

INGREDIENTS OF BRILLIANCE PRODUCT

Herbs and Minerals

Iron

DESCRIPTION

Excellent for producing hemoglobin and myoglobin (the form of hemoglobin found in muscle tissue), and helps to pump the red blood cells full of oxygen. It is the mineral found in largest quantities in the blood, is essential for many enzyme functions, and for a healthy immune system.

STUDIES

- Studies have shown that deficiencies in iron lead to anemia and poor cognitive development, poor school achievement, and behavior problems in children over the age of two. The connection is that anemic children who lack iron move around less and explore their environment less efficiently. This can lead to developmental delays.
- Conducting sounds and visual nerve impulses to the brain were found to be slower in children with iron deficiencies. Studies showed that neurotransmitter synthesis may be sensitive to low levels of iron.
- It has been shown that iron deficiency can increase the risk of lead poisoning in children. Some studies of the occurrence of disease show that iron deficiency is associated with increased blood lead levels in small children. Deficiencies in iron in combination with lead poisoning create a risky environment; in particular, iron deficiency increases the chance that lead is absorbed through the intestines. However, the use of iron supplements in lead poisoning cases should be reserved for individuals who are truly iron deficient or for individuals with continuing lead exposure, such as continuing to live in a house where they are subject to lead-based paint exposure.
- CAUTION: It has been shown that iron absorption can be inhibited by consuming calcium with meals. If you are iron deficient and need to absorb more iron, take calcium supplements or consume calcium-rich foods at other times when you are not consuming foods containing iron.

Other studies of the benefits of iron are listed here:

[Adult Health Advisor 2005.4: Serum Iron Studies](#)

[There are many different types of iron studies. The 3 most common tests are discussed here: ... Results of these iron studies tests may mean the following:](#)

http://www.med.umich.edu/1libr/aha/aha_ironstud_crs.htm

[\[Metabolic dependency of binding and penetration of iron studies on ...](#)

<http://www.medscape.com/medline/abstract/4236374>

[Ultrasound pretreatment of elemental iron: kinetic studies of ...](#)

[This work presents data showing the kinetic improvement afforded by ultrasound pretreatment and illustrates the physical and chemical changes that take place at the iron surface.](#)

<http://www.medscape.com/medline/abstract/11902789>

[Primary Hemochromatosis: Iron Overload: Merck Manual Professional](#)

[Diagnosis is based on serum iron studies and gene assay.](#)

Transformation, Hope, Strength, and Perseverance

8001 Brookmead Ct. Severn, MD 21144 Phone: 410-960-8638 Email: hasannatural@gmail.com

<http://www.merck.com/mmpe/print/sec11/ch145/ch145b.html>

[Iron Depletion Therapy for Type 2 DM and NAFLD This study is currently recruiting participants. ... Find Related Studies by Searching for the Conditions, Interventions, ...](#)
<http://www.clinicaltrials.gov/ct2/show/related/NCT00230087>

[Hemochromatosis and Iron Overload Screening Study \(HEIRS\) This study is ongoing, ...](#)
[Find Related Studies by Searching for the Conditions, Interventions, and Sponsors found in this study:](#) <http://www.clinicaltrials.gov/ct2/show/related/NCT00005541>

[Anemia, Evaluation of - Hematology - MedStudents](#)
<http://www.medstudents.com.br/hemat/hemat4.htm>

[- Iron Studies, Serum](#)
[Synonyms TIBC \(Superseded by Iron Studies\) Iron Saturation](#)
<http://www.cdhb.govt.nz/chlabs/tests/3215.htm>

[Globalizing results from ocean in situ iron fertilization studies](#)
[Citation: Aumont, O., and L. Bopp \(2006\), Globalizing results from ocean in situ iron fertilization studies, Global Biogeochem.](#)
<http://www.agu.org/pubs/crossref/2006/2005GB002591.shtml>

Vitamin C

DESCRIPTION

Vitamin C is an antioxidant that is required for at least 300 metabolic functions that our bodies perform. It is essential for tissue growth and repair, adrenal gland function, and healthy gums. It boosts our immune systems, and protects against pollution from the environment. Vitamin C increases the absorption of iron, and **combines with toxic substances such as lead and heavy metals to make them harmless, so they can then be eliminated from the body.**

