
Life in the 21st century has become complicated. Today, we all have too many distractions, with too little time and not enough of ourselves to go around. Most of us are getting up too early and going to bed far too late—if at all. These heightened levels of stress and worry, coupled with lack of restful slumber are destroying the one organ you can never reclaim once it’s lost. Your brain.

That’s why we’ve created the Isagenix Brain and Sleep Support System; a total brain health and sleep support program that complements your existing Isagenix whole-body wellness lifestyle. It combines two powerful and effective products engineered to promote optimal brain function and normal sleep cycles.

The proven power of vigorous brain-boosting nutrients combined with a powerful melatonin and nutrient complex spray, makes the Isagenix® Brain and Sleep Support System an ideal way to achieve restful sleep while supporting healthy brain function. It’s a total brain and sleep support system that puts you and your concerns to rest.

Brain and Sleep Support System
- Save $8.90 when purchased together
RETAIL: $65.00
ASSOC: $49.00
BV 35

Brain Boost & Renewal
RETAIL: $60.00
ASSOC: $44.95
BV 30

Sleep Support & Renewal
RETAIL: $16.95
ASSOC: $12.95
BV 9

“With such a magnificent machine operating every single activity of your mind and body, it makes good sense to nurture it every day. Yet most of us take better care of our teeth than our brains—not a wise strategy.”

– Dr. Michael Colgan, Ph.D., CCN
Formulator of Brain Boost & Renewal
Save your brain. It’s something you don’t want to lose.

Your brain’s ticking clock.

Our brains are burning out. As we age, our brains naturally go through physical and functional changes that impair our memory, our ability to learn and our capacity to retain new information. This natural decline in cognitive function is the result of reduced cell activity and oxidative stress that further accelerates brain aging—causing further cognitive decline.

Sobering numbers. Our world is getting older. The Earth’s population of people over 60 will soar to an estimated two billion by 2050! About half of the over-50 population admits to some form of memory loss. Our growing and rapidly aging population is likely to see a matching rise in age-related cognitive decline.

Research has traditionally targeted individuals over 60. However, recent research has shown that mental decline can begin earlier in life—30’s or 40’s—then by age 60 the degree of cognitive decline is drastically more severe—possibly even irreversible. The possibility that mental decline may occur across all ages requires that you support healthy adult brain function, regardless of age or circumstance.

Doctor stresses the dangers of cognitive decline. In his book Save Your Brain: Expand Your Mind, world-renowned cognitive health authority, Dr. Michael Colgan warns of the imminent dangers of cognitive decline. “The prefrontal cortex starts to decline measurably after age 35, and loss of the ability to hold or recall names and faces is a common cognitive deficit that begins to show.”

Cognitive disability associated with aging has grown to approximately 11 million people in the U.S. alone. This number began rising rapidly in 1960 and has doubled since 1980 to become the sixth leading cause of death in America. It is evident that a solid program of prevention is necessary to curb this growing brain-health epidemic.

“It’s never too early or late to start giving our brain everything it needs to build a long, healthy and sustained life. The Brain and Sleep Support System is the best investment you will ever make in the future health of your brain.”

– Dr. Michael Colgan, Ph.D., CCN

Eye-opening truths behind troubled sleep.

Can't sleep? This news will keep you up all night. Nearly one-third of Americans admit to lying awake at least a few nights every week. Over the past century, the average amount of sleep that Americans get has decreased by 20 percent. Longer work hours, night jobs, working multiple jobs, more time spent watching television and using the Internet—it all factors in. The results are later sleep times, earlier wake times and more interrupted and inconsistent sleep overall. Lack of quality sleep is associated with fatigue and anxiety, impaired memory, diminished concentration and performance, and cognitive decline in the elderly. People with persistent sleep loss are less productive, have increased healthcare issues with a significantly higher risk for injury, as well as developing other medical conditions and diseases.

