

# MIND FULL

Make every day feel like a new day. The MYND360™ system brings you 6S-certified-safe, scientifically sound solutions designed to help you sleep better, stay focused, skip the stress, and strengthen your memory. This clinically backed product line is formulated with powerful ingredients that can deliver full-circle cognitive support. Get ready to prioritize and personalize your mental wellness regimen. Your mind is what matters most with MYND360™.



## MEET MIND FULL

Remembering good times is fun. Forgetting important details isn't. So, give your retention the attention it deserves with Mind Full, your must-have to support memory and recall. It supports short-term, visual, and verbal memory.

The secret lies in the clinically proven blend, featuring Astaxanthin, Grape Extract, and Vitamin E, that helps support healthy brain function, protect the brain from oxidative stress, and keep your memory strong now—and in the future. These multi-tasking softgels also help protect against mental fatigue associated with eye strain. Nutritional support for memory and recall, Mind Full has it all. Remember, reminisce, and rejoice with Mind Full.

## WHY YOU'LL LOVE IT

- A clinically proven formula with scientifically supported ingredients.
- Shown to be safe and effective in our clinical study.
- Our blend has been clinically shown to support improvements to episodic and everyday memory.
- Supports strong memory.
- Supports a broad range of memory functions including short-term, delayed, working, verbal, visual, language, and recall.
- Supports healthy brain function.
- Helps support memory as you age.
- Helps provide neuroprotection from damaging oxidative stress.
- Helps protect against mental fatigue associated with eye strain.
- SCS Certified, guaranteed to raise your Pharmanex® Biophotonic Scanner Score with regular use.

## WHAT POWERS IT

- **Astaxanthin**—unique carotenoid that helps protect brain cells from oxidative stress and has been studied for its effects on memory.
- **Grape Extract**—a powerful antioxidant that has been studied for its benefits on memory and cognitive function.
- **Vitamin E**—an essential vitamin that doubles as an antioxidant to protect cells from damage caused by oxidative stress.

## CLINICALS THAT PROVE IT

In a double-blind, placebo-controlled clinical study, 100 healthy adults with self-reported memory complaints took a placebo or memory blend for 12 weeks.

After 12 weeks, subjects taking the memory blend had an 8% improvement in episodic memory, as measured by cognitive function tests. Additionally, they reported a 42% improvement in everyday memory in a questionnaire about how often they experience memory problems.

The group taking the memory blend also had a 46% increase in BDNF, a biomarker of learning and memory, and a 12% decrease in MDA, a biomarker of oxidative stress, indicating the memory blend had neuroprotective benefits. Lastly, this group also saw a statistically significant increase in Skin Carotenoid Score.

## HOW TO USE IT

Take two (2) softgels with liquid once daily.

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

## TRY THESE WITH IT

- MYND360 Feel Calm
- MYND360 Relaxing Body Cream
- MYND360 Night Time
- MYND360 Sharp Focus
- MYND360 Energizing Hand and Body Wash

## LEARN MORE ABOUT IT

### • What is the role of Astaxanthin in Mind Full?

Astaxanthin is a unique carotenoid sourced from algae that has both water-loving and fat-loving properties. This enables it to provide antioxidant protection both on the surface of cells, as well as within cells. Because it's a carotenoid, it will also raise your Skin Carotenoid Score. Astaxanthin has been studied for its effects on memory, as well as helping to protect against mental fatigue associated with eye strain. Additionally, because of its strong antioxidant properties, it has a neuro-protective effect in the brain, which means it can help protect brain cells from oxidative stress.

### What is unique about Grape Extract in Mind Full?

Mind Full uses a special whole grape extract, meaning it is made from the fruit (including skin and pulp) of the grape and standardized to high concentrations of bioactive compounds like proanthocyanidins. The grape extract used in Mind Full has been studied specifically for its benefits in areas like attention and language and has been shown to improve memory and cognitive function.

