

# Understanding the Basics



## Diet and Health

A diet rich in fruits and vegetables has important protective effects against many chronic diseases including those affecting brain function.

## Flavonoids

Much of the disease protection from fruits and veggies is due to the plant nutrients known as flavonoids that influence many body functions through their natural antioxidant, anti-inflammatory and signalling modifier effects.

## Best Sources of Flavonoids

Apart from fruits and veggies, tree bark and particularly, the bark of pine trees contains large amounts of flavonoids, which is why tree bark has been used in many traditional medicines.

## ENZO Brain Recovery

is a highly concentrated source of flavonoids containing 200 mg of Enzogenol pine bark extract in each capsule. The powerful combination of flavonoids in Enzogenol is extracted from the bark with a special pure-water extraction method maintaining the full activity and integrity of the flavonoid compounds which guarantees the high potency of ENZO Brain Recovery.

## Uses

### • Boosting Your Nutrition for

- ✓ Healthy Brain Function\*
- ✓ Improved Recovery\*
- ✓ Overcoming Mental Fatigue\*
- ✓ Increasing Stress Resilience\*
- ✓ Feeling more 'Switched on'\*
- ✓ Countering Loss of Function with Age\*

\*This product is a nutritional support agent, not a drug. If you have a medical condition please consult your health practitioner.

\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

ENZO Brain Recovery is available from select pharmacies, qualified health professionals, and online at: [www.enzo.co.nz](http://www.enzo.co.nz)

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## ENZO Brain Recovery



## Ultimate Nutrition For Healthy Brain Function

**Clinically tested!**

**ENZO Brain Recovery  
provides the right dose  
levels of Enzogenol and  
DHA to effectively support  
healthy brain function!**



**ENZOGENOL®**  
Plus Extra-DHA Omega-3

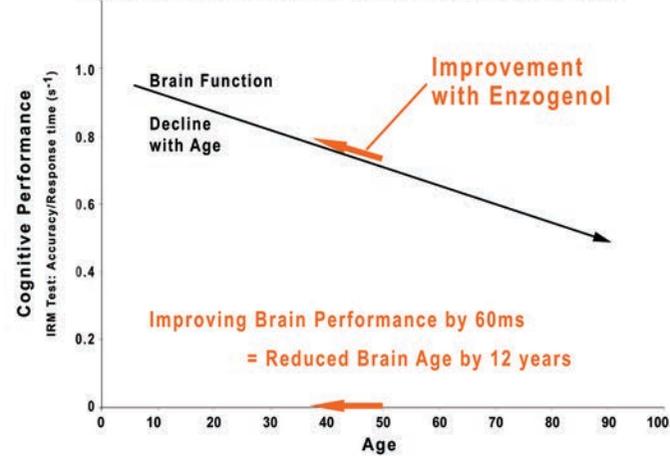
[www.enzo.co.nz](http://www.enzo.co.nz)

# Enzogenol Brain Research

Clinical studies have shown Enzogenol improves:

- ✓ Brain Functions known to decline with age
- ✓ Working Memory & Concentration
- ✓ Recovery of Brain Function after Injury
- ✓ Tension-type Brain Discomfort

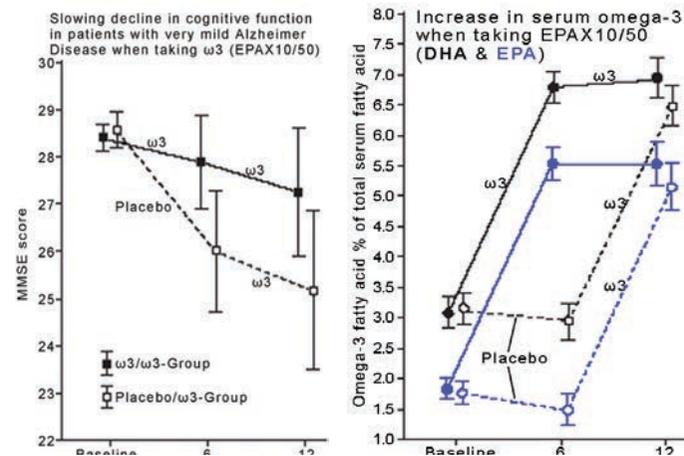
## Improvement of Brain Function Clinical Results



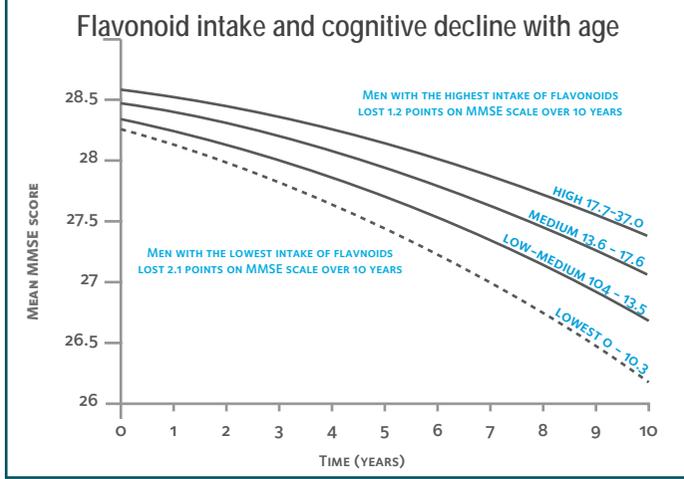
# Extra-DHA Brain Research

Clinical studies have shown Extra-DHA Omega-3 can:

