

# About Total Health Nutrients

At Total Health Nutrients, we believe a holistic approach to staying healthy is best supported by dietary supplementation. THN is your one-stop resource for the finest and purest nutritional supplements, designed to optimize health and maintain wellness.

Our line of supplements is developed to contain the right proportion of vitamins, minerals, herbs, and essential fatty acids, without danger of toxic build-up and without dangerous side effects.

Each ingredient is selected for its absorbability, competitive relationship with other nutrients, allergic potential, and long-term safety.

THN was established in the early 1990s and has been helping people get and stay healthy ever since.



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#### **Store Hours**

Sunday through Thursday, 10:00 AM – 8:00 PM



# Brain Health Formulas

**BRAIN-BALANCING SKIN CREAMS**

**BRAIN HEALTH SUPPLEMENTS**

BRAIN ENERGY

BRAIN CALM

BRAIN MOOD

BRAIN MEMORY



# Brain Health Formulas



*Where science meets health*

Common health conditions such as fatigue, weight gain, memory loss, anxiety, depression, backaches, headaches, sexual dysfunction and sleep disorders are caused by chemical imbalances in the brain. THN's Brain Formula supplements and creams can help correct these imbalances without side effects.

## Brain Health Supplements

Each supplement formula contains targeted nutrients to restore a specific brain chemical needed to improve health. A healthy brain manufactures:

- Dopamine
- GABA
- Acetylcholine
- Serotonin

When we are healthy, these neurotransmitters are in balance. When the first symptoms of illness occur, these nutrients can be supplemented to avoid more serious health problems and medical treatments. They are your first line of defense to regain wellness.

## Brain Cream Liposome Technology

Liposomes are small cavities that contain and hold liquids in cells. Liposomes enable water soluble and insoluble materials to join together in a unique formulation, creating moisture-retaining layers.

The Liposome technology used in THN's brain cream formulas makes them more effective in allowing anti-aging nutrients such as GABA, ginkgo biloba and GPC choline to penetrate deeper into the skin, and are therefore more effective in delivering these mood-enhancing ingredients into the bloodstream to be used by the brain.

They are also absorbed slowly, creating better stability, penetration and efficacy at lower usage levels. Containing vitamins, CoQ10 and DMAE, the creams also care for your skin, reduce the appearance of fine lines, firm skin tone and restore elasticity, leaving skin smooth and moist.

## Brain Energy

Packed with the powerful amino acids, L-phenylalanine and L-tyrosine, Brain Energy increases dopamine levels to help elevate your mood and give you extra energy to start your day.

Designed to address:

- Fatigue
- Weight gain
- Diminished libido
- Lightheadedness



## Brain Calm

Formulated with inositol, GABA and passion flower, Brain Calm can help you slow down and relax your mind after a hectic day.

Designed to address:

- Anxiety
- Insomnia
- Palpitations
- Trembling, twitching
- Butterflies in the stomach
- Cold or clammy hands



## Brain Mood

Our special formula uses the amino acid, L-tryptophan to increase serotonin levels and give your mood a gentle lift.

Designed to address:

- Depression
- Insomnia
- Backache
- Headache
- PMS symptoms



## Brain Memory

Our complete formula balanced with GPC choline and ginkgo biloba, Brain Memory helps restore the brain's speed and retention.

Designed to address:

- Memory lapses
- Difficulty concentrating
- Confusion
- Dry mouth

