

# Complete Nerve

Total Neurological Nutrient Support\*



Item # 53580  
300 grams powder

## The Possible Benefits of Complete Nerve, a Dietary Supplement

- Provides precursors for the formation of neurotransmitters\*
- Provides nutrients that potentially support oxygenation of the blood and brain\*
- Provides antioxidants to help prevent oxidative degeneration of central neurons\*
- Provides complete and overall nutritional support for the body and brain\*

## Description

Complete Nerve provides nutrients that potentially support optimal brain function.\* It is a powdered, comprehensive neurovascular support formula, easy to take, digest and assimilate.\* Complete Nerve supplies significant quantities of specialty agents for neurological wellness, as well as a complete multivitamin-mineral combination.\* Complete Nerve supports the important bodily functions that play a role in neurological health, including circulation and detoxification.\* It also provides important antioxidant support, including protection of the conversion of L-dopa to dopamine and maintenance of nerve cell membrane integrity.\*

**L-tyrosine** and **L-phenylalanine** are amino acid precursors to the catecholamine neurotransmitters epinephrine, norepinephrine, L-dopa and dopamine, and require other nutrients such as **vitamins C** and **B6** for proper conversion. These neurotransmitters help regulate mental function, stress response, mood, satiety and sex drive.\* Tyrosine also supports proper thyroid hormone levels.\* Tyrosine has a history of research and use as nutritional support for brain function.\* **Lecithin** provides precursors to important neural nutrients, **choline** and **inositol**.\* Both have been studied and used clinically to nutritionally support brain function.\*

**N-Acetyl-L-Cysteine (ALC)** has been studied widely for its potential brain-supporting properties.\* ALC is crucial for the production and release of the neurotransmitter acetylcholine. **Glutathione** is an important antioxidant nutrient whose production is supported by ALC, as well as directly supplied.\* **Alpha-lipoic acid (ALA)** is a unique antioxidant that has been found to hold promise in supporting neuropsychological function.\* ALC and ALA used together have recently been shown to significantly support brain function in aging rats.\*

**Flax Seed Oil** is a source of omega-3 fatty acids, primary structural components in cell membranes. Complete Nerve also contains fish oil, supplying key omega-3 fatty acids, **eicosapentaenoic acid (EPA)**, and **docosahexaenoic acid (DHA)**. These have been studied for their ability to help stabilize brain function.\* DHA is also essential for proper growth and development of the brain, nervous system and the retina of the eye in children.\*

**Coenzyme Q10** supports energy production in the cells of the body, and is an important antioxidant.\* **Taurine** is concentrated in the eyes, brain and heart, and plays a key role in the nervous system of the body.\* **L-methionine** is involved in histamine levels, which play a role in the dilation of blood vessels and brain function.\*

Many "usual" nutrients are also important to support neurological health.\* For instance, Abraham Hoffer demonstrated over 40 years ago that **niacin** can play a role in healthy brain function, and other **B-vitamins** are also important for normal brain activity.\* Besides supporting energy production, bone health, and cardiovascular health, **magnesium** plays a key role in the activity of enzymes that transmit nerve impulses, by activating sodium potassium ATPase, which transfers sodium and potassium across neural membranes and results in electrical nerve activity.\* It also regulates the activity of NMDA glutamate receptors, and thus glutamate nerve activity, which is important for attentiveness.\*

Besides the antioxidant function supplied by many of the nutrients mentioned above, Complete Nerve also contains the antioxidants **alpha- and beta-carotene**, **vitamins C** and **E**, **zinc**, **selenium**, **lutein** and **lycopene**. The oligomeric proanthocyanidins

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found in **grape seed extract** are noted for their ability to cross the blood-brain barrier, further protecting the integrity of neural tissue.\*

Finally, patterns of healthy appetite, which tend to

further enhance nutritional status, can be supported with optimal supplementation.\* By addressing many nutritional avenues, Complete Nerve may support neurotransmitter balance and optimal cognitive function.\*

Serving Size: 20 g (1 Scoop)

Servings Per Container: 15 (#73580) and 45 (#73810)

Amount Per Serving:

Calories	50	L-Alanine	35 mg
Calories from Fat	30	L-Arginine	110 mg
Total Fat	3 g	L-Aspartic Acid	95 mg
Saturated Fat	0.4 g	L-Carnitine	110 mg
Cholesterol	8 mg	L-Cystine	11 mg
Total Carbohydrates	4 g	L-Glutamine	67 mg
Dietary Fiber	1.5 g	Glycine	67 mg
Sugars	1.5 g	L-Histidine	22 mg
Protein	1 g	L-Isoleucine	45 mg
Vitamin A (as Beta-Carotene)	1680 IU	L-Lysine	50 mg
Vitamin C (as Ascorbic Acid)	440 mg	L-Methionine	180 mg
Vitamin D3	130 IU	L-Ornithine Hydrochloride	220 mg
Vitamin E (as Mixed Tocopherols)	360 IU	L-Phenylalanine	440 mg
Vitamin K1 (as Phytonadione)	45 µg	L-Proline	45 mg
Thiamine (as Thiamine Hydrochloride)	22 mg	L-Serine	42 mg
Riboflavin (Vitamin B2)	22 mg	Taurine	670 mg
Niacin (as Inositol Hexanicotinate)	180 mg	L-Threonine	45 mg
Vitamin B6 (as Pyridoxine Hydrochloride)	22 mg	L-Tyrosine	440 mg
Folic Acid	350 µg	N-Acetyl-L-Cysteine	440 mg
Vitamin B12 (as Cyanocobalamin)	22 µg	Glutathione (reduced)	110 mg
Biotin	130 µg	Pancreatin	13 mg
Pantothenic Acid	110 mg	Papain	22 mg
Calcium (as Calcium Citrate/Gluconate)	310 mg	Bromelain	22 mg
Magnesium (as Magnesium Citrate/Gluconate)	130 mg	Grape Seed Extract	220 mg
Zinc (as Zinc Arginate)	13 mg	Garlic (1% Allicin)	45 mg
Selenium (as Sodium Selenite/Selenomethione 1:1)	90 µg	Lutein	1.8 mg
Copper (as Copper Glycinate)	0.9 mg	Lycopene	1.3 mg
Chromium (as Chromium Picolinate)	180 µg	Eicosapentaenoic Acid	160 mg
Potassium (as Potassium Gluconate)	45 mg	Docosahexaenoic Acid	110 mg
Alpha-Carotene	7 mg	Palmitic Acid	130 mg
Coenzyme Q10	67 mg	Stearic Acid	40 mg
Inositol	22 mg	Flax Seed Oil	440 mg
Choline	22 mg	Lipoic Acid	45 mg
Para-Aminobenzoic Acid (PABA)	22 mg	Methylsulfonylmethane	45 mg
Lecithin (26% Phosphatidylcholine)	1440 mg		

Other ingredients: Oat bran, rice bran, psyllium bran, stevia, apple fiber, flavoring.

### Suggested use:

As a dietary supplement, 1 level scoop one or two times daily, or as directed by a healthcare practitioner. Steady On is best mixed in a jar or shaker with 2 to 3 ounces of juice or other beverage such as soy milk. Drink immediately and follow with several ounces more of liquid.



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