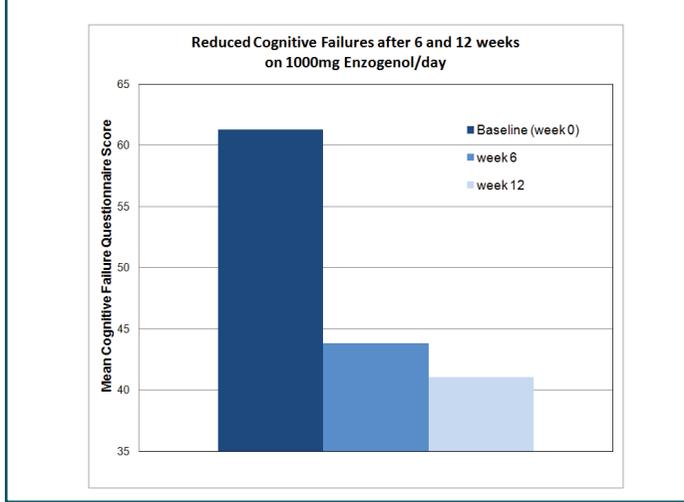
- ✓ Prevent Cognitive Decline
- ✓ Increase DHA and EPA Serum Levels



## ENZO Brain Recovery will increase flavonoid intake substantially, which can help to prevent cognitive decline with age which is more severe in people consuming less flavonoids.



## ENZO Brain Recovery can help to reduce cognitive failures common after brain injury.



References:  
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 Chayasinobhon, S., 2013. Efficacy of Pinus Radiata Bark Extract and Vitamin C Combination Product as a Prophylactic Therapy for Recalcitrant Migraine and Long-term Results. Acta Neurologica Taiwanica, accepted & in print.  
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 Chayasinobhon, S., 2006. Use of a pine bark extract and antioxidant vitamin combination product as therapy for migraine in patients refractory to pharmacologic medication. Headache 46, p788  
 Freund-Levi, Y., et al. 2006. Omega-3 fatty acid treatment in 174 patients with mild to moderate alzheimer disease: OmegAD study: A randomized double-blind trial. Archives of Neurology 63, p1402  
 Letenneur, L., et al. 2007. Flavonoid intake and cognitive decline over a 10-year period. American Journal of Epidemiology 165, 1364-1371.

## Press coverage of clinical trial on Enzogenol's effects on recovery of brain function after TBI: Pine bark may help memory

(North Shore Times Dec,8 2011)  
 "Ms Franks hit her head on a concrete floor resulting in loss of memory and vision in one eye. Since her accident Ms Franks has lost countless handbags because she forgets where she puts them. Her pantry was put in alphabetical order to help her find food and she has had to give up driving. "I would sit on the bus and burst into tears because I had no idea where I was going," Ms Franks says. When taking the supplements Ms Franks noticed her memory returned. At the start of the study she was given a list of 20 shopping items to remember and she could only remember four items and at the end she could remember 19. ...  
 Memory loss is common following a brain injury, says Valey Feigin, who leads the team of researchers in the Auckland University of Technology study. "Many supplements claim health benefits, however this research is one of the very few evidence-based treatments," Dr Feigin says.

## User comments about Enzogenol:

"This year I was able to try Enzogenol for a period of 6 weeks. After starting the course, I was free of migraine for a month. This represented my first migraine-free time for the past 6 years. Thanks so much, I continue to do really well on Enzogenol averaging only one migraine per 6 to 8 weeks, and they are milder." Zoi Papatheodorou, Melbourne

## Users comments about Enzogenol's effects on brain functions:

"My ability to communicate, my memory and my concentration are all back to where they were before my head injury entirely thanks to the Enzogenol." Ruth G, PhD, Tauranga  
 "My ability to concentrate and multi-task is hugely improved with the Enzogenol. Usually I take four caps in the morning, but taking another four in the afternoon I can sustain working all night." Mike G, Head of School of Applied Technology, Tauranga

## Paediatrician comment about Enzogenol:

"Enzogenol is a safe and effective alternative for children with hyperactivity and problems concentrating. I have noticed improvements in my patients within a few weeks of starting this potent antioxidant. Parents and teachers consistently report that the children are calmer and more focused. I recommend a trial of Enzogenol for any child with features of ADHD or autism." Dr Leila Masson, biomedical paediatrician, Auckland