

improve mental performance



A Natural Approach to Attention Deficit Disorder (ADHD)

A study of 30 children and adults diagnosed with ADD found Flavay® worked just as well as the commonly prescribed stimulant medications, including Ritalin. Many of the subjects also had other positive effects. (15)

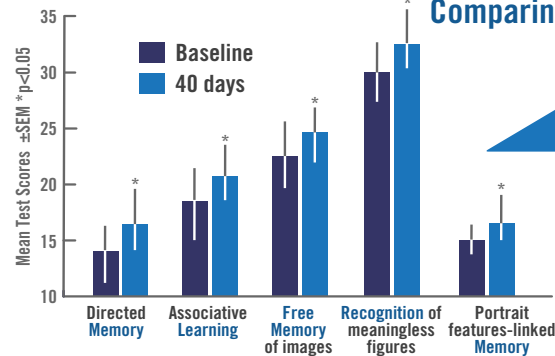
A double-blind, placebo-controlled clinical trial of young healthy university students subjected to standard acute stress tests composed of mental arithmetic under time pressure. Stress was monitored by heart rate. Results show taking Flavay Plus® “scored significantly better, were more clear-headed, confident and composed.” (125)

Studies show students experience significantly less stress from tests, stay more clear-headed and composed, and keep a more stable mood when taking Flavay Plus®

Cognitive Performance

Memory Enhancement in Students (ages 17-18)

Comparing 0-40 days with FPS



Significant Improvement in Memory and Learning in Students (ages 17-18)

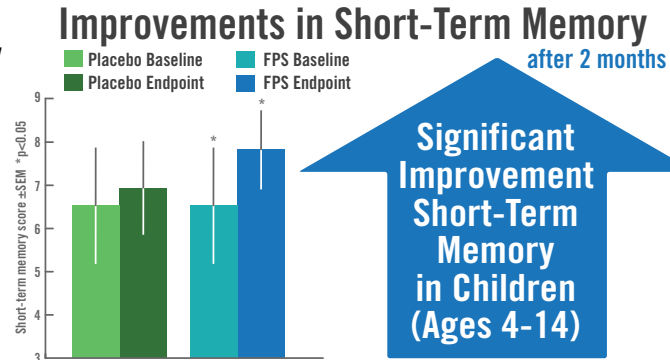
A placebo-controlled study of 120 students shows Flavay Plus® for 40 days may improve directed memory, associative learning, free memory, recognition and visual memory. (338)

strengthen learning & memory



Flavay Plus® shows significant improvement in focus and short-term memory in clinical trials

Results show taking Flavay Plus® “significantly improved ADHD symptoms and short-term auditory memory in children” in a randomized, double-blind, placebo-controlled study performed on children (ages 4 to 14) who had not received drug treatment related to ADHD.



Significant Improvement Short-Term Memory in Children (Ages 4-14)

Main outcome measures included: (i) ADHD

Clinical data shows Flavay Plus® can significantly improve memory deficit disorders and other higher brain functions—in young and old.

symptoms based on DSM-IV-TR; (ii) short-term auditory memory and working memory using the Digit Span Test of the Wechsler Intelligence Scale for Children; and (iii) mental performance to visual stimuli (GO/NO GO task). No adverse events and no side effects were found. (217)

A study of children (ages 6–12) with ADHD shows taking Flavay Plus® daily for 60 days significantly improved ADHD symptoms. Improvement was observed in both inattention and hyperactivity and impulsiveness, and visual perception was also significantly improved. No adverse events and no side effects were found. (218)



Change the way you grow older by protecting your memory for the many years ahead.