### Why does Mind Full include Vitamin E?

Vitamin E is an essential vitamin that serves as an antioxidant in our bodies to protect our cells from oxidative stress. The brain is sensitive to oxidative stress due its high energy demands and oxygen utilization of the brain. The vitamin E in Mind Full is naturally sourced, because natural vitamin E is more bioavailable compared to synthetic vitamin E.

### How long do I need to take Mind Full to see results?

Our clinical study showed measurable benefits to episodic memory after taking Mind Full daily for 12 weeks. Third party studies on astaxanthin and grape extract at the doses found in Mind Full also showed benefits to various aspects of memory after 12 weeks of daily use. For best results, we recommend taking it daily.

### When is the best time of day to take Mind Full?

The best time to take Mind Full is whenever it is easiest for you! Consistency matters more than time of day. You can also take Mind Full with or without food. However, taking it with food that contains a small amount of fat may help with

the absorption of some of the fat-soluble nutrients, such as astaxanthin and vitamin E.

### What are the different types of memory?

Memory is complex. It includes the methods by which our brains acquire information, how our brains then process that information, and how we are able to then store and retrieve that information. These processes involved in memory allow scientists to categorize different types of memory and how different cognitive processes connect to memory functions.

- **Episodic memory** involves the retention, recall, and encoding of information about events and experiences concerning a specific time and place. Think of these events and experiences as episodes in your own personal life, and how effectively (or not) you are able to remember the details of what occurred.
- **Everyday memory** assesses common "everyday" memory issues about a wide variety of things such as repeating what you just said without realizing it, not remembering where you put the keys, or not remembering what you just read, and much more.
- **Verbal memory** concerns your ability to recall information that is told or read to you.
- **Visual memory** involves your ability to remember things that you have recently seen or witnessed.
- **Short-term memory** involves your ability to recall information that was just presented to you.
- **Delayed memory** is where you are given some information, and then move on to something different, and then come back to the previous information to see how well you can recall said information.
- **Working memory** is your ability to recall short-term memory but then apply it to a cognitive task. These aspects of memory can in turn impact key aspects of cognitive function, such as our ability to pay attention when someone is talking and language, which is our ability to communicate information.

### What is SCS certification?

SCS certification means that our scientists are confident that this product will raise your skin carotenoid score, or SCS, as measured by our Pharmanex BioPhotonic Scanner. Carotenoids are a class of important antioxidants that can come from a variety of sources, including fruits, vegetables, and your supplements. If a product is SCS-certified, then you can expect that using it will increase your scanner score over time.

**Can I combine Mind Full with other MYND360 products?**  
 Yes! If you feel like you need support for memory as well as another area, such as sleep, you can combine products to meet your needs.

**Who should take Mind Full?**  
 Mind Full is formulated for healthy adults who want additional support for memory and brain health.

**Does Mind Full treat any medical conditions?** No. Mind Full is a nutritional supplement designed to support memory, recall, healthy brain function, and neuroprotection. It does not, however, treat or prevent any medical conditions illnesses, or memory disorders including Alzheimer's disease, dementia, memory loss due to stroke or brain injury, or age- related memory loss. Seek a trained medical professional for help with any of these kinds of conditions.

**THE SCIENCE BEHIND IT**

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- Ulatowski LM, Manor D. Vitamin E and neurodegeneration. *Neurobiol Dis*. 2015 Dec;84:78-83. doi: 10.1016/j.nbd.2015.04.002. Epub 2015 Apr 22. PMID: 25913028.

**WHAT'S IN IT**

<b>Supplement Facts</b>		
Serving Size: 2 Capsules		
Servings Per Container: 30		
	Amount Per Serving	% DV
Vitamin E (as D-Alpha Tocopherol)	15 mg	100%
Astaxanthin (from Haematococcus pluvialis Algae)	9 mg	*
Grape Extract	250 mg	*
*Daily Value Not Established		

**Other Ingredients**  
 Olive Oil, Capsule (Gelatin, Glycerin, Water), Sunflower Lecithin, Beeswax.

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