
Power & Focus

Neurotransmitter Support
Emotional Support
Developmental Support



Discussion

Activated B Vitamins

P5P, 5-MTHF, MethylB12

Methylation processes are essential for the production of neurotransmitters, such as serotonin, dopamine, and norepinephrine. Methylation processes are also essential for the production of phosphatidylcholine for the sphingomyelin phospholipid component of the myelin sheath in neurons.¹ DNA methylation determines normal cell programming in neurodevelopment.² Methylation defects also correlate with neurological abnormalities such as gaze abnormalities, motor abnormalities, self-injurious behavior, and hyperactivity children.³ Those with a genetic MTHFR mutation or deficiencies in B6, folate, or B12 may have impaired methylation.

Magnesium Sometimes referred to as the relaxation mineral and mainly found in the brain, bones, and muscles, magnesium assists in the transmission of nerve impulses and is essential to more than 300 enzymatic reactions in the body. Magnesium supplementation has been shown to support a healthy mood.⁴

Clinical Applications

- Supports Normal Language Function
- Maintains Healthy Emotional Development

Power & Focus is a combination amino acid, vitamin, and mineral supplement that provides the appropriate activated nutrients that the brain uses to maintain normal levels of serotonin, GABA agonists, and glutamate antagonists. Supercharge your brain to bring balance to your brain chemistry.

GABA (gamma-aminobutyric acid) is a primary neurotransmitter, abundant in the brain, increasing the production of alpha waves (related to a relaxed, yet focused mental state) and decreasing beta waves (related to hyperactivity and nervousness). Sufficient GABA in the brain results in smooth, calming rhythmic flow of electrical impulses essential for emotional well-being.⁵ Supplementation supports the maintenance of healthy cortisol and secretory IgA levels.⁶

Taurine is a conditionally essential amino acid that stabilizes cell membranes in the brain. Considered neuroprotective to oxidative damage, taurine modulates glutamate excitotoxicity.⁷ Taurine is also important in the maintenance of GABA levels and healthy neurotransmission and development.^{8,9}

L-Theanine is important for the maintenance of nerve health, cognition, and relaxation. It reduces neuronal overstimulation and relaxes the mind without drowsiness.¹⁰

5-htp is a precursor to serotonin. Well-absorbed in the intestine and easily crossing the blood-brain barrier, it regulates many normal brain activities.¹¹ Serotonin is important in the healthy regulation of mood and behavior, including food cravings and calmness.¹²

Power & Focus Supplement Facts

Supplement Facts					
Serving Size: 1 Scoop (About 2.1 g)					
Servings Per Container: About 30					
Amount Per Serving		%DV [†]	Amount Per Serving		%DV [†]
Calories	5		GABA	750 mg	**
Protein	1 g		(gamma aminobutyric acid)		
Vitamin B6	25 mg	1,250%	Taurine	250 mg	**
(as pyridoxal 5'-phosphate)			L-Theanine	200 mg	**
Folate (as Quatrefolic [®])	1000 mcg	250%	5-HTP	50 mg	**
(6S)-5-Methyltetrahydrofolic acid, Glucosamine Salt)			(5-hydroxytryptophan) (from <i>Griffonia simplicifolia</i>) (seed)		
Vitamin B12	1000 mcg	16,667%			
(as methylcobalamin)					
Magnesium	100 mg	25%	† Percent Daily Values are based on a 2000 calorie diet.		
(as TRAACS [®] Magnesium Bisglycinate Chelate and magnesium oxide)			** Daily Value (DV) not established.		
Zinc	30 mg	200%			
(as TRAACS [®] Zinc Bisglycinate Chelate)					

Other Ingredients: None.

TRAACS is a registered trademark of Albion Laboratories, Inc. Quatrefolic[®] is a registered trademark of Albion Laboratories, Inc. Patented in US Patent #4,146,200. ZC, SK0042-002-01

References

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