210-481-0067
1-800-200-1203
www.flavay.com

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boost cognitive performance

improve mental focus & acuity



strengthen learning & memory



lower cortisol stress levels



increase endurance



turn back brain-aging



flavay Plus

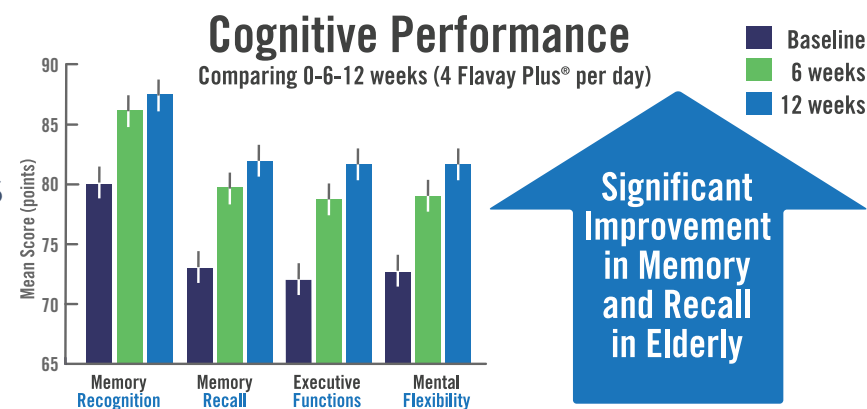
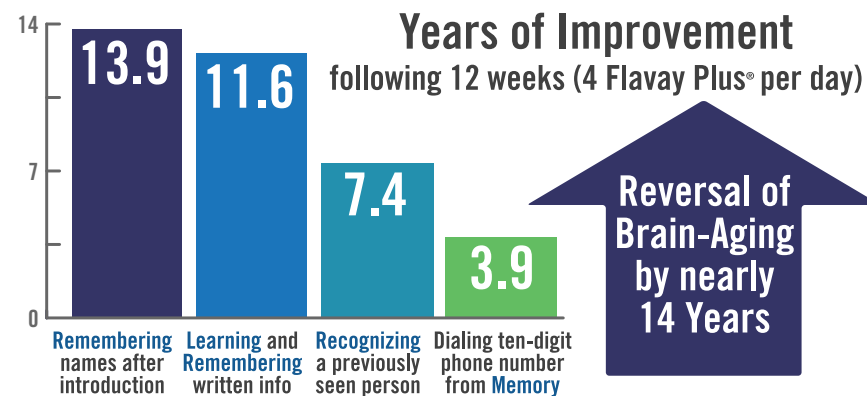
Validated by Clinical Trials and Patents

turn back brain-aging

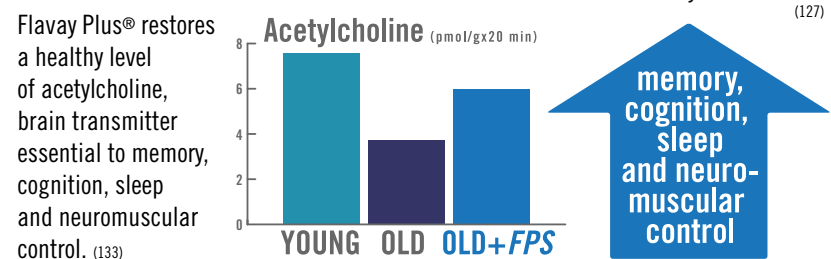


Clinical data shows Flavay Plus® can significantly improve memory deficit disorders and other higher brain functions

The efficacy of taking Flavay Plus® for memory and cognition has been studied and proven in numerous randomized, double-blind placebo-controlled clinical trials (111,114,115,119, 122,123,126,139,166, 219-225,473,474) and several pilot trials. (168,475-481) The duration of these trials varied from 6 weeks to 6 months. People from various countries all over the globe (Italy, Germany, Austria, Belgium, Israel, USA) were investigated with as many as 494 persons in a single study. The efficacy of Flavay Plus® is shown using different performance tests related to learning and memory tasks of daily life, and significant improvements were observed across the range of studies.



Data from objective neuro-psychological testing shows taking Flavay Plus® (4 per day) for 12 weeks resulted in reversal of brain-aging of nearly 14 years. Improvements were found in learning and remembering written information, remembering names and recognizing people, and memory of numbers. (126,168)



increase blood flow

Few people realize the critical connection between decreased blood flow to the brain and cognitive decline. Researchers claim vascular cognitive impairment (VCI) is "poised to become the silent epidemic of the 21st century." (472)

The good news is you can fight back. Research shows improving blood flow to your brain can prevent or reverse deterioration that causes vascular cognitive impairment. Neurons become more active when blood flow increases. (14,231,339,455)

Flavay® increases blood flow and capillary resistance, decreases capillary permeability, and increases rate of lymph flow and improves overall vascular health. Licensed and sold for vascular health in France since 1950, the vascular protective activity of Flavay® has been established by many significant studies and patents.

