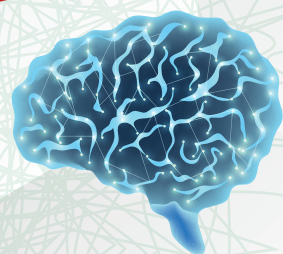




Nervolan



Nervolan



Average contents	Per 1 sachet	NRV %*
Acetyl L-Carnitine equal to Carnitine	1000 mg	
Nervonic acid	670 mg	
Vitamin B6	15 mg	357
Vitamin B12	5 mg	100
Folic acid	2,5 mcg	100
Theobroma Cacao powder	200 mcg	
	460 mg	

(*) Nutrient reference value
Gluten free. Naturally lactose free.

Ingredients:

Sweeteners: Sorbitol, Erythritol, Sucralose, Glycosides steviol, Acesulfame K; Acetyl L-carnitine hydrochloride; Potassium tribasic citrate; Bulking agent: microcrystalline cellulose; Cocoa (Theobroma cacao L.) seed plv; Aroma; Emulsifier: Polyoxyethylene sorbitan monolaurate; Nervonic acid; Vitamin B6 hydrochloride (Pyridoxine hydrochloride); anti-caking agent: Silicon dioxide; Vitamin B12 tit. 0.1% (Cyanocobalamin); Dye: Riboflavin phosphate; Folic acid.

The recommended dose is 1 sachet daily to be dissolved in a glass of water

References:

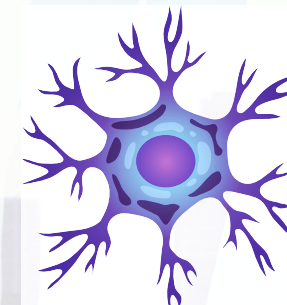
- <https://wa.kaiserpermanente.org/kbase/topic.jhtml?docId=hn-2795007>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6498091/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6721595/>
- <https://pubmed.ncbi.nlm.nih.gov/17327862/>
- <https://nootropicexpert.com/cacao/#cacao-improves-mood>



Marketing Authorisation holder:
PHARMILANO S.R.L Via Carlo Poma no. 32, Milano, Italy
www.pharmilano.it



contribute to normal psychological function, tiredness, and fatigue reduction.



contribute to normal nervous system functioning.



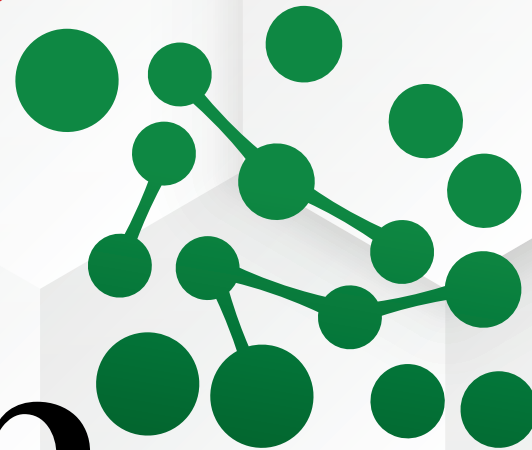
Made in Italy

14 SACHETS 7G

Nervolan



Nervolan



Nervolan is a food supplement based on Acetyl L-Carnitine, Nervonic Acid, some Vitamins of group B, and Theobroma Cacao powder, contribute to normal nervous system functioning.

Acetyl L-carnitine:

Is used for Alzheimer's disease, improving memory and thinking skills, treating symptoms of depression, and reducing nerve pain in people with diabetes.

There acetyl component of Acetyl L-Carnitine contributes to the synthesis of neurotransmitter acetylcholine. The neurotransmitter deficit brain acetylcholine is partly implicated in some dementia states related to aging.

In a controlled clinical trial, acetyl-L-carnitine was given to elderly people with mild cognitive impairment. After 45 days of acetyl-L-carnitine supplementation at 1,500 mg per day, significant improvements in cognitive function (especially memory) were observed.

Vitamins of group B:

There are vitamin B6, vitamin B12, and folic acid, such vitamins possess neuroprotective activity and specifically they are used in peripheral neuropathies and mood disorders.



Nervonic acid:

is a long monounsaturated fatty acid chain. It is significantly present in nerve tissue and in brain white matter, Nervonic acid is an important precursor of the biosynthesis of myelin. It is helpful to treat demyelination associated disorders such as adrenoleukodystrophy and multiple sclerosis that occurs with low level of nervonic acid in sphingolipids.

Nervonic acid can repair the damaged brain nerve pathways and promote the regeneration of nerve cells, which can be effective in the treatment of senile dementia, schizophrenia, psychosis, peroxisomal disorders, diabetes, and alcoholism.

In the experiments on the human model of maturing oligodendrocyte precursor cells (hOPCs) in vitro we demonstrated that fish oil mixture rich in nervonic acid affected the function of hOPCs, resulting in the improved synthesis of myelin basic protein, Additionally Fish oil mixture rich in NA reduces proinflammatory cytokines and chemokines, Based on these observations, we propose that the intake of FOM rich in the nervonic acid ester may improve oligodendrocytes function, affecting oligodendrocyte progenitor cells maturation and limiting inflammation.



Theobroma cacao:

Cacao is nature's favorite mood booster it also prevents dementia. Cacao has a lightly euphoric effect on the mind because it stimulates the transport of tryptophan in the brain. Tryptophan is an amino acid that increases the amount of serotonin in the brain, which improves your general mood and reduces anxiety.

The beneficial natural compounds in cacao include flavonols, a plant-based antioxidant that supports a wide range of health benefits as well as serotonin, endorphins, phenylethylamine, tryptophan, and anandamide, all of which have been shown to ease depression and create feelings of wellbeing and happiness.

In a double-blind study, 72 healthy middle-aged participants received a dark chocolate drink mix standardized to contain 500 mg, 250 mg, or 0 mg of polyphenols once daily for 30 days. Participants were tested at the beginning of the study, at 1, 2.5, and 4 hours after a single dose. And again after receiving 30 days of treatment.

The researchers concluded that a high dose of cocoa polyphenols improved calmness and contentedness.



Made in Italy

14 SACHETS 7G