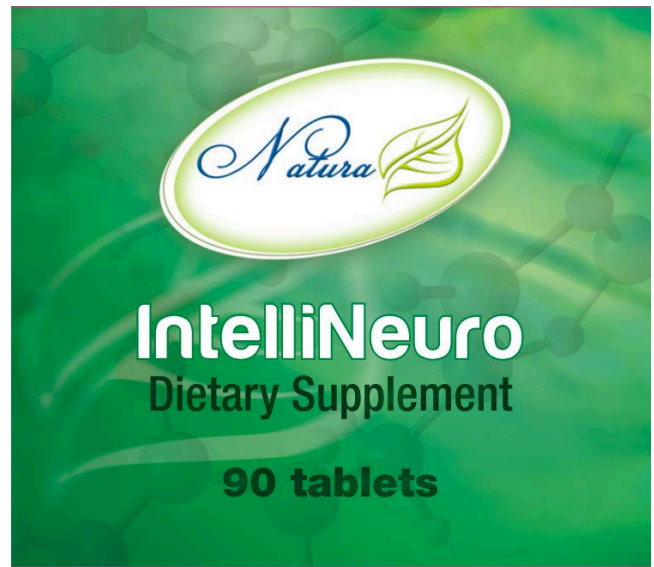


IntelliNeuro – Introduction

Ideal Protein is pleased to introduce **IntelliNeuro**, a great addition to our series of very specialized micro-nutritional formulations.

- Designed to supply the body with specific nutrients and co-factors to ensure it has all the “molecular building blocks” necessary for the adequate synthesis of very important neurotransmitters/hormones.
- These include serotonin, melatonin, dopamine, norepinephrine and epinephrine, also known as adrenaline.
- Not only are some of these compounds key in maintaining a feeling of well-being and satiety*, some, such as epinephrine and norepinephrine, play major roles in the release of fatty acids from the adipocytes and are key players in the process of gluconeogenesis.



Ingredients

Each tablet contains:

- 5-HTP (5 hydroxytryptophan) 100 mg
- L-Tyrosine 100 mg
- Vitamin C (ascorbic acid) 275 mg
- Vitamin B-6 (pyridoxine HCl) 20 mg

L-Tyrosine

L-Tyrosine is classified as a non-essential amino acid, meaning that if not enough is available for the body's needs, the body can make its own. However, tyrosine can only be made from the essential amino acid phenylalanine. Tyrosine is an extremely important amino acid in the physiology and biochemistry done during the Ideal Protein Protocol.

How Should I take IntelliNeuro?

We recommend one tablet two to three times a day, taken on an empty stomach. It is important to take **IntelliNeuro** on an empty stomach because L-Tyrosine and 5-HTP are amino acids and we want maximum absorption of these micro-nutrients. If we were to take the tablet with one of our high quality Ideal Protein foods, the amino acids from the foods would compete with the aminos in the **IntelliNeuro** for entry into the absorption channels in the gut and again for the channels in the blood-brain barrier. We want to get the maximum amount of **IntelliNeuro** across this barrier into the brain. In other words, taking this product on an empty stomach will ensure better absorption.



Precautions and Contraindications

Since this product is a micro-nutritional with no pharmacological activity in and of itself, it is strongly recommended that patients or clients on the following classes of prescription medications obtain permission from their health care professional before starting **IntelliNeuro**.

For example:

- **MAO inhibitors such as Nardil® or Parnate® (these drugs are not frequently used today).**
- **SSRIs such as Prozac® or Paxil®**
- **SSNRIs such as Effexor®**
- **Any opioid, including weaker ones such as tramadol**

Please remember, if you are not certain about a drug name or have any concerns, please contact the Scientific Support Center for guidance before starting **IntelliNeuro**. Access to the SSC is done via the Online System. Simply log into your account, click on "Support," then click on "Scientific Support Center".

For more information visit the Client Library under Clinic Manual > 6. Micronutrition

Additional information

What is Micronutrition?

- First, micronutrition is a field of science that postulates that by providing the body with very specific naturally occurring substances such as vitamins, electrolytes, minerals and trace minerals, in amounts slightly above what is normally provided by a balanced macronutritional diet, we may be able to enhance the efficacy of specific biochemical pathways.
- Second, micronutrition is merely ensuring individual cells of the body will have all the necessary raw materials to properly carry out their daily functions. Again, as in the case of Ideal Protein's recommendation for daily protein intake, we strive to make sure the body is supplied with the adequate amounts of certain specific raw materials in order to fulfill its physiological functions.
- Finally, and perhaps most importantly when understanding the concept of micronutrition, is the fact that micronutrients have absolutely no pharmacological activity in and of themselves, they only ensure the body has the raw materials to make important molecules when it needs to do so.

Michael P. Ciell, BPharm, RPh., Senior Scientific Advisor,
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