

# DMAE

*DMAE (dimethylaminoethanol) activates higher brain functions, supporting memory, the ability to think clearly, the capacity to learn and focused concentration. DMAE helps protect against age-related health concerns while helping to maintain healthy brain performance and cognitive function.*

## Basic Facts

DMAE (dimethylaminoethanol) is always present in the brain in small amounts. Supplementing with DMAE has been proven to exhibit positive effects on brain function. DMAE is referred to as a «nootropic» substance. Nootropics are substances that aim to preserve the optimal performance of the brain.

Nootropics work to activate higher brain functions and stimulate cortical vigilance. Furthermore, they are responsible for the functional selectivity in the telencephalon (end brain) and the restoration of certain parts of the higher nervous system.

What is notable about nootropic substances is that they do not intervene in the subcortical processes that take place in the brain stem (reticular and limbic systems) but act directly on the consciousness exclusively via the cortical systems. Although the exact neurochemical processes are not yet fully understood, nootropic activities have been observed to influence only certain regions of the brain.

These substances promote cell membrane permeability and stress resistance, and also affect the formation of serotonin. Research into nootropic substances such as DMAE takes place primarily with a view to the age-related decrease of brain function (e.g. cognitive decline) and the human aging process.

## Effects

Dimethylaminoethanol (DMAE) is a nootropic substance whose effects might be attributed to an increase in the concentration of the neurotransmitter acetylcholine in the brain. Clinically, this effect is evident in the preservation of optimal brain performance; in particular DMAE's beneficial effect on impaired memory, weak concentration, lack of drive, increased fatigability and low mood.

For instance, one study examined patients who suffered from anxiety. The study participants who received DMAE showed a clear increase in the synchronization of the brain hemispheres. Positive effects on neuromotor control and word memory were noted, and they were better able to deal with their anxiety.

DMAE can be helpful in cases of behavior and learning problems; primarily, but not exclusively, those which are observed in children, including hyperactivity, hyperkinesia (involuntary movements) and attention deficits.

A study involving 100 test subjects showed that DMAE can help encourage healthy energy levels and positive mood. Benefits to motivation, personality development and sleep were also observed.

In an animal experiment involving rats, it was observed that DMAE dissolved water-insoluble protein structures caused by free radicals which appeared in the brain and other tissue of aging rats.

Other studies showed that DMAE protected against the increased occurrence of wear pigments (lipofuscin), a symptom of old age in the brain and heart. In this function, DMAE supports enzymes which, as antioxidants, protect against the development of free radicals.

Many years of treatment with neuroleptics can cause a condition that affects the motricity of the muscles in the face. In studies carried out over several years, it was noted that the concomitant administration of DMAE inhibited the course of this condition so that the treatment with neuroleptics could be continued. DMAE may also be helpful in other conditions involving the extrapyramidal system, such as the inability to sit still.

**DMAE**

- ▶ Positively influences vigilance, presence of mind and mood
- ▶ Encourages healthy memory and readiness to learn
- ▶ Supports optimal physical and mental energy
- ▶ Promotes a healthy sleep cycle by reducing tiredness during the day and encouraging deep sleep at night
- ▶ Supports healthy aging

**DMAE**

## Uses

The main field of application of DMAE is to preserve optimal **brain performance** and **brain function** and promote a healthy emotional state.

DMAE – dimethylaminoethanol – aims at preserving higher brain functions such as **thinking** and **memory** as well as **learning** and **concentration**. Connected therewith is an increase in vigilance and mood.

Moreover, DMAE promotes **normal sleep patterns**, encouraging deep sleep with less tiredness during the day.

DMAE's support of antioxidants and their protection against free radicals protects against premature aging, particularly in the brain.

## Composition

One capsule contains 125 mg DMAE (dimethylaminoethanol) from 344 mg DMAE bitartrate in pharmaceutical grade.

Other ingredients: rice flour, magnesium stearate.

## Dosage

In normal cases take 1–4 capsules daily 30 minutes before breakfast with plenty of fluid. Should you develop sleeplessness, headache and muscular pain, reduce the dose.




## Instructions

Food supplements are no substitute for a well-balanced diet and a healthy lifestyle. The indicated recommended daily intake should not be exceeded. Persons under constant medical care should consult a physician before taking the supplements. Product information is not to be considered a statement regarding cure; in general, we advise against self-medication without proper consultation of a doctor. Subject to mistakes and print or typographical errors.

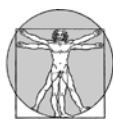
Store in a cool and dry environment, out of reach for children.

### DMAE Product Groups

DMAE can be found in the following product groups ([www.vitabasix.com](http://www.vitabasix.com)):

-  **Brain & Memory**
-  **Power & Energy**
-  **Sleep**

Manufacturer:



**VitaBasix**<sup>®</sup>

by LHP Inc.

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### Important information:

Our products are manufactured in accordance with the GMP (Good Manufacturing Practice) standard. Their quality, purity and concentration are regularly tested in independent test laboratories, in keeping with the FDA (Food and Drug Administration) guidelines.

Our products should be regarded as preventive measures or measures to enhance the individual's general wellbeing. Patients must consult a doctor before using the products for the treatment of diseases.

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