and help lower levels of C-reactive protein (CRP). Curcumin is included in Joint Health, Brain Health, Mood Support, and Sleep Support.
- Raising Vitamin D3 plasma levels to between 50-100 ng/ml using Vitamin D3 supplementation. Vitamin D3 is included in D3+Magnesium, Brain Health, Sleep Support, Joint Health, Energy Support, and Mood Support.
- Increasing Omega-3 fatty acids (DHA and EPA) to help reduce inflammation, CRP, and provide structural synaptic components. EPA and DHA are found in Small Molecule Technologies Omega-3's.



- Increasing focus by improving acetylcholine synthesis with vitamin B5 (pantothenic acid). B5 is included with the other essential B vitamins (B-complex) in Small Molecule Technologies Multi-Vitamin.
- Increase function of the regulatory protein SIRT1 with resveratrol. Resveratrol is included in ImmuneBoost™, Sleep Support, Mood Support, Joint Health, Energy Support, and Brain Health.

Small Molecule Technologies Nutritional Supplements contain many additional plant-based and natural compounds that have been shown to have positive effects in protecting the brain from degenerative disorders, including



Alzheimer's including:

- Olive Leaf Extract (hydroxytyrosol)³⁻⁶
- Green Tea Extract (ECG/EGCG)^{7,8}
- Grapevine Extract (trans-resveratrol)⁹⁻¹¹
- Turmeric (Curcumin)¹²⁻¹⁵
- Melatonin¹⁶⁻¹⁸
- Vitamin B-12¹⁹⁻²¹
- Broccoli Extract (sulforaphane)^{22,23}

Start incorporating Small Molecule Technologies Nutritional Supplements into your daily routine to “mend your mind” by giving your brain the tools it needs to restore it back to a healthy state.

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