

Covered on most major plans. If not on formulary available at

\$48.00 Per Month Guaranteed

**If you are paying more than \$48.00 a month, see reverse side*

REMEMBER the
important **MOMENTS.**



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



Cerefolin NAC[®]
Manage • Control • Improve



Manufactured for PamLab, L.L.C. © 2011, PamLab, L.L.C.
CerefolinNAC® is a registered trademark of PamLab, L.L.C.
All rights reserved. Item # 5803

ARE YOU concerned about
becoming **MORE FORGETFUL?**



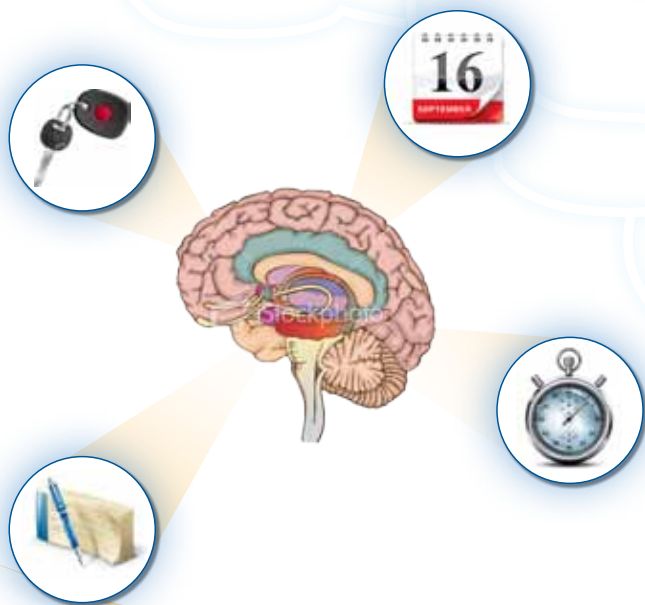
Cerefolin NAC[®]
Manage • Control • Improve

What is Mild Cognitive Impairment?

Mild cognitive impairment (MCI) is an intermediate stage between the expected cognitive decline of normal aging and the more pronounced decline of dementia. It involves problems with memory, language, thinking and judgment that are greater than typical age-related changes. If you have mild cognitive impairment, you may be aware that your memory or mental function has “slipped.” And your family and close friends may also notice a change. But generally these changes aren’t severe enough to interfere with your day-to-day life and usual activities.

One out of two people who suffer from mild cognitive impairment (MCI) will develop Alzheimer’s, that results in \$172 billion dollars in annual costs and has become the 7th leading cause of death in America.^{1,2}

Are you having trouble remembering??



Normal Aging vs. Mild Cognitive Impairment (MCI)

Some memory loss is a normal part of aging. However, metabolic and genetic imbalances in some seniors can accelerate memory loss, over time this Pre-Alzheimer’s condition can worsen.^{3,4}

SIGNS OF NORMAL AGING VS. MCI⁵

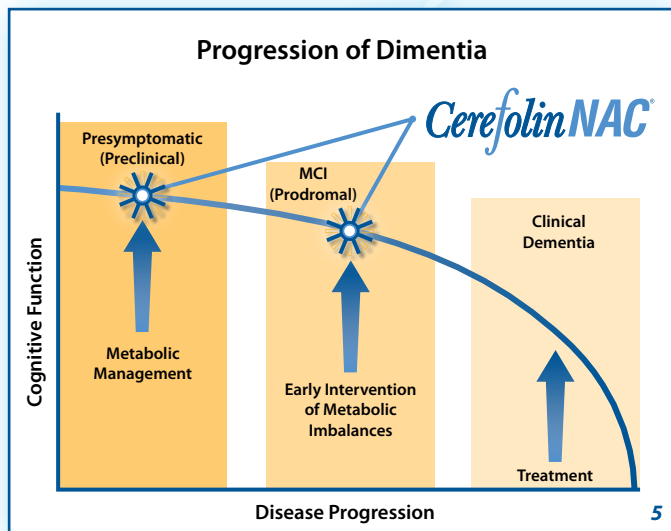
► NORMAL AGING

- Can’t find your keys
- Search for casual names and words
- Briefly forget conversation details
- Can’t find a recipe
- Forget to write down a check
- Cancel a date with friends
- Miss an occasional right turn

● MILD COGNITIVE IMPAIRMENT (MCI)

- May place important items in odd places
- Can forget names of family and common objects
- May forget entire conversations
- Difficulty following recipe directions
- Difficulty managing checkbook
- Partial or complete withdraw from usual interests
- May get lost in familiar places

How does CerefolinNAC® work in MCI?



