

therabio

Have you ever  
taken care of your  
nervous system?

The nutritional food for your nervous system


**Neurolax**

Walnut with B Vitamins Drink



ISO:  
22000





Nervous system is our body's command center, where the headquarter is located in the brain. **It affects almost every aspect of our health:**

01



Mental health  
memory, learning,  
depression,  
anxiety & etc.

02



Physical health  
movements  
balance &  
coordination

03



Senses  
how the brain  
interprets taste,  
touch, hear & etc.

04



Sleeping  
pattern  
insomnia

05



Cardiovascular  
health  
heartbeat &  
breathing patterns

06



Body  
processes  
puberty

# Common causes that affect the nervous system



Lack of nutritious foods which contain essential nutrients for nerves health



Taking medications which deplete the essential nutrients for nerves health



- **Diabetic medication**
- **Cytotoxic medication**



Certain health problems which cause nerves injury



- **Autoimmune disease**

- **Stroke**



- **Kidney disease**



Accidental injury



Radiation



Aging



**Neurolax** is a unique formulation comprises of essential nutrients for neuro health and herbal extract to improve the overall nervous system health mentioned above. It contains Valerian root extract, B Vitamins, choline, soy lecithin, green tea extract, walnut (alpha-linolenic acid) and other nutrients which are essential in treating neuropathy or nervous breakdown. The Bs vitamin in particular, is essential in reducing oxidative stress for diabetic patients. A 2017 review indicates that supplementing with B vitamins promotes nerve repair as it could speed up nerve tissue regeneration and improve nerve function.

# Those who are facing the condition(s) below would need Neurolax:



**Anxiety**



**Undergoing radiation treatment**



**Depression**



**Eating disorders**



**Sleeping disorder**  
(Insomnia)



**Post-traumatic stress disorder (PTSD)**



**Diabetes**



**Kidney disease**



**Stroke**



**Autoimmune disease**  
(Lupus, Rheumatoid arthritis, multiple sclerosis)



**Undergoing cytotoxic medication**  
(Chemotherapy)



**Accident caused injuries**



**WALNUT** has greater antioxidant capacity, polyphenols, folate, food-based melatonin and ALA (Omega-3 fatty acids) content. ALA is the precursor for DHA that can modulate serotonin and dopamine concentration known to influence mood and sleep. Food-based melatonin in walnut can act as regulator of biological rhythmicity and sleep. Sufficient sleep has been associated with better mood.



**SEAWEED** contains natural minerals which includes calcium, iron, zinc and magnesium which are ideal for maintain of neuro health. Calcium plays a role in the transmission of messages throughout the central nervous system whereas magnesium possesses calming properties on the nervous system. That is why calcium is normally works along with magnesium to nourish the nervous system and prevent anxiety, panic attack, and restlessness or irritability. Besides, iron and zinc are essential for a number of enzymes involved in neurotransmitter synthesis, including serotonin, dopamine and norepinephrine, which are involved in the regulation of mood, neuronal activity, and anxiety. Iron and zinc deficiency is usually associated with a low level of serotonin. Serotonin is the key hormone that stabilizes our mood, feelings of well-being, and happiness as well as helps with sleeping.



**GREEN TEA Extract** is high in L-theanine. Theanine is believed to be the main sleep-promoting compound in green tea. It works by reducing stress-related hormones and neuron excitement in your brain, which allows your brain to relax.



**SOY LECITHIN** Our brain is a fatty organ (about 60 percent is fat) and the dry composition of the brain shows about 30 percent of it as lecithin. Therefore, the use of lecithin is important in helping regenerate and revive sluggish brain cells.

Besides, lecithin helps to make the neurotransmitter acetylcholine which is used by the brain to regulate and control motion and sensory activities. Soy lecithin also contains phosphatidylserine, and it is a phospholipid found in the cell membranes in animals and plants. These phosphatidylserines can significantly reduce the stress hormones known as (ACTH) and cortisol.



**CHOLINE** helps with the DNA synthesis and is required to make acetylcholine, an important neurotransmitter. Study also showed choline concentrations were negatively associated with anxiety symptoms.