STUDIES

- Studies have shown that consuming 500 mg of vitamin C per day is very beneficial. Vitamin C has a role in the regulation of DNA repair enzymes, and demonstrates an "antioxidant effect."
- Scientific research shows that vitamin C appears to improve oral absorption of iron. Vitamin C may aid in the absorption of iron dietary supplements.
- Proceedings of the National Academy of Sciences mentions a study which examines the role of vitamin C as it relates to toxins resulting from fat metabolism. A new study at Oregon State University confirms that vitamin C can react with and neutralize the toxic byproducts of human fat metabolism. Vitamin C is an antioxidant that neutralizes free radicals, and can protect against toxic compounds formed from oxidized lipids. Other studies are listed here:

[Collection of Studies on Vitamin C and Helicobacter](#)

[BACKGROUND It is well known that chronic gastritis induced by Helicobacter pylori may be associated with hypochlorhydria and may also be accompanied by low levels of vitamin C in plasma and ... <http://www.orthomed.com/ulcers.htm>](#)

[MedlinePlus Herbs and Supplements: Vitamin C \(Ascorbic acid\)](#)

[Many uses for vitamin C have been proposed, but few have been conclusively demonstrated as being beneficial in scientific studies.](#)

<http://www.nlm.nih.gov/medlineplus/druginfo/natural/patient-vitaminc.html>

[MedlinePlus Medical Encyclopedia: Vitamin C and colds](#)

[A few studies have suggested that taking vitamin C supplements when you are exposed to a cold virus or when you first have symptoms can shorten a cold or even prevent one.](#)

<http://www.nlm.nih.gov/medlineplus/ency/article/002145.htm>

[Vitamin C \(Ascorbic acid\) - MayoClinic.com](#)

[Many uses for vitamin C have been proposed, but few have been conclusively demonstrated as being beneficial in scientific studies.](#)

http://www.mayoclinic.com/health/vitamin-c/NS_patient-vitaminC

[eMedicine - Scurvy : Article by Bruce M Rothschild](#)

[In recent studies of vitamin C deficiency, the most common associated causes included poor dentition, gastrointestinal disease, food fads, and alcoholism.2,3...](#)

<http://www.emedicine.com/radio/topic628.htm>

[Citrus Juice, Vitamin C Give Staying Power To Green Tea Antioxidants](#)

[A study found that citrus juices enable more of green tea's unique antioxidants to remain after simulated digestion, making the pairing even healthier than previously thought.The study](#)

<http://www.medicalnewstoday.com/articles/88777.php>

[Vitamin C and Treatment of Cancer:](#)

[This review article notes that approximately 90 studies have been done on the role of vitamin C in cancer prevention, with most finding statistically significant effects.](#)

<http://www.garynull.com/Documents/vitaminc-cancer.htm>

Magnesium

DESCRIPTION

Magnesium is a vital catalyst in enzyme activity, especially for those enzymes that are involved in energy production (Lead drains the body of the ability to produce energy). It assists in calcium and potassium absorption.

STUDIES

- It has been shown in studies that magnesium supplements during pregnancy dramatically reduces birth defects. A study reported by the *Journal of the American Medical Association* showed a 70 percent lower incidence of mental retardation in the children of mothers who had taken magnesium supplements during pregnancy.
- Studies have shown that a deficiency of magnesium interferes with the transmission of nerve and muscle impulses, which causes irritability and nervous tension. Other studies are listed here:

[Studies Prove Magnesium Boosts Memory & Learning Ability](#)
[Federal studies in nursing homes indicate that virtually all residents have Magnesium deficiency. ... MLA Style Citation: Jirves, Roger. "Studies Prove Magnesium Boosts Memory & Learning Ability." ...](#)
<http://ezinearticles.com/?Studies-Prove-Magnesium-Boosts-Memory-and-Learning-Ability&id=73...>

[Studies Prove Magnesium Boosts Memory & Learning Ability - ...](#)
[Articles and information on Nutrition from Nutrition Information Studies Prove Magnesium Boosts Memory & Learning Ability plus articles and information on Nutrition...](#)
<http://www.parlot.com/analliance/nutrition/Studies-Prove-Magnesium-Boosts-Memory-Learning-...>