If you have MCI, there is a good chance you are having trouble remembering. Things such as directions, name recall, and other behavioral changes may make it difficult to function day to day.

As a result, you may begin to wonder what will happen in your future.

The active dietary ingredients in CerefolinNAC®, along with early intervention, help provide the aging brain with the nutritional management neurons need.⁶

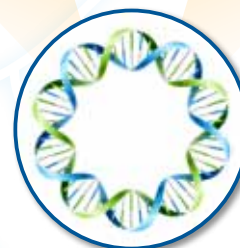
Risk Factors Commonly Associated with Mild Cognitive Impairment (MCI)



AGE



FAMILY HISTORY



GENETICS



CerefolinNAC® metabolically manages the genetic variances commonly associated with memory decline ^{7,8}.

There is NOT a substitute for the clinical benefits of CerefolinNAC®.

These risk factors can't be changed, but emerging evidence suggests there may be other factors that can allow MCI to progress to Dementia.

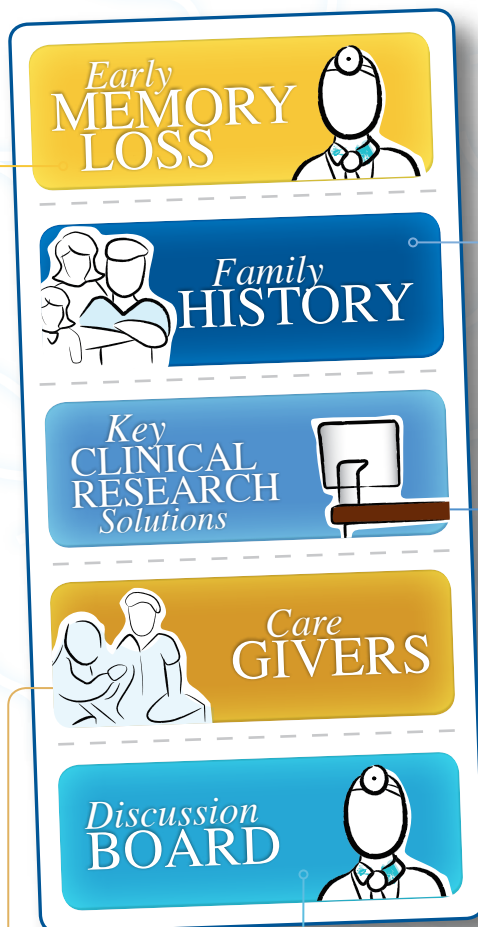
CerefolinNAC®: Therapy for Mild Cognitive Impairment

MILD COGNITIVE IMPAIRMENT⁹

- Aging brain needs nourishment or it will decline overtime.
- The brain is genetically predisposed to neuronal damage by metabolic imbalances.
- If you are having trouble remembering, this could be signs of MCI.
- Early intervention and regulation offers the best opportunity for improvement and protection.

CARE GIVERS

- MCI can be a challenging journey, not only for the person diagnosed but also for the family members.
- Each day brings new demands and opportunities to help your loved one try and cope with the challenges.
- Caring for a loved one can be overwhelming at times.
- The more information and support you have, the better you can navigate the demanding road.



FAMILY HISTORY⁹

- Dementia and Alzheimer's tend to be hereditary in nature.
- If family members have experienced cognitive decline, you could be genetically predisposed.
- It is wise to investigate your nutrition and maintain mental health.

KEY CLINICAL RESEARCH /SOLUTIONS⁶

- Research that has shown that the ingredients in CerefolinNAC® can manage metabolic imbalances in Mild Cognitive Impairment.

DISCUSSION BOARD

Not every topic of discussion can be anticipated and addressed in the brochure. To assist, we've provided a discussion board to facilitate conversation between patients or between caregivers at www.cerefolinnac.com. Please feel free to ask questions or share advice from your experience that may be helpful to someone else.

