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DAI™ Dyslexia Association of India™

Can significantly enhance and is recommended for improvement of IQ, Overall Cognition/Intelligence, ADHD issues & Cognitive Performance.

Best used as a dietary supplement to significantly enhance mental performance, brilliance, especially during studies and exams in senior schools, colleges and preparation for competitive exams. Excellent for Healthy adult Individuals seeking to boost cognitive performance in day to day life.

Directions: As a dietary supplement, take 2 capsules daily with a meal. Do not exceed 4 capsules within a 24 hour period. Not to be taken at night / bed time.

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There are close to **16,60,6000 research articles** on **Piracetam** as a beneficial compound. Piracetam belongs to a class of compounds, which **modulate cerebral function by directly enhancing cognitive processes, such as learning, memory, attention and consciousness.**

The cognitive-enhancing properties of piracetam to restore cognitive performance with **no adverse effects have been indicated,** with double-blind, placebo-controlled clinical trials indicating piracetam helps in preventing cognitive impairment.

As a metabolic enhancer piracetam has been proposed as possible prototype for those compounds by **increasing mechanisms of neuroplasticity.** It is well established that piracetam at therapeutically relevant concentrations improves neuritogenesis in the human cell line SH-SY5Y over conditions mirroring the whole spectrum of cognitive decline.

Piracetam, a derivative of the neurotransmitter gamma-aminobutyric acid (GABA), has a variety of physiological effects that may result, at least in part, from the **restoration of cell membrane fluidity.** At a neuronal level, piracetam modulates neurotransmission in a range of transmitter systems (including cholinergic and glutamatergic), **has neuroprotective and anticonvulsant properties, and improves neuroplasticity.** At a vascular level, it appears to reduce erythrocyte adhesion to vascular endothelium, hinder vasospasm, and facilitate microcirculation. This diverse range of physiological effects is consistent with its use in a range of clinical indications. **Its efficacy is documented in cognitive disorders and weak memory, vertigo, cortical myoclonus and dyslexia, and sickle cell anemia. While high doses are sometimes necessary, piracetam is well tolerated.**

Piracetam, may increase compromised regional cerebral blood flow and oxygen utilisation in brain, and permeability of cell and mitochondrial membrane to intermediates of the Krebs cycle. **Piracetam has been found to exert neuroprotective action and offer protection from brain neuron death or cell damage.** It presents antioxidative antiapoptotic activity and may restore altered neuronal morphology and decrease neuronal density.

Piracetam in its Dipeptide form was found to produce positive therapeutic influences on cognitive deficit.

There are no significant differences in the extents of the nootropic effects of piracetam in its Dipeptide form and in produced heightened alpha/beta1 EEG brain wave patterns, which are associate **with intellectual activity and outwardly focused concentration.**

This product seems to have something of a cumulative effect that grows over time, after a few days or weeks of supplementing it delivers its memory and sense-enhancing effects to a higher degree. There are two proposed mechanisms of action of Piracetam in a Dipeptide form.

First a sensitizing effect on acetylcholine processes - it has a 'cholinosensitizing' effect, wherein acetylcholine delivery to the neuron is improved. Second Induction of neurotrophin production - which found that it calibrated Brain-derived neurotrophic factor. Results are consistent with the hypothesis that neurotrophin synthesis in the hippocampus determines cognitive function, particularly in consolidation and delayed memory retrieval. In light of this it holds much promise to prevent cognitive impairment.

We are in a period of growing equality of access to education and increasing stratification of marketplace rewards, both of which have increased the importance of human capital. One element of **human capital is cognitive ability: quickness of mind, the ability to infer and apply patterns drawn from experience, and the ability to deal with mental complexity.** Another is character and social skills: **self-discipline, persistence, responsibility. And a third is actual knowledge. All of these are becoming increasingly crucial for success in the post-industrial marketplace.**

The extinction of jobs comprised of rote, repetitive and unsophisticated tasks is a dire inevitability thanks to the aggressive innovation that our economy fundamentally relies on. In the past, those of low or average intelligence were practically guaranteed an unremarkable life of labor in a factory or a field, fast forward to the very near future and nothing is guaranteed. The only hope is to stay well ahead of the curve of automation. It's time to invest in your own cognitive capital.

Due to its profound effects on the memory choline precursors like Alpha GPC or Choline Bitrate human studies found that, it's very well tolerated.

Vinca Minor Extract (VME)

Chronic medical disorders are often complicated by cognitive impairments with attending unpleasant consequences, which include disruptions in an academic career, family life, adherence to medical therapy and managerial abilities. Therefore, medical intervention that can alleviate cognitive disturbances in the affected persons is desirable. **VME is a derivative of Vincamine, an alkaloid of common periwinkle plant (VincaMinor/सदाबहार),** which has been shown to exert a brain neuro-protective effect by a combined action on cerebral circulation, brain metabolism and rheological properties of the blood. This boost in the cerebral metabolism thus enhances both oxygen and glucose utilization and consequently improving cerebral functions and protection even in conditions of hypoxia and ischemia. **Early experiments had shown an improvement of the cerebral circulation and oxygen utilization without changes in the systemic circulation.** It has been shown that **VME has cognition-enhancing effects** resulting in improved abilities to retain and recall information. Thus, it has been part of the armamentarium for the management of memory disturbance.

The knowledge of the consequences and impact of cognitive dysfunctions on the quality-of-life of affected students and individuals demand regular cognitive assessment to detect impairments and introduce prompt intervention to alleviate them. VME, is the foremost natural factor for this purpose.

Alpha GPC
Alpha-glycerylphosphorylcholine (Alpha-GPC) supplementation has been shown to improve mental and physical performance. **Alpha-GPC administration increases the release of the neurotransmitter acetylcholine and facilitates learning and memory.** In athletes, Alpha-GPC supplementation prevents exercise-induced reductions in choline levels, increases endurance performance and growth hormone secretion.

The Walter Reed palm-held psychomotor vigilance test (PVT) is a test of simple visual reaction time and was developed at the Walter Reed Army Institute of Research in the United States.

This program computes a mean reaction time to each stimulus, as well as major and minor lapses in attention. This instrument has been used in large scale studies conducted by the military and is extensively represented as a reliable (test-retest >0.8) cognitive measure in the literature. Alpha GPC has shown extremely beneficial effects for cognitive and physical enhancement.

Growth hormone (GH) secretion is decreased during ageing in humans.
This decrease may be due to increased hypothalamic somatostatin release, which is inhibited by cholinergic agonists, or to decreased secretion of GHRH. Alpha-glyceryl-phosphorylcholine. Alpha-GPC is a putative acetylcholine precursor used in the treatment of cognitive disorders.

Until now only a few studies have investigated the role of A-GPC in human cognitive performance. One recent study showed that isometric peak force was t significantly increased when subjects had ingested a daily dose of 600 mg of A-GPC over a period of 6 days as per the research data of the US Library of Medicine.

Dosing:
Take 2 caps with breakfast and 2 caps with lunch.
Can be used in a lose form also by opening and mixing with food.