

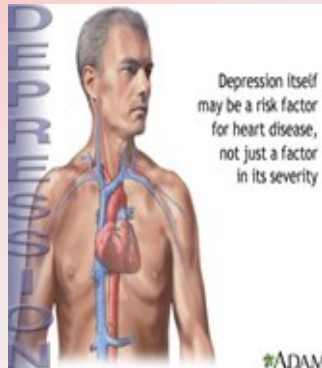
Early Depression Symptoms

Depression can strike anyone. Often a case of the “blues” can lead to depression. There are various types of depression, elderly depression, post partum depression, situation depression, and depression caused by chemical imbalances in the brain. Researchers from the Mayo Clinic found that apathy and depression are strongly linked to a person's risk of progressing from mild cognitive impairment to dementia, including Alzheimer's disease.

DEPRESSION SYMPTOMS:

The symptoms of depression include new sleeping habits, new eating habits, a sense of hopelessness, disillusionment, pessimism, worthlessness, changes in behavior, changes in mood patterns, or a sullen and withdrawn attitude. The patient needs to express 5

or more of these symptoms for at least two weeks to be considered to have major depressive disorder, but having any two symptoms for a week or more may be a sign of mild to moderate depression. Severe depression can lead to irrational thoughts and behavior, including thoughts of hurting oneself or suicide.



DEPRESSION COMPLICATIONS:

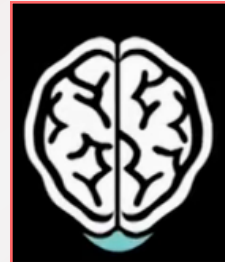
Untreated depression can lead to serious consequences, such as the loss of a job, illness, the loss of family, and in some cases self inflicted death. Even treated depression can lead to self inflicted wounds and in the worst case scenario, death. Depression is serious and needs to be remedied as early as possible. Post partum depression can lead to the mother harming herself or her baby.

ENZOLife Cognitive Serum.

Our brains need care. It now appears that most adults need about 4,000 IU's of vitamin D3 a day in order to get their serum levels above 40 ng/ml, which is the lowest they should be. Ideally your serum levels should be between 50-70 ng/ml. It's likely that vitamin D fights depression via several pathways, not only directly in your brain but also via inflammation. Vitamin D receptors have been identified throughout the human body, and that includes in your brain. Researchers have located metabolic pathways for vitamin D in the hippocampus and cerebellum of the brain, areas that are involved in planning, processing of information, and the formation of new memories.

Making Our Brain Formula Work:

Magnesium is an essential mineral for healthy nervous system function. Magnesium threonate is unique in that it can cross the blood-brain barrier to improve synaptic density and quality. Deficiency has long been known to negatively affect brain function.

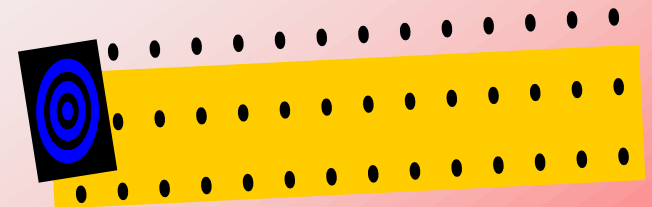
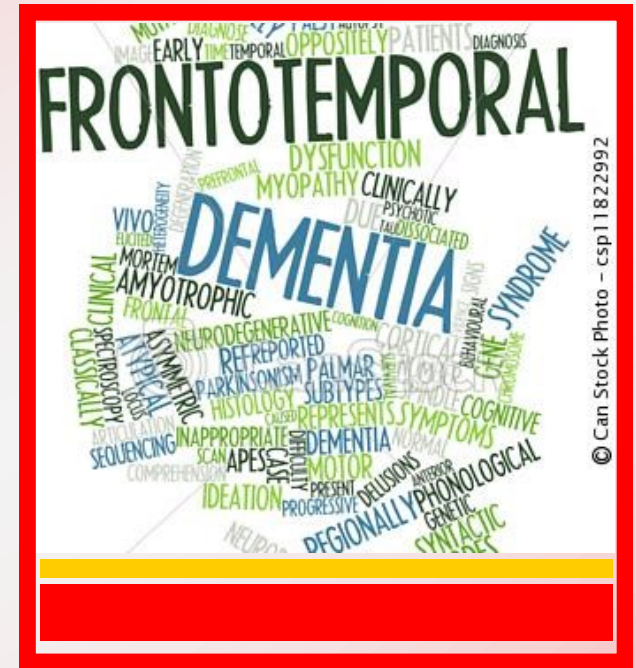


Magnesium Threonate Improves Nerve Cell Connections

The brain consists of about 100 billion neurons. On average, each neuron is connected to other neurons through about 10,000 synapses. The theory is pretty straight forward: The more connections you have, the better your memory, the faster your brain processes information, and the better your attention and focus will be. Neurologists refer to the deterioration of the connections as *synaptic decay*. It's basically a decrease in density and number of synaptic “connections.”

ENZO Professional is a powerful nutritional supplement!

Health benefits are due to the broad spectrum of flavonoid compounds present in the Enzogenol pine bark extract. These plant compounds have multiple physiological effects in our body. They work as antioxidants, and as natural anti-inflammatory agents, and they contribute to detoxification through their strong metal-chelating action. For these reasons, you should really give it a try by adding it to your regimen.



**ENZOLIFE COGNITIVE
SERUM
DEMENTIA, ANTI-DEPRESSION
& COGNITIVE THERAPIES**



