



Introducing the stars in Wondrous Roots' [Super Brain Blast](#) herbal cocktail!

Brahmi herb (*Bacopa monnieri*) - *Bacopa monnieri* has been used by Ayurvedic medical practitioners for centuries for a variety of purposes, including improving memory, reducing anxiety, and treating epilepsy. In fact, research shows that it may boost **brain function** and alleviate anxiety and stress, among other benefits. [Read more...](#)

Gotu kola herb (*Centella asiatica*) Gotu kola may help prevent **Alzheimer's disease**.

A 2015 laboratory study from the Oregon Health and Science University found that *C. asiatica* halted the process of amyloid beta development among brain cells. A 2014 study from the same researchers found it was Gotu kola's caffeoylquinic acid content that seemed to ameliorate A-beta plaque. [Read more...](#)

Ginkgo leaf (*Ginkgo biloba*) The world's most ancient tree has something to teach us, and to give us, as far as promoting brain health and longevity goes. [Read more...](#)

Prickly Ash bark (*Zanthoxylum (Xanthoxylum) americanum*) The prickly ash bark's main benefits revolve around its capability of improving blood circulation. Through this, it also improves the conditions which are related to poor blood flow. This is the reason for its inclusion in the Super Brain Blast formula, as all of these nutrients must be delivered to the brain via the blood circulation! [Read more...](#)

Grape seed (*Vitis vinifera*) *Date:* June 18, 2008 *Source:* Society for Neuroscience *Summary:* A compound found in grape seed extract reduces plaque formation and resulting cognitive impairment in an animal model of Alzheimer's disease, new research shows. The nutritional supplement was as effective as red wine in preventing amyloid beta plaque build up. [Read more...](#)

Bilberry fruit (*Vaccinium myrtillus*) Bilberry extracts normalization of collagen structures and capillaries also results in a decrease in the permeability of the bloodbrain barrier. Increased bloodbrain permeability has been linked to a variety of CNS disorders including autoimmune diseases of the central nervous system, schizophrenia, and cerebral allergies. The anthocyanosides likely mechanism of action is their inhibition of both enzymatic and non-enzymatic degradation of brain capillaries basement membrane collagen. The resulting improvement in brain capillary function helps maintain or restore the brains protection from cerebral toxins including drugs, pollutants, and naturally occurring degradation products. In addition, in a number of *in vitro* models, bilberry extract, specifically its anthocyanosides, have been shown to produce significant antioxidant activity.

Turmeric root (*Curcumin longa*) Curcumin boasts brain-derived neurotrophic factor, linked to improved brain function and a lower risk of brain diseases. [Read more...](#)

Frankincense resin (*Boswellia carterii*) Frankincense is most widely used as incense in religious ceremonies. It is easy to see why. Its aromatic smoke carries soft, uplifting tones, simultaneously comforting and almost mystical. But what is really in its vapors?

Frankincense is extremely rich in aromatic terpenes, a class of molecule that has recently become under more rigorous scientific examination for their protective, healing and stimulating effects on a wide variety of biological processes. Notably, boswellia extract is

now proven to stimulate the growth of neurons, enhance cognition, treat depression, and even alleviate learning and memory problems. Inhaled through the nose, the most direct route to the brain, these active compounds light up our brains. In the context of a religious ceremony, it's easy to see how this incense uplifts the spirit, promote, insight, and inspire greater awareness. [Read more...](#)

Fo-Ti root (*Polygonum multiflorum*) also known as Ho Shu Wu - Modern research indicates that this herb contains an alkaloid that has rejuvenating effects on the nerves, brain cells and endocrine glands. It stimulates a portion of the adrenal gland and helps to detoxify the body. [Read more...](#)

Holy Basil leaf (*Ocimum sanctum*) Animal studies on the effects of tulsi in mice have led researchers to speculate that this herb may help improve symptoms in those suffering from neurodegenerative disorders.

In these studies, holy basil was found to protect against memory deficits caused by certain drugs, as well as protect against memory troubles linked to aging. [Read more...](#)

Rhodiola root (*Rhodiola rosea*) Improving your mental health, depression symptoms and brain function is another important benefit of Rhodiola. Rhodiola has the potential to increase the sensitivity of two important neurons, serotonin and dopamine, in your brain. Those two hormones are the hormones responsible for a happy mood, pleasure, memory and focus. [Read more...](#)

Rosemary leaf (*Rosmarinus officinalis*) [The therapeutic potential of rosemary \(*Rosmarinus officinalis*\) diterpenes for Alzheimer's disease.](#)

Lemon Balm leaf (*Melissa officinalis*) As a nootropic, lemon balm is used primarily to lower anxiety and boost memory. Lemon Balm helps:

Neurotransmitters: Lemon Balm affects brain levels of acetylcholine. It plays an inhibitory effect on acetylcholinesterase, an enzyme that breaks down acetylcholine, improving memory and cognition.

Neuroprotectant. Lemon Balm is a potent antioxidant that protects your brain cells from free radical damage. [Read more...](#)

Anxiety and stress. Lemon Balm has a significant anxiolytic(anti-anxiety) effect. It raises brain levels of the neurotransmitter GABA by inhibiting the enzyme GABA transaminase. This has an effect on mood regulation.

Ashwagandha root (*Withania somnifera*) Test-tube and animal studies suggest that ashwagandha may reduce memory and brain function problems caused by injury or

disease. Research has shown that it promotes antioxidant activity that protects nerve cells from harmful free radicals. In one study, epileptic rats treated with ashwagandha had nearly a complete reversal of spatial memory impairment. This was likely caused by a reduction in oxidative stress. Although ashwagandha has traditionally been used to boost memory in Ayurvedic practice, there is only a small amount of human research in this area.

In one controlled study, healthy men who took 500 mg of standardized extract daily reported significant improvements in their reaction time and task performance, compared to men who received a placebo.

Another eight-week study in 50 adults showed that taking 300 mg of ashwagandha root extract twice daily significantly improved general memory, task performance and attention. In summary, ashwagandha supplements may improve brain function, memory, reaction times, and the ability to perform tasks. [Read more...](#)

Sage leaf (*Salvia officinalis*) Studies show that sage may improve memory, brain function and symptoms of Alzheimer's disease via several different mechanisms. [Please check this out!](#)

Prickly Pear Cactus – Nopal– (*Opuntia streptocantha*) Nopal cactus is touted for its anti-inflammatory properties, and researchers believe it could help reduce free radical damage to brain cells. Quercetin, (+)-dihydroquercetin, and quercetin 3-methyl ether were all found effective at protecting isolated rat brain cells, because they're all active antioxidants, according to a 2003 [study](#). It's possible the nopal cactus possesses this brain protective effect through anti-oxidative flavonoid activity, meaning it prohibits the formation of free radicals in brain cells.

Lion's Mane mushroom (*Hericium erinaceus*) Studies have found that **lion's mane mushrooms** contain two special compounds that can stimulate the growth of **brain** cells: hericenones and erinacines. In summary **Lion's mane mushrooms** contain compounds that stimulate the growth of **brain** cells and protect them from damage caused by Alzheimer's disease. [Read more...](#)