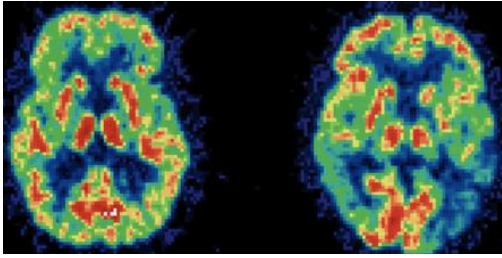


Brain Scan Comparison of Alzheimer's Disease



Drugs

B-Complex

National Academy of Sciences - May 27, 2012

An inexpensive regimen of vitamins in use for decades is seen by scientists as a way to delay the start of Alzheimer's disease and dementia, a goal that prescription drugs have failed to achieve.

Drug makers including Bristol-Myers Squibb Co., Pfizer Inc. (PFE) and Eli Lilly & Co. (LLY) have spent billions of dollars on ineffective therapies in a so-far fruitless effort to come up with a treatment for dementia and Alzheimer's.

Now, in the latest of a steady drumbeat of research that suggests diet, exercise and socializing remain patients' best hope, a study published today in the Proceedings of the National Academy of Sciences shows that **vitamins B6 and B12 combined with folic acid slowed atrophy of gray matter in brain areas affected by Alzheimer's disease.**

"You don't have any other options for these patients, so why not try giving them this cocktail of B vitamins?" says Johan Lökk, a professor and head physician at Karolinska University Hospital Huddinge in Sweden..

People's brains shrink about 0.5 percent a year from the age of 60.

Taking Offensive

"We think the increased homocysteine level could be deleterious to the brain," Lökk said. "We wanted to be on the offensive in diagnosing and treating patients. In our opinion, it is harmless and inexpensive."

HEALTH BEAT – February, 2002

Note: **Health Beat** was published in 2002. Again Shaklee leads in research, this time by eleven years.

Alzheimer's Disease - Why everyone should take B-Complex!

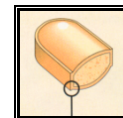
Here is a very good reason why everyone should be taking Shaklee's B-complex!

There "appears to be a newly discovered relation between the level of homocysteine in the blood and Alzheimer's disease, as reported in the New England Journal of Medicine (Feb. 14, 2002)

For years, homocysteine has been known to have a direct toxic effect on cells lining the body's arteries.

The compound is clearly related to coronary artery disease, stroke, peripheral vascular disease and the aging of the brain.

The study indicates that the higher the homocysteine level, the more likely a person will develop Alzheimer's. This finding is doubly important because **homocysteine blood levels can be significantly reduced by supplemental folic acid, a vitamin, in dosages of one to two milligrams a day.**



Folic Acid in the form of Folate is included in the Shaklee B-Complex patent-pending coating Provides all eight of the B vitamins, including B6, B12 and Biotin, needed to initiate hundreds of critical biochemical reactions in the body, such as converting the foods we eat into energy.

Independent clinical studies on Shaklee products are conducted by researchers at leading universities.

Over 100 Shaklee-sponsored research papers have been published in major medical and nutritional scientific periodicals throughout the world.

Vitamin cocktail leaves dementia in the dust

As I've gotten along in years, I've been forced to face two unpleasant truths — I don't appear to be getting any smarter or better looking. And it seemed like the minute those first strands of gray started creeping around my temples, the old "senior moments" started flaring up.

Some mornings, I have a better chance of finding the lost ark than where I placed my keys — and if you offered me a penny for my thoughts, you'd have a right to expect change.

I don't just want you to live long, friend — I want you to live well. And keeping your brain healthy is essential to maintaining the quality of life we all deserve as we age.

Now, thanks to an amazing new breakthrough from Oxford University, a simple vitamin cocktail may be all you need to keep your brain razor sharp as you age and ward off the ravages of dementia and Alzheimer's disease FOREVER!

In fact, three simple vitamins could work together like a well-oiled machine to offer your brain up to 90% protection against the most common cause of dementia!

Here's the scoop. Researchers tracked 156 people over the age of 70 who were suffering from mild memory loss and high levels of homocysteine — a protein that shrinks your brain and can lead to devastating cognitive decline, such as dementia.

The research volunteers ate balanced diets, exercised regularly, and consumed a daily cocktail of vitamins B6, B12, and folic acid.

The results weren't just impressive. The head of the Imaging Genetics Center at UCLA's School of Medicine said they were the most amazing brain scans he had ever seen! People who took the daily combo of B6, B12, and folic acid had a whopping 90% less brain shrinkage than folks who took a placebo.

Let's put that into some context — previous research had shown that other lifestyle changes like reducing alcohol consumption or dropping excess weight resulted in an already impressive 25% less brain shrinkage. This vitamin cocktail of B6, B12, and folic acid appears to be 350% more effective!

(B vitamins aren't the only way to beat homocysteine. One food found in the produce aisle (BEETS) has been found to be surprisingly [effective at lowering levels](#).)

If you're anxious to give this vitamin cocktail a go, a quick word of caution on folic acid. You can find it cheaply in any store that sells supplements, but it still may be no bargain. That's because, as you age, folic acid might not do your brain a darn bit of good. That's why Dr. Wright has been recommending folate over folic acid for years. ([comment by Lorri: Shaklee uses "folate" in their supplements](#))

You see, human cells can't use folic acid, and we depend on our livers to convert it to all the folate our brains need to stay sharp. But as we age, our bodies become less efficient at converting folic acid to folate — and some folks can't convert folic acid to folate at all. So you're better off incorporating folate into your vitamin regimen, instead of folic acid.

Our Creator may have given us two eyes, two ears, two lungs, and two kidneys, friend, but he only gave us one brain — and you need to do everything you can to keep your noggin in tip-top shape. Talk with your doctor about giving this safe, natural vitamin remedy a try, and see if you just might be able to leave dementia in the dust for good!

Dr. Jonathan Wright