[WebMD Weight Loss Clinic: Magnesium Lowers Type 2 Diabetes Risk](#)
[Two new studies suggest magnesium-rich foods like these can significantly lower the risk of developing type 2 diabetes, ... Earlier studies linked magnesium deficiency with an increased risk for diabetes.](#)
http://www.webmd.com/webmddiet/news_articles/magnesium_and_diabetes.html

[Magnesium Lowers Type 2 Diabetes Risk](#)
[Two studies suggest magnesium-rich foods can significantly lower the risk of developing type 2 diabetes.](#)
<http://www.webmd.com/content/article/78/95930.htm>

[Studies Find Majority Of Older Americans Have Sleep Problems - ...](#)
[In 1915, the French surgeon Pierre Delbet, M.D, did several studies with magnesium chloride and discovered a variety of health advantages resulted from its use, including a calmer nervous system, ...](#)
<http://www.medicalnewstoday.com/articles/65698.php>

[Magnesium-rich foods appear to be protective regardless of weight, ...](#)
[Two new studies suggest magnesium-rich foods like these can significantly lower the risk of developing type 2 diabetes, ... Earlier studies linked magnesium deficiency with an increased risk for diabetes.](#)
<http://www.medicinenet.com/script/main/art.asp?articlekey=56713>

Zinc

DESCRIPTION

Zinc protects the liver from chemical damage and is vital for bone formation. It promotes a healthy immune system and healing of the body.

STUDIES

- Zinc has been shown to fight and prevent the formation of free radicals.
- A study of zinc and attention deficit hyperactivity disorder (ADHD) has shown that there is a correlation between low serum free fatty acids and zinc serum levels in children with attention deficit hyperactivity disorder. Two other studies showed that zinc supplements reduced hyperactive, impulsive and impaired socialization symptoms, but did not reduce attention deficiency symptoms. It is possible that zinc supplements may be a more effective treatment for older children with higher body mass index (BMI) scores.
- CAUTION: Take zinc and iron supplements separately; they interfere with each other's activity.

Other studies on zinc are listed here:

[InteliHealth:](#)

[The findings follow previous studies showing zinc can boost growth when given to breast-fed infants, and can help make babies bigger and healthier if taken by pregnant women.](#)
<http://www.intelihealth.com/IH/ihtIH/WSIHW000/333/7228/341261.html>

[\[17\] RESISTANCE INDUCTION STUDIES WITH INHIBITORS OF HIV-1 ... RESISTANCE INDUCTION STUDIES WITH INHIBITORS OF HIV-1 NUCLEOCAPSID ZINC FINGER PROTEIN Antivir Ther.](#)
<http://www.aegis.com/conferences/hivdrw/2002/17.html>

[AEGIS-04CROI: Role of zinc coordinating amino acids of nucleocapsids ... The zinc finger motif of retroviral nucleocapsids is an attractive target for antivirals. Several genetic studies with mutations in zinc fingers support multiple effects of nucleocapsids in the virus ...](#)
<http://www.aegis.com/conferences/croi/1997/415.html>

Mind Enhancing Complex including:

DESCRIPTION

- L-Aspartate from Magnesium Aspartate
- DMAE
- EPA 18%
- Lecithin
- Colloidal Silver
- Grape Seed Extract
- Gingko Biloba Powder

STUDIES ON THESE INGREDIENTS:

- Magnesium aspartate helps prevent hypertension in studies.
- In a double-blind study, individuals consuming 1200 mg/day of DMAE for a period of five days showed dramatic improvements in alertness and neuromotor control, in addition to a decrease in anxiety.
- A study conducted by Dr. Carl Pfeiffer of Princeton, NJ indicated improvement in individuals having learning disabilities, lack of attention span, and behavior problems such as ADD, ADHD from taking DMAE. Taking DMAE also manifested a decrease in irritability and an increase in academic ability.
- Lecithin, a component of foods, breaks down into several different substances in the body. Lecithin and choline (about 10% to 20% of lecithin is a chemical called choline, a water-soluble nutrient related to the B vitamins) have been the subject of many studies showing their benefits in preventing or treating dementia. Choline helps maintain cell structure, breaks down fats in the diet, transports cholesterol, and protects the liver from decreasing the amount of fat accumulation. Lecithin supplements have been shown to improve symptoms of dementia by increasing the levels of acetylcholine, a neurotransmitter which affects muscles and memory.

