

RECODE WITH THE BREDESEN PROTOCOL

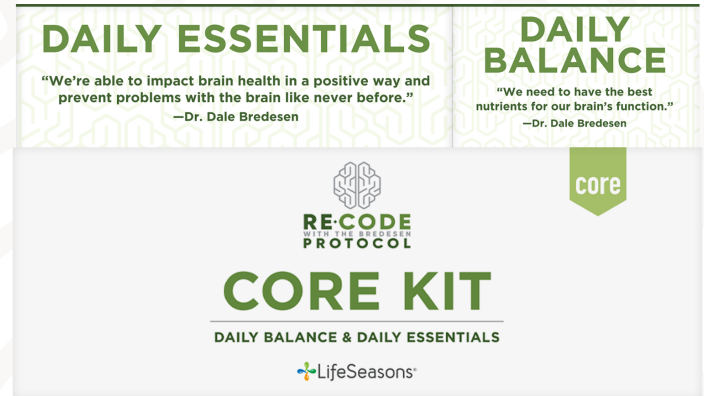
Core Kit

How It Works

Dr. Bredesen, one of the world's leading neurologists, partnered with LifeSeasons to craft an ideal supplement regimen for his ReCODE Protocol. The Core Kit consolidates your Daily Essentials pill packs and the Daily Balance powder stick packs.

With all of these formulas combined, you've got the dream team for memory and cognitive health. From the natural fuel boosters in the Morning Balance powder to the ReCODE Probiotics that support premium gut health, the Core Kit has key ingredients that everyone can benefit from.*

Everyone is different, and results will vary from person to person. The key is to maintain consistent use every day to see the best results.



Features & Benefits

Daily Balance and Daily Essentials in one convenient package.

Daily Balance powders support gut health and brain wellness.*

Daily Essentials provide key nutrients that promote cognition, clarity, and memory.*





ReCODE Protocol Daily Balance

Morning Balance Powder

These stick packs support cognition and memory, as well as provide a healthy source of fiber. With key ingredients, such as Bacopa, L-Glutathione, and NAD⁺, the Morning Balance powder provides signaling and nutritive support for your brain and encourages a healthy vascular system.*

Evening Balance Powder

A dose of just the right amount of botanicals and nutrients before bed, this formula will ease stress and support brain health overnight. With calming ingredients, like Ashwagandha and 5-Hydroxytryptophan, the Evening Balance powder increases serotonin production and supports neurotransmission to enhance your cognition, day and night.*



ReCODE Protocol Daily Essentials

Daily Probiotics

Enrich your brain-gut connection with specific probiotics that support a healthy microbiome and cognitive health.*

Daily Omega-3s

Omega-3 fish oil has been shown to support eye, heart, and brain health. It stimulates cell production and offers a healthy response to inflammation.*

Daily Multivitamin

This formula is designed to meet daily nutrition needs and boost cognitive performance.*

Daily Antioxidants

Defend against oxidative stress and protect your brain health with this dose of antioxidants.*



How to take

Morning Balance Powder



**Pour 1 stick pack
into 8 oz. of water.**



**Stir until the
powder dissolves.**



**Take every morning,
with or without food.**

Evening Balance Powder



**Pour 1 stick pack
into 8 oz. of water.**



**Stir until the
powder dissolves.**



**Take every evening 1
hr before bed.**

WARNING: MAY CAUSE DROWSINESS WHEN USED AS DIRECTED



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Daily Essentials



2 Pill Packets



With Food



Daily

If tolerated, pill packets can be taken in the morning on an empty stomach. They may be taken separately or together. However, it is not recommended that you take these supplements in the evening as the ingredients could be energizing and may interfere with sleep. Feel free to personalize the timing to best address your needs.

