



# Mentat®

## Natural Cerebral Support

### PRODUCT DESCRIPTION

**Mentat®** supports the brain function in normal situations as well as when facing various mental and emotional tension. It is a mental fitness formula that helps one face all daily intellectual demands. The benefits of taking **Mentat®** daily have been demonstrated in a broad range of cases. Students improved their learning abilities and academic performance through improved concentration and increased attention span; executives and managers to improve memory, grasping abilities, understanding and retention; mentally fatigued people and the elderly with their frustrating bouts of forgetfulness.

**Mentat®** is a herbal formulation of several medicinal plants which have been categorized in Ayurveda as “Medharasayanas” and used to regulate behavior, improve memory and minimize cognitive deficits associated with aging.



### MAIN INGREDIENTS

Himalaya ProSelect® formulas are derived from traditional ayurvedic remedies whose key ingredients are combined to achieve safe and synergistic effects. One active ingredient may be buffered by others while certain ingredients play the role as adjuvants, by strengthening the digestive system or helping to remove wastes. Others are included to increase bioavailability and enhance absorption. No single active constituent has the broad activity of the entire plant and no single plant has the activity and safety of carefully formulated blends.

- ❧ **Bacopa** (*Bacopa monniera*) - Main rejuvenating herb for the nerves and brain cells.
- ❧ **Gotu-kola** (*Centella asiatica*) - Famous for improving memory and attention as well as maintaining microvascular integrity.
- ❧ **Morning Glory** (*Evolvulus alsinoides*) - Effective in cases of nervous debility and loss of memory.
- ❧ **Musk Root** (*Nardostachys jatamansi*) - Valerian-like nervine tonic used to calm the mind.
- ❧ **Ashwagandha** (*Withania somnifera*) - Indian Ginseng - Known for its adaptogenic, anti-stress and rejuvenative effects.
- ❧ **Indian Valerian** (*Valeriana jatamansi*) - Like its western cousin, Indian Valerian is a non addictive sedative.
- ❧ **Triphala** (*Amalaki, Haritaki, Vibhitaka*) - Cornerstone of ayurvedic medicine.
- ❧ **Guduchi** (*Tinospora cordifolia*) - Tonic which helps build the body's immune resistance.
- ❧ **Mucuna** - Cow-Itch Plant (*Mucuna pruriens*) - Nervine tonic also shown to be an aphrodisiac.
- ❧ **Salep Orchid** (*Orchis mascula*) - Nerve stimulant and revigorating tonic.





# Mentat/Mentat Jr.®

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### RECOMMENDED DOSAGE

**Presentation:** 60 Tablets • 120 Tablets Junior Strength

**Directions for Tablets:** Take 1 or 2 tablets twice daily, preferably with meals.

**Directions for Junior Tablets:** Take 1 to 3 tablets twice daily, preferably with meals.

**Caution:** Needs to be stopped 15 days prior to surgical procedures. Keep out of direct light and reach of children. The use of natural products provides progressive but long-lasting results. Allow several weeks for full benefits.

### KEY RESEARCH

It is now widely accepted, based on extensive clinical and experimental data, that learning and memory are closely associated with the functional status of the central cholinergic system. According to this model, **Mentat**® was evaluated in the presence of substances known to have cholinotoxic effects. The results, published in an Italian journal, *Fitoterapia* (Vol. LXVI, No.3 pp. 216-222, 1995), indicate that **Mentat**® actively promotes cholinergic recovery, thereby facilitating central cholinergic mechanisms, which explains **Mentat**®'s effectiveness in promoting mental alertness.

Ashwagandha (*Withania somnifera*) was investigated for its effect on the nervous system. The study showed that Ashwagandha is effective on the area which is responsible for tranquility and calmness - (*Indian Drugs Feb.22, 1993, (30) 7, 305-312.*)

### OUR DEDICATION TO SCIENCE AND QUALITY

We are dedicated to providing safe and effective natural health products that help "defy aging" and enhance life, naturally. Our scientifically validated natural formulas come from The Himalaya Drug Company, founded in 1930 and a worldwide leader in modern adaptation of an age-old tradition. Rooted in Ayurveda, the Science of Life and Longevity, our carefully balanced herbal blends have been subjected to the modern scrutiny of clinical testing to prove their unparalleled benefits in gently addressing all health concerns. All Himalaya ProSelect® formulas are produced to pharmaceutical quality standards in state-of-the-art facilities and "fingerprinted" for consistency by the most sophisticated chromatographic quality-control techniques.

### OUR GUARANTEE

At **Himalaya USA**®, we focus on science, quality and proven performance, not on esoteric tradition or trendy supplements. Our products have been marketed worldwide for decades and are endorsed by over 200,000 health professionals. We unconditionally guarantee our "Natural Cerebral Support Formula" for your complete satisfaction.

*Monarch*  
ESSENTIALS

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This product and the information provided are not intended to diagnose, treat, cure,  
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