Clear Thoughts®

Improve Your Memory

- Memories are “stored” in the pathways of cells called neurons in the brain. Damage to these neural pathways can result in certain kinds of memory loss.

- Short-term memory refers to the ability to remember recent events – those that happened minutes to hours ago. Long-term memory refers to the ability to recall events that occurred weeks or years ago.

Recalling names, numbers, important words or phrases and being able to concentrate on the task at hand is called “short-term memory.” Researchers believe that information stored in your short-term memory is firmly embedded in the brain but, with age, can become increasingly hard to retrieve.

Unicity International Clear Thoughts dietary supplement combines herbs and nutrients such as phosphatidylserine (PS), Ginkgo biloba and gotu kola with a select combination of vitamins, minerals and amino acids that have been found to be important to brain function. Clear Thoughts provides your body with the nutritional support it needs for enhanced memory and thinking power.

This dietary supplement is suitable and effective for everyday use. Contains no wheat, gluten, yeast, dairy, corn, soy, sugar, starch and artificial colors or flavors.

“Growing evidence supports the view that proper nutritional intake is an important determinant of cognitive function”

Source: www.matrix.psych.ualberta.ca

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.
Clear Thoughts®

Q: When is the best time of day to take Clear Thoughts?
A: Because Clear Thoughts provides nutritional support for enhanced memory and thinking power,* it is best to take one capsule twice daily with a meal.

Q: What’s the difference between Clear Thoughts and CognoBlend®?
A: CognoBlend is formulated solely with herbs, while Clear Thoughts is a dietary supplement comprised of vitamins, minerals and herbs. CognoBlend supplies select herbs that have been associated with promoting different, targeted aspects of brain function. Clear Thoughts provides vitamins and minerals for healthy nerve transmission and circulatory function, and it includes complementary herbs.*

Q: Does gotu kola contain any caffeine?
A: No. This herb, which grows in tropical areas of the world and is used widely in India, does not contain any caffeine.

Scientists have learned that the key to optimal mental functioning is to maintain healthy levels of neurotransmitting chemicals in the brain. As we age, many of our body’s processes, including brain functions, slow down. Other situations that can hinder mental functions are stress, poor diet, an inactive lifestyle and heredity.

Neuroscience research indicates that supplementation with specialized dietary supplements may play an important role in the activity and production of such chemicals and provide your body with the support it needs for proper brain function. Growing evidence supports the view that proper nutritional intake is an important determinant of cognitive function. It is believed that some of the decline in cognitive function associated with age may be responsive to improved nutritional intake, including the important nutrients in Clear Thoughts.

References

Supplement Facts

<table>
<thead>
<tr>
<th>Supplement Facts</th>
<th>Clear Thoughts®</th>
<th>Clear Thoughts® Supplement Facts</th>
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<tbody>
<tr>
<td>Amount Per Serving</td>
<td>% Daily Value</td>
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<tr>
<td>Magnesium Sulfate</td>
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<tr>
<td>Zinc Amino Acid Complex</td>
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<td>Copper Amino Acid Complex</td>
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<tr>
<td>L-Taurine</td>
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<td>L-Phenylalanine</td>
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<td>Other Ingredients: Solubilized, Magnesium Phosphate, Silica Hydrogel.</td>
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