Ingredients

DAILY ESSENTIALS

Supplement Facts			
Serving size: 2 Pill Packets / Servings per container: 30			
Amount per serving	% DV	Amount per serving	% DV
Calories	35	Probiotic (20 Billion CFU) & Prebiotic Blend	518 mg †
Total Fat	3.5 g 4%**	FOS (Fructo-Oligosaccharide)	(105 mg) †
Vitamin A (as retinyl palmitate)	1,500 mcg RAE 167%	<i>Lactobacillus helveticus</i> R0052 (6 Billion CFU)	(80 mg) †
Vitamin C (as ascorbic acid)	400 mg 444%	<i>Bifidobacterium longum</i> R0175 (6 Billion CFU)	(240 mg) †
Vitamin D3 (as cholecalciferol)	100 mcg 500%	<i>Lactobacillus acidophilus</i> La-14 (4 Billion CFU)	(40 mg) †
Vitamin E (as natural d-alpha tocopheryl succinate, plus mixed tocopherols)	274 mg 1,827%	<i>Bifidobacterium bifidum</i> Bb-06 (2 Billion CFU)	(40 mg) †
Vitamin K2 (as menaquinone MK-7)	100 mcg 83%	<i>Bifidobacterium breve</i> Bb-03 (2 Billion CFU)	(13 mg) †
Vitamin B1 (as thiamine HCL)	1.5 mg 125%	Potassium Caprylate (80% [400 mg] caprylic acid)	500 mg †
Vitamin B2 (as riboflavin)	2 mg 154%	Meriva® Curcumin/Sunflower Lecithin (from Turmeric (<i>Curcuma longa</i>) rhizome and Sunflower (<i>Helianthus annuus</i>) seed extracts)	500 mg †
Vitamin B3 (as niacinamide)	15 mg 94%	NeuroFactor® Coffee (<i>Coffea arabica</i>) fruit extract	100 mg †
Vitamin B6 (as pyridoxal-5-phosphate)	15 mg 882%	Resveratrol (from <i>Polygonum cuspidatum</i>)	100 mg †
Folate (from Magnafolate® C as calcium L-5-methyltetrahydrofolate)	1,336 mcg DFE 334%	Alpha Lipoic Acid	100 mg †
Vitamin B12 (as 500 mcg adenosylcobalamin, 500 mcg methylcobalamin)	1,000 mcg 41,667%	CoQ10 (ubiquinone)	100 mg †
Iodine (from Atlantic kelp (<i>Laminaria digitata</i>) extract)	150 mcg 100%	Trace Minerals (from Redmond's Real Salt®)	75 mg †
Zinc (as OptiZinc® zinc methionine)	15 mg 136%	Tocotrienols (10% [2.5 mg] tocopherols)	25 mg †
Omega-3 Fatty Acids	5,000 mg †	PQQ (Pyrroloquinoline quinone, as PQQ disodium salt)	10 mg †
EPA (Eicosapentaenoic Acid)	(600 mg) †		
DHA (Docosahexaenoic Acid)	(1,000 mg) †		

† Daily Value (DV) not established.

** Percent Daily Value are based on a 2,000 calorie diet.

Other Ingredients: Capsules (Hypromellose (vegetable cellulose), microcrystalline cellulose, rice bran, silica). Softgel capsules (Highly purified fish oil, bovine gelatin, glycerin, purified water).



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*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.

Ingredients

Daily Balance

Supplement Facts					
Serving Size: 1 Stick Pack					
Servings per container: 30					
	Amount per serving	% Daily Values		Amount per serving	% Daily Values
Calories	15		Bacopa (<i>Bacopa monnieri</i>) whole plant extract [std. to 20% (100 mg) bacosides A&B]	500 mg	†
Total Fat	0.5g	<1%**	Wellmune WGP® Beta Glucan [std. to 75% (375 mg) 1,3/1,6 beta-glucan] (from <i>Saccharomyces cerevisiae</i>)	500 mg	†
Total Carbohydrate	4g	1%**	L-Glutathione (from Setria® L-Glutathione reduced)	350 mg	†
Dietary Fiber	3g	11%**	NAD+ (Nicotinamide adenine dinucleotide)	100 mg	†
Choline (as conditioned choline bitartrate)	50 mg	9%	† Daily Values not established.		
Fibersol 2® [std. to 90% (1350 mg) soluble dietary fiber]	1,500 mg	†	**Percent Daily Values are based on a 2,000 calorie diet.		
Fibregum™ (<i>Acacia senyal</i>)	1,500 mg	†			
Lecithin (from sunflower)	1,000 mg	†			
Beet (<i>Beta vulgaris</i>) root juice	750 mg	†			

Other Ingredients: Stevia (*Stevia rebaudiana*) leaf extract, silica, bitter blocker, Stevia (97% rebaudioside A).

Supplement Facts					
Serving Size: 1 Stick Pack					
Servings per container: 30					
	Amount per serving	% Daily Values		Amount per serving	% Daily Values
Calories	7		Chamomile (<i>Matricaria recutita</i>) flower extract (4:1)	100 mg	†
Total Carbohydrate	4g	1%**	5-hydroxytryptophan (from <i>Griffonia simplicifolia</i> seed extract)	50 mg	†
Dietary Fiber	3g	11%**	Hawthorn (<i>Crataegus pinnatifida</i>) leaf and flower extract [std. to 1.8% vitexin-2'-O-rhamnoside]	50 mg	†
Magnesium (from 2,085 mg Magtein® magnesium L-threonate, 500 mg magnesium amino acid complex)	250mg	60%	Lemon Balm (<i>Melissa officinalis</i>) leaf extract [std. to 2% (1 mg) flavonoids]	50 mg	†
Fibersol 2® [std. to 90% (1350 mg) soluble dietary fiber]	1,500 mg	†	Passion Flower (<i>Passiflora incarnata</i>) extract [std. to 4% (2 mg) flavonoids]	50 mg	†
Fibregum™ (<i>Acacia senyal</i>)	1,500 mg	†	Melatonin	1 mg	†
Sensoril® Ashwaganda (<i>Withania somnifera</i>) root and leaf extract [std. to 10% (100 mg) withanolides]	1,000 mg	†	† Daily Values not established. **Percent Daily Values are based on a 2,000 calorie diet.		

Other Ingredients: Stevia (*Stevia rebaudiana*) leaf extract, silica, bitter blocker, Stevia (97% rebaudioside A).



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