What lack of sleep means to our everyday lives:

- Increased hunger, appetite and binge eating
- Fewer daily calories burned during sleep
- Weight gain and a heightened risk of obesity
- Compromised immune system and cardiovascular disease
- Disrupts the heart’s natural pace-making process
- Increased risk of developing irregular daytime heartbeat

What dangerous risks can drowsiness and a lack of sleep really represent? The U.S. National Highway Traffic Safety Administration (NHTSA) reports sleepiness and falling asleep while driving causes at least 100,000 vehicle accidents, 71,000 injuries and 1,550 deaths each year.

Poor sleep causes learning and memory impairment, poor decision making and mental fatigue. It also inhibits neurogenesis, thereby compromising new brain cells, learning and memory.
Resetting the sleep clock. Getting your mind right.

Total peace of mind.

Our aging brain naturally goes through major structural and functional changes that impair our brain’s ability to learn and retain new information. This natural decline in cognitive function potentially reduces cell activity, which weakens the brain’s ability to carry out vital tasks. Oxidative stress has also been identified as a culprit that can accelerate brain aging. However, given the right nutrients and stimulation, the human brain can grow new neurons and build new connections between neurons—thus creating a need for lifelong stimulation of human brain cells.

Just the boost you need. Brain Boost & Renewal™ is scientifically formulated to promote mental focus, concentration, decision making and memory by helping maintain normal metabolic activity in the brain. Taken daily, Brain Boost & Renewal improves your ability to learn new information and provides dietary support for memory and overall brain health and function.

Packed with natural ingredients clinically proven to enhance brain health, like curcumin; used to promote good health in Chinese medicine for thousands of years. Also contains piperine to effectively improve the bioavailability of bioactive compounds such as coenzyme Q10, resveratrol and curcumin. This proprietary formula contains a host of brain-friendly nutrients to promote mental focus, concentration, decision making and memory.

Features and Benefits of Brain Boost & Renewal:

- Provides brain antioxidant protection
- Protects the brain against cellular reactivity that speeds aging
- Maintains healthy neuron function to promote mental focus and concentration
- Naturally supports production of healthy brain chemicals
- Supports cerebral blood flow

Brain Boost & Renewal was designed to provide brain antioxidant protection and guard your brain against cellular reactivity—which speeds aging. It maintains healthy neuron function while naturally supporting the production of healthy brain chemicals. Brain Boost & Renewal is designed to work with Sleep Support & Renewal™. Best when used with Cleanse for Life®, IsaLean® and IsaLean Pro Shakes and Ageless Essentials™ with Product B™.

Shedding light on the importance of proper sleep.

Proper sleep is essential to having a strong immune system, brain function, neurogenesis, proper aging and good cardiovascular health. Melatonin regulates physiology, sexual behavior, work and athletic performance. In truth, melatonin helps regulate and control nearly every aspect of our lives.

Melatonin is the answer. The pineal gland regulates the circadian rhythm or sleep/wake cycle in our bodies. This gland produces a hormone called melatonin. Melatonin levels generally rise in the evening, remain high during the night, then drop in the morning hours. However, as we age, the natural melatonin pattern of secretion changes.

Since 1970, over 100 studies have shown that melatonin supplementation improves both the duration and quality of sleep. Taken in a proper form, dose and timing, it helps people who have difficulty falling asleep. Melatonin helps maintain a deep, more sustained sleep for longer, while enabling those who wake up too early to easily fall back asleep again.

Regain restful sleep. Sleep Support & Renewal is a unique, all-natural, fast-acting melatonin and nutrient complex spray that contains L-theanine and a proprietary blend of natural herbs and ingredients. This blend of high-quality standardized extracts is designed to promote normal sleep cycles. The ingredients work synergistically to reduce the time it takes to fall asleep while helping to improve the quality of sleep and total sleep time.