**VALERIAN** root is one of nature's popular herbs which used as a remedy for insomnia. The herb hastens sleep, improves sleep quality and reduces night time awakenings. According to the results of several studies, including one conducted in Germany in 1993, valerian helps you to fall asleep more quickly, especially if you are elderly or a habitually poor sleeper.

## VIT B1

**VITAMIN B1** is needed by our bodies for nerve stimulation and for metabolism of carbohydrate for brain energy along with body energy. Symptoms of Vitamin B1 deficiency are mood disorders, anxiety insomnia, restlessness and night terrors. The brain uses Vitamin B1 to convert blood sugar into fuel. If vitamin B1 is inadequate, the brain will run low of energy very quickly leading to fatigue, anxiety, depression and irritability.

## VIT B2

**VITAMIN B2** deficiency can cause adverse personality changes, including aggressive personality alterations.

## VIT B3

**VITAMIN B3** deficiency can be associated with depression by irritability and other mental disturbances.

## VIT B5

**VITAMIN B5** is needed in the formation of the neurotransmitter acetylcholine, which can be related to some forms of depression.

## VIT B6

**VITAMIN B6** is needed by our bodies to help in the regulating our mood disorders. It is needed to manufacture the crucial neurotransmitter in our brain.

## VIT B7

**VITAMIN B7** is essential in improving the cognitive functioning of the brain. It helps in repairing the brain cells and in turn, is used for treating symptoms associated with psychotic conditions like brain fog, depression, schizophrenia, hallucinations, etc.

## VIT B9

**VITAMIN B9** is also called folate or folic acid. The blood levels of folic acid were much lower among people with depression.





**VITAMIN B12** deficiency can cause mental changes that result in concentration difficulty. The most serious problem of a B12 deficiency can lead to an oxygen transportation problem known as pernicious anemia. This can lead to mood swings, paranoia, irritability, hallucinations, confusion, dementia, dizziness, heart palpitations, weakness, shortage of breath, and tingling sensations in the extremities.

**Diabetes patients who are taking medication are at higher risk of developing vitamin B12 deficiency which would lead to neuropathy and other complications**





## Neurolax

Applying the nutrition knowledge as the pillar, coupled with western herbal extract and finally supported with natural food ingredients, this is how the formulation of Neurolax comes to light. Our body needs substantial amount of nutrients to sustain life. While some nutrients enable the body system to work, some make them relax and rest. A balance state between the two activities is crucial for every cell in our body to regenerate and repair by our very own system.

### How to consume:

Take 1-2 sachets after meal with room temperature water or warm water, preferably after breakfast and dinner.

#### **Note:**

- Drink sufficient water for better absorption
- Due to the natural properties of the ingredients, its colour, flavour and sweetness may vary slightly for every batch
- No added sugar in this product.

## INGREDIENTS:

Walnut, Seaweed Minerals, Green Tea, Soy lecithin, Choline, Valerian Root Extract, Vitamin B2, Vitamin B3, Vitamin B5, Vitamin B6, Vitamin B7, Vitamin B9, Vitamin B12, Inulin (Chicory Root), Stevia.

Nutrition Fact		
Per Serving: 4g		
Servings per Box: 30		
	Per Serving	Per 100g
Energy (kcal)	15	375.2
Carbohydrate (g)	2.5	56.3
Protein (g)	1.5	37.6
Sugar (g)	0.2	5.9
Fat (g)	0.0	0.0
Sodium (mg)	0.7	18.5
Choline (mg)	360	6000
Calcium (mg)	150	2500
Maganese	0.1	1.7
Magnesium (mg)	7.5	125
Chromium (mcg)	1.5	25
Vitamin B2 (mg)	0.1	1.7
Vitamin B3 (mg)	1.2	20
Vitamin B5 (mg)	0.3	5
Vitamin B6 (mg)	0.15	2.5
Vitamin B7 (mcg)	2.0	33.5
Vitamin B9 (mcg)	1.4	23.5
Vitamin B12 (mcg)	0.1	1.7

Net Weight: 120g (30sachets x 4g)



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Another Premium Product from



**PLANTBIO RESEARCH SDN. BHD. (232599-X)**

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