

Memmax

*Extra Strength Bacopa
and Withania supplement
with added Schisandra*



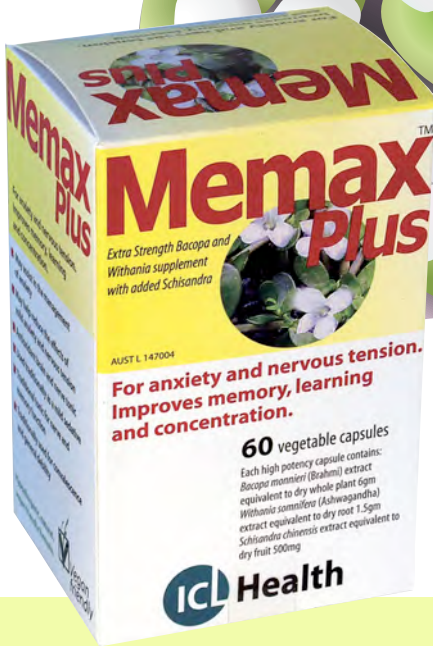
**Improves memory,
learning and concentration.
For anxiety and
nervous tension.**

High-potency memory
and nerve tonic.



*Vegan
friendly*

ICL Health



Memax Plus can be used to:

- **Improve memory**
- **Improve concentration**
- **Enhance cognitive function including learning and information processing**
- **Relieve nervous tension and stress**
- **Assist in management of anxiety**
- **Maintain stamina and vitality (traditional use)**
- **Assist in management of nervous exhaustion (traditional use)**

Memax Plus?



Powerful mind tonic

Memax Plus is a powerful memory and nervous system tonic; a perfect remedy for students, the elderly and children with concentration difficulties.

Memax Plus can:

- Boost memory
- Aid learning and concentration.
- Assist with management of mild anxiety and nervous tension.

Soothing stress relief

Memax Plus boosts mental processes while reducing stress, tension and anxiety. It has antioxidant, anti-inflammatory and nerve healing activities that may help in conditions of the nervous system.

High-potency natural remedy

Memax Plus is made from pure extracts of herbal medicines *Bacopa monnieri* (Bacopa; also known as Brahmi), *Withania somnifera* (Withania) and *Schisandra chinensis* (Schisandra). The high dose of Bacopa and therapeutic dose of Withania in Memax Plus can help to improve nerve and memory function, assist recovery and restore good health.



Synergy with ancient herbal medicines

Both Withania and Bacopa have a long tradition of use in Ayurvedic medicine and are regarded as medha-rasayana – promoters of learning and memory retrieval. Schisandra, a traditional Chinese botanical, improves endurance and resistance to stress.

Traditional Ayurvedic Medicine

Bacopa and Withania are much treasured in Ayurvedic medicine as nerve and brain tonics to improve memory and learning. Bacopa aids concentration and management of anxiety. Withania is used as a general tonic and is used to treat debility, insomnia and inflammatory conditions.

How it works

Bacopa and Withania contain substances which are thought to be responsible for its brain and nerve stimulating effects. Studies show that bacosides in Bacopa and withanolides in Withania help to repair damaged nerve cells and restore nerve circuits, which improves transmission of messages between nerves. Bacopa also has an antioxidant effect and enhances blood circulation to the brain. This may help to protect against degeneration of the brain and nerves, and improve brain and cognitive function.

Who may benefit from Memax Plus?

- Anyone wanting improved memory and cognitive function
- Students who need to increase learning ability
- Professionals wanting to maximise intellectual vitality
- Stressed people finding it hard to concentrate
- Exhausted people who want to improve focus and stamina
- Elderly people hoping to improve their memory
- People with age-related cognitive deterioration
- Children with concentration and learning difficulties.

A sharper mind

Cognition is the mental processes we use for remembering, reasoning, understanding and using judgement. Cognitive deterioration can be caused by stress, ageing, disease and many other factors. Memax Plus is a powerful and safe herbal medicine for treating cognitive problems in both adults and children.

Research shows that as well as increasing the speed of mental processes, Brahmi improves perception and reasoning capacity. Children show improved memory, concentration and learning when treated with Bacopa¹.

A recent Australian study showed that Bacopa increases learning and memory in adults aged 40 to 65².

Better performance

Stress, tiredness and anxiety can have a negative effect on mental performance. Memax Plus is particularly useful where clarity and concentration are required while working or studying under pressure. It boosts memory and mental processes while calming the nerves, reducing stress and assisting with management of mild anxiety.

Improved nerve function

Memax Plus helps to repair and stimulate nerve function. It also has antioxidant and other tonic actions that support the brain and help relieve nervous tension, stress and mild anxiety.

How safe is MeMax Plus?

Bacopa and Withania have been used in Ayurvedic medicine for hundreds of years, to treat both adults and children. Schisandra is contraindicated during pregnancy except to facilitate childbirth.

1 Negi KS et al. 2000. *Clinical evaluation of memory enhancing properties of Memory Plus in children with attention deficit hyperactivity disorder*. *Ind J Psychiatry* 42, Supplement.

2 Roodenrys S et al. 2002. *Chronic effects of Brahmi on human memory*. *Neuropsychopharmacology* 27(2): 279-81.

Memax Plus

**Extra Strength Bacopa and Withania supplement
with added Schisandra**

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For memory, concentration and mental function

Each high-potency tablet contains: *Bacopa monnieri* extract equivalent to 6000mg (6g) dry whole plant. Memax Plus also contains *Withania somnifera* (Ashwaghandha) extract equivalent to 1500mg (1.5g) dry root and *Schisandra chinensis* extract equivalent to 500mg dry fruit.

Indications

Memax Plus enhances memory and learning ability. It promotes mental cognition. It helps to improve mental stamina, information processing and concentration ability. Memax Plus helps relieve nervous tension, stress and mild anxiety. Antioxidant and free radical scavenger. It is a good tonic for children and the elderly. Traditionally used to maintain strength and vitality; for convalescence and general debility.

Dosage

Adults: 2 tablets daily, children 1 tablet daily with food.
Best taken with breakfast or as advised by your healthcare practitioner.
For children under 2 years seek medical advice.

Clinical studies show beneficial effects of Bacopa are best experienced after three months of continuous use.*

It is thus recommended Memax Plus be taken daily for at least 3 months.

*Immediate beneficial effects may be experienced with Memax Plus

Pack size: 60 vegetable capsules.

Natural healthcare formula

This product contains no wheat, yeast, soy, alfalfa, milk or corn allergens, and no salt, sucrose, starch, gelatin, gluten, hydrogenated oils, artificial, colours, flavours or preservatives.

Use only as directed. If symptoms persist seek the advice of a healthcare professional.

AVAILABLE FROM



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