



Item: 0960  
Quantity: 60 Capsules

# 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.

### A ANTI-AGING HEALTH SYSTEM

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

Source: [www.matrix.psych.ualberta.ca](http://www.matrix.psych.ualberta.ca)

### P PRODUCT INFORMATION

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.

### P FEATURES AND BENEFITS

- ▶ Enhances short-term memory and thinking power\*
- ▶ Increases your ability to concentrate\*
- ▶ Helps increase oxygen and blood flow to the brain\*

\* 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<sup>®</sup>

## ? FREQUENTLY ASKED QUESTIONS

**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 CognoBlendTM?**

**A:** CognoBlend is formulated solely with herbs, while Clear Thoughts is a dietary supplement 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 required 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.

## S SCIENCE

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.

## R REFERENCES

- Oken BS, et al. The efficacy of Ginkgo biloba on cognitive function in Alzheimer disease. *Arch. Neurol.* 1998 Nov.;55(11):1409-15. Review [Ginkgo Biloba]
- Lee MH, et al. Supplementation of the phosphatidyl-L-serine requirement of protein kinase C with nonactivating phospholipids. *Biochemistry.* 1992 Jun. 9;31(22):5176-82. [Phosphatidylserine]
- Rada PV, et al. Effects of supplemental choline on extracellular acetylcholine in the nucleus accumbens during normal behavior and pharmacological acetylcholine depletion. *Synapse.* 1994 Mar.;16(3):211-8. [Choline]

Supplement Facts	
Serving Size: 2 Capsules Servings Per Container: 30	
Amount Per Serving	% Daily Value
Vitamin E (as D-alpha Tocopheryl Succinate & Acetate) 30 IU	100%
Niacin (as Niacinamide) 20mg	100%
Folic Acid 0.4mg	100%
Vitamin B12 (as Cyanocobalamin) 60mcg	1000%
Zinc (as Zinc Chelate) 15mg	100%
L-Glutamine 200mg	†
Gotu Kola Powder 150mg	†
L-Tyrosine 100mg	†
Ginkgo Biloba Leaf 60mg	†
Phosphatidylserine 50mg	†
Damiana Leaf 50 mg	†
Choline Bitartrate 50mg	†

† Daily Value not established  
Other Ingredients: Gelatin, Maltodextrin, Magnesium Stearate, Silicon Dioxide



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