Features and Benefits of Sleep Support & Renewal:

- Unique all-natural, fast-acting spray
- Reduces the time it takes to fall asleep
- Improves your quality of sleep
- Increases the total time of sleep in persons who suffer from sleep restriction or altered sleep
- Helps re-set the body’s sleep-wake cycle (circadian rhythm)

Melatonin declines with age. Unfortunately, our ability to produce melatonin declines as we age. Without sufficient melatonin, we gradually lose our ability to attain restful sleep, causing progressive sleep disturbances. Our heart rhythm and other essential functions become disrupted causing degenerative changes in our organs, brain and overall health. In North America, melatonin levels decline to below optimal potency by about age 35. If you aim to maximize healthy longevity, you should maintain sufficient melatonin for life.

Rest assured. Sleep Support & Renewal was designed to be taken with Brain Support & Renewal for optimal results. Offered as a refreshing, spearmint-flavored spray. Far more effective than typical melatonin products, this fast-absorbed and sustained-release melatonin and nutrient complex spray has a proprietary blend that includes L-theanine, valerian and chamomile to promote a sound, more beneficial night’s rest.
An Open Discussion Regarding The Isagenix Brain and Sleep Support System

Why both products together?
The two products were both developed to address specific health trends identified as severe obstacles on our path toward healthy, youthful aging and optimal brain health. By combining the benefits of Brain Boost & Renewal with the positive, potent effects of Sleep Support & Renewal, along with a Isagenix nutritional cleansing and replenishing system, you get the combined advantage of having a total brain-boosting and sleep-supporting nutrient infusion that will go a long way in promoting a healthy aging lifestyle.

What makes this system so unique?
The Isagenix Brain and Sleep Support System is the first of its kind in the world to address the comprehensive problems of cognitive decline and poor sleep.

1. **Brain Boost & Renewal** contains potent doses of ingredients designed to increase cognitive function and support cerebral blood flow. Formulated by Dr. Michael Colgan, this proprietary formulation is a comprehensive neuroprotective tool for promoting healthy aging and improved brain function.

2. **Sleep Support & Renewal** is a unique, drug-free formula free from troubling side effects such as tolerance, dependency, withdrawal symptoms or next-day drowsiness. Unlike other melatonin products, Sleep Support & Renewal contains a proprietary blend, including the relaxing agent L-theanine that supports mental clarity and focus.

Is Sleep Support & Renewal simply melatonin?
No, it’s a fast-absorbed, sustained-release melatonin and nutrient complex spray with a proprietary blend, including L-theanine and herbs, that reduce the time it takes to fall asleep and increases total sleep time. Drug-free Sleep Support & Renewal is free of side effects such as tolerance, dependency, withdrawal symptoms or next-day drowsiness.

What is the most effective use of this system?
We recommend that both products be used as part of your complete Isagenix whole-body wellness and healthy aging program. Brain Support & Renewal is taken first thing in the morning while Sleep Support & Renewal is taken at night. When used together – these two products complement other Isagenix products, specifically IsaLean and IsaLean Pro Shakes, Cleanse for Life and Ageless Essentials with Product B.

Who can use the Isagenix Brain and Sleep Support System?
Anyone can benefit from the advantages of better, more restful sleep and it is never too early to start giving our brains everything it needs to build a long, healthy and sustained life. New studies show cognitive brain decline starts at around age 35. Sleep Support & Renewal is intended for adults 18+.

Additional tips for long-term brain support:
- Exercise, sleep, avoid toxins, drink plenty of water
- Adopt a daily nutritional cleansing and replenishing program; IsaLean® Shakes, Cleanse for Life®, Ageless Essentials with Product B™ and the Isagenix® Brain and Sleep Support System

What kind of results can I expect?
When you use the Isagenix Brain and Sleep Support System in tandem with other Isagenix healthy lifestyle products, you get a complete sleep and brain support program that is a great addition to your Isagenix whole-body and youthful aging efforts. Adults seeking greater cognitive function and support for focus and memory can turn to the benefits of Brain Boost & Renewal. Sleep Support & Renewal is for adults who suffer from sleep restriction or altered sleep schedule and adults who have trouble falling asleep or maintaining sustained sleep throughout the night.

“The best investment you will ever make is in the future health of your brain.”

– Dr. Michael Colgan, Ph.D., CCN

For more information, please contact your Isagenix Independent Associate:

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