



WAS THAT A SENIOR MOMENT? COGNITIVE SURVEY

*Are you concerned about becoming more forgetful?
Use the following checklist to assess your memory:*

My Memory/Cognitive Profile¹

- I have trouble remembering names on a more regular basis.
- I have a hard time concentrating and find myself searching for words in conversation more frequently.
- I find myself misplacing items more often than usual.
- I have trouble keeping track of the dates, times or calculations.
- I feel increasingly overwhelmed when having to make decisions, planning steps to accomplish a task or interpreting instructions.
- I notice myself starting to have trouble finding my way around familiar environments.
- Sometimes, I miss important events or occasions if don't make a note of it.

My Medical Profile¹

- I have a family history of memory problems and/or Alzheimer's disease.
- I have diabetes.
- I have high blood pressure.
- I have hyperhomocysteinemia.
- I sometimes suffer with depression.
- I am above the age of 50.

How often do you exercise weekly? _____

If you checked more than one of these items, please take this checklist as a resource to speak with your healthcare provider about a memory assessment.

WHAT SHOULD I EXPECT FROM CerefolinNAC®?

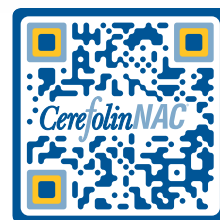
Give CerefolinNAC® a chance to work for you.

- CerefolinNAC® is the first line option for the metabolic management of Mild Cognitive Impairment; there is no other medical food indicated for MCI.
- CerefolinNAC® gives you the only form of folate that can be readily used by the brain to metabolically manage age related memory loss.²
- You, or those who you interact with most, may begin to notice a difference after taking CerefolinNAC® for 1-2 weeks but the full effect may take 6-8 weeks.³

How do I take CerefolinNAC®?

- The usual adult dosage is one caplet daily.
- For best results, take CerefolinNAC® exactly as prescribed by your healthcare provider.

For more information about CerefolinNAC®, visit www.cerefolinnac.com or scan the code to the right with your mobile device.



HIGHLIGHTS OF CerefolinNAC® PRESCRIBING INFORMATION

These highlights do not include all the information needed to use CerefolinNAC® safely and effectively. See full prescribing information for CerefolinNAC®.

IDENTITY

CerefolinNAC® is an orally administered medical food for use only under medical supervision for the dietary management of certain metabolic processes identified with early memory loss.

CerefolinNAC®

L-methylfolate Calcium (as Metafolin®)*6 mg
Methylcobalamin2 mg
N-Acetylcysteine600 mg
*CAS#151533-22-1

INDICATION AND USAGE

CerefolinNAC® is indicated for the distinct nutritional requirements of individuals under treatment for early memory loss with particular emphasis for those individuals diagnosed with or at risk for neurovascular oxidative stress and/or hyperhomocysteinemia; mild to moderate cognitive impairment with or without vitamin B₁₂ deficiency, vascular dementia or Alzheimer's disease.

DOSAGE AND ADMINISTRATION

The recommended adult dose is one caplet daily under medical supervision. CerefolinNAC® is not recommended for use with children under the age of twelve. CerefolinNAC® must be administered under medical supervision.

CONTRAINDICATIONS

There have been rare reports of hypersensitivity (allergic-like reactions) to CerefolinNAC®. Therefore, a known hypersensitivity to any of the components in the product is a contraindication to its use for any indication.

ADVERSE REACTIONS

While allergic sensitization has been reported following both oral and parenteral administration of folic acid, allergic sensitization has not been reported with the use of oral L-methylfolate. Mild transient diarrhea, polycythemia vera, itching, transitory exanthema and the feeling of swelling of the entire body have been associated with methylcobalamin. Nausea, vomiting, headache, other gastrointestinal symptoms, and rash (with or without mild fever) have been associated with NAC. There are rare reports of renal stone formation with NAC.

*For complete prescribing information please visit www.cerefolinnac.com

References:

- ¹Mayoclinic.com
- ²Durga J, van Boxtel MP, Schouten EG, Kok FJ, Jolles J, Katan MB, Verhoef P. Lancet. 2007 Jan 20;369(9557):208-16.PMID: 17240287 [PubMed - indexed for MEDLINE]
- ³Smith AD, Homocysteine-lowering by B vitamins slows the rate of accelerated brain atrophy in mild cognitive impairment: a randomized controlled trial. Oxford Project to Investigate Memory and Ageing, University of Oxford, September 2010. Volume 5, pp11-10.

Cerefolin NAC
Manage • Control • Improve