What to expect from taking CerefolinNAC®

How do I take CerefolinNAC?

For best results, you should take CerefolinNAC® as directed by your doctor or healthcare professional. 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. You should fill your prescriptions ahead of time to avoid missing a dose.

When will I feel an effect?

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 usually takes 6-8 weeks.⁶

How long do I need to take CerefolinNAC®?

For some, mild cognitive impairment can be an ongoing condition that may require long-term administration. Your healthcare provider will track your progress and work with you to determine the right length of time. Do not stop taking CerefolinNAC® without first talking to your doctor.

What can I expect?

You may feel benefit in one or more of the following:^{10,11}

- Motivation
- Concentration
- Sharpness
- Alertness
- Initiative
- Sociability

Counter forgetfulness with memory aids:

Many tools can help your loved one compensate for mild cognitive impairment.



Action steps¹²

- Rely on such reminders as a centralized calendar and bulletin board, digital clocks in every room, and medication reminders.
- Encourage your loved one to carry a small notebook and write down “to-do” items, questions, shopping lists, parking locations, and other often-forgotten details that might fail to get stored in short-term memory.
- Switch as many bills to auto-pay as possible.
- Reduce household clutter, which can be distracting.
- Buy multiples of commonly mislaid objects (sunglasses, keys, umbrellas) and leave them in their most-used locations.
- Consider a corded telephone for the home if a cordless unit keeps getting lost.

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.

REFERENCES

- 1 Kantarci K, Weigand SD, Przybelski SA, Shiung MM, Whitwell JL, Negash S, Knopman DS, Boeve BF, O'Brien PC, Petersen RC, Jack CR Jr. Neurology. 2009 Apr 28;72(17):1519-25.
- 2 Alzheimer's Facts and Figures. Chicago, IL: Alzheimer's Association; 2009.
- 3 Serot JM, et al. CSF-folate levels are decreased in late-onset AD patients. J Neural Transm. 2001; 108:93-99
- 4 Yoo, JH et al. Atheroscler, Thromb, Vasc Biol. 2000.
- 5 <http://www.alzinfo.org/clinical-stages-of-alzheimers>
- 6 Smith 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, pp1-10.
- 7 Anello G, et al. Homocysteine and methylenetetrahydrofolate reductase polymorphism in Alzheimer's disease. NeuroReport. 2004;15(5):859-861
- 8 Yoo JH, et al Pathogenicity of Thermolabile Methylenetetrahydrofolate Reductase for Vascular Dementia. Arterioscler Thromb Vasc Biol. 2000; August: 1921-1925
- 9 alzheimers.org. Family History & Mild Cognitive Impairment. June 2011
- 10 Godfrey-Illness by L-Methylfolate. June 2009
- 11 CerefolinNAC® Clinical Evaluation Patient Response
- 12 www.homecare.com

BRAND DIRECT HEALTH MAIL ORDER

Guaranteed low price, easy ordering and flexible payment options for your CerefolinNAC® 90-day prescription with Brand Direct Health

		3 Month Supply (1 Payment)	3 Month Supply (3 Payments)
CerefolinNAC®	1 Capsule Once Daily	\$144.00	\$48.00

3 EASY STEPS FOR ORDERING YOUR CEREFOLINNAC®

1. Ask your physician to fax or e-prescribe your prescription to Brand Direct Health.
2. Brand Direct Health will then contact you to secure payment and determine your shipping preference.
3. All completed orders are shipped within 24 hours.

Brand Direct Health will contact you when it is time to refill your prescription.

PAYMENT OPTIONS

OPTION 1:

90-day supply paid in full at time of order.

*No dispensing fee with paid in full option.

OPTION 2:

90-day supply paid in 3 monthly installments.

*\$5.00 dispensing fee with monthly payment option.

- Brand Direct Health prices are lower than most standard co-pays.
- Mastercard, VISA & Discover accepted.

Physicians:

You may e-prescribe or submit prescriptions to:
Prescription Fax Line: **866-227-5928**
Pharmax Direct Line: 866-331-6440



Patients:

For questions about your order call: 866-331-6440
Email our support center: comments@branddirecthealth.com

www.BDHRx.com