

PROMEDICS BOTANICAL BOOTCAMP COGNITIVE AND MEMORY SUPPORT

INDICATION	PRODUCT	DOSE	TIME TO CLINICAL BENEFIT	CLINICAL NOTES
NERVE DAMAGE, CNS DEGENERATION, DEMENTIA, BRAIN INJURY	LION'S MANE MUSHROOM	2 caps bid	6 wks min for cognition	
DEPRESSION, FATIGUE, ANXIETY	ULTIMATE OMEGA 2X	2 caps with food	6 wks min for depression	
ANXIETY, INSOMNIA, RESTLESSNESS	KAVA	1 tab tid (max: 5/d)	As needed	CI - liver disease, L-dopa or Parkinson's meds. Caution with CNS sedatives
INSOMNIA		2-3 tabs before bed		
FATIGUE, AGING, DEHYDRATION LEADING TO SLOWER COGNITION, INCREASED OXIDATION	GREENSFIRST PRO	1 scoop in water	4 wks min	
CONCENTRATION, LONG-TERM MEMORY, MILD ANXIETY	BACOPA COMPLEX	2 bid	For duration of study/ focus period	Caution - Figwort or mint family allergies. CI - pregnancy
SHORT-TERM MEMORY, VERTIGO, ANTIOXIDANT	GINKGO FORTE	3-6 tabs	For study period	CI - with products that affect blood coagulation (eg blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding.
TINNITUS		3 tabs bid	1 mo, then drop dose	
COGNITIVE DECLINE		2-4 tabs bid	3-6 mo min	