lower cortisol stress levels

Flavay Plus® can lower stress-induced cortisol levels as much as 30%

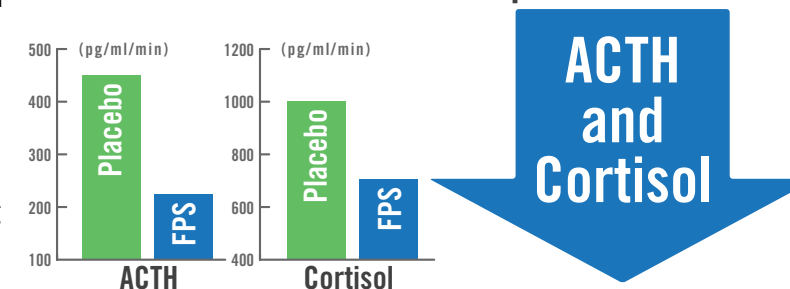
Research shows Flavay Plus® works to keep the brain's processes within normal limits, raising them when they are low and lowering them when they are high. This means Flavay Plus® boosts the weak stress response in the elderly person and calms down exaggerated stress in the healthy young person. (106,114,119)

Both physical and mental stress cause cortisol to be released into circulation, even in the young and healthy. Flavay Plus® for athletes prior to starting exercise produced an impressive degree of down-regulation of the stress hormones. Flavay Plus® has the capacity to "normalize" the stress-induced activation of the hypothalamic-pituitary-adrenal axis. A double-blind, placebo-controlled study conducted in Italy shows Flavay Plus® can lower stress-induced hormone cortisol production by as much as 30%. (117)

Several double-blind, placebo-controlled clinical trials show how Flavay Plus® can prevent and improve exercise-induced cortisol levels and other markers related to hard training. Athlete's perception of well-being results in a profound influence in competitive spirit and performance. The research shows taking Flavay Plus® causes measurably better perception of well-being, particularly after the first week of training. Following intense weight-training, cortisol levels were noticeably lower. (121,144,145)

Over-training is a natural hazard of competitive sports. During the early stages, muscles ache, heart rate and cortisol levels increase, and testosterone levels fall especially in male athletes. Your body can recover after a few days of rest but chronic over-training often causes an unhealthy ratio of the anabolic (muscle-building) hormone testosterone to the catabolic (muscle-wasting) hormone cortisol.

Plasma ACTH and Cortisol Response to Exercise



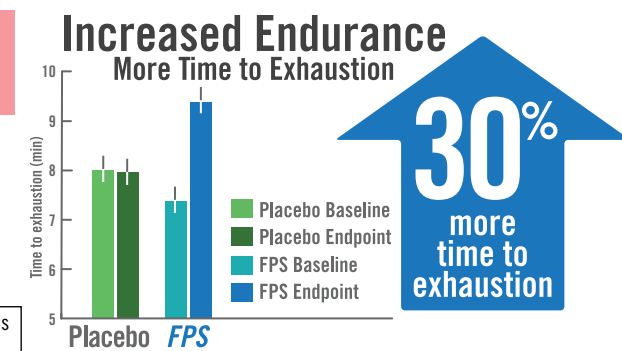
A double-blind, placebo-controlled study of healthy men (ages 24-42), performed three sessions of bicycle ergometer tests at one-week intervals. Flavay Plus® resulted in significant suppression in ACTH and cortisol plasma levels in response to exercise compared to the placebo. (124)

Flavay Plus® is shown to be an effective non-drug and safe alternative for lowering cortisol levels in athletes.

Another double-blind, placebo-controlled, crossover study was conducted on healthy male athletes. Blood samples were taken at (1) rest, (2) after a 15-minute moderately intense exercise on a cycle ergometer, and (3) during a 65-minute passive recovery period. After ten sessions in ten days, results showed that cortisol levels were significantly reduced in the Flavay Plus® group, testosterone was significantly increased and the ratio between the two hormones was significantly elevated in the Flavay Plus® group—indicating a reduction in stress and improved recovery. (216)

increase endurance

A double-blind, placebo-controlled study of healthy, trained male athletes in cycling. Endurance was measured prior to and following supplementation using a cycle ergometer at 85% V02 max. After ten days, the group taking Flavay Plus® experienced about 30% more time before exhaustion. (258)



Statements made herein have not been evaluated by the Food & Drug Administration. This product is not a drug and not intended to diagnose, treat, cure or prevent any disease.