- In studies of laboratory animals, lecithin or choline was given to them while young or given to their mothers. The results showed that these animals had fewer cognitive difficulties later in life. Although no major human studies were done of this type, one small study showed that lecithin improved memory in patients with Alzheimer's disease even though later studies did not corroborate these results. Results of some animal studies do show that lecithin may help prevent or reduce liver damage caused by drinking alcohol, but similar results in humans is lacking at this time.
 - Colloidal Silver has been shown in studies to be effective against illness-causing bacteria (University of Texas Colloidal Silver Effectiveness Study). A Colloidal Silver Antibacterial Study at Brigham Young University showed it to be an antimicrobial substance.
 - Grape seed extract has been found to have high levels of certain flavonoids, which are a class of water-soluble plant pigments. Flavonoids are a class of water-soluble plant pigments. The special flavonoids in grape seed extract have been found in test tube and animal studies to be potent antioxidants.
 - A Ginkgo biloba study by the *Journal of the American Medical Association* showed that it has a measurable effect on dementia in people with Alzheimer's disease and people recovering from strokes. Other studies have shown that it can improve long- and short-term memory, and improve concentration. Most studies have shown its effects on older persons with memory and other mental dysfunctions.
-
- The National Center for Complementary and Alternative Medicine at the National Institutes of Health noted some promising study results for persons with Alzheimer's disease/dementia, etc.; however, it concluded that larger, well-designed studies are needed. Some smaller studies have indicated memory enhancement, and larger studies are being conducted to determine if the herb prevents the onset of dementia and specifically Alzheimer's disease, and slows cognitive decline and functional disability among other effects.

More studies on the ingredients of the Mind-Enhancing Complex are listed here:

Bonavita, E. (1986). "[Neuropsychological study of the senile brain during and after single and combined treatment with deanol and citicoline]." *Clin Ter* 117(5): 387-98.

Caille, E. J. Study concerning the bisorcate demanol effects upon quantified EEG, cortical vigilance and mood. Comparative double-blind, cross-over balanced design versus pirisudanol. *Psychol. Med.* 18:2069-2086, 1986.

Cherkin, A. and M. J. Exkardt (1977). "Effects of dimethylaminoethanol upon life-span and behavior of aged Japanese quail." *J Gerontol* 32(1): 38-45.

Coleman, N., et al. DMAE in the treatment of hyperactive children. *Psychosomatics.* 17:68-72, 1976.

Dean, Ward. *Smart Drugs and Nutrients: How to Improve Your Memory and Increase Your Intelligence Using the Latest Discoveries in Neuroscience.* Smart Publications. 1992.

Dean, Ward and Boring, Wayne. *Biological Aging Measurement: Clinical Applications.* Paperback: 1988.

Ferris, S. H., G. Sathanathan, S. Gershon and C. Clark (1977). "Senile dementia: treatment with deanol." *J Am Geriatr Soc* 25(6): 241-4.

Fisman, M., H. Mersky and E. Helmes (1981). "Double-blind trial of 2-dimethylaminoethanol in Alzheimer's disease." *Am J Psychiatry* 138(7): 970-2.

Knoble, M. 2-Dimethylaminoethanol (DMAE) in behavior problems of children. *Science Medicine (Buenos Aires)*. 119:939-944, 1961.

Knusel, B., D. J. Jenden, S. D. Lauret, R. A. Booth, K. M. Rice, M. Roch and J. J. Waite (1990). "Global in vivo replacement of choline by N-aminodeanol. Testing a hypothesis about progressive degenerative dementia: I. Dynamics of choline replacement." *Pharmacol Biochem Behav* 37(4): 799-809.

Lewis, J. A., et al. DMAE and methylphenidate in minimal brain dysfunction. *Clin Pharmacol Ther.* 17:534-540, 1975.

Lewis, J. A. and B. S. Lewis (1977). "Deanol in minimal brain dysfunction." *Dis Nerv Syst* 38(12 Pt 2): 21-4.

Marsh, G. R. and M. Linnoila (1979). "The effects of deanol on cognitive performance and electrophysiology in elderly humans." *Psychopharmacology* 66(1): 99-104.

Oettinger, L. The use of DMAE in the treatment of disorders of behavior in children. *Journal of Pediatrics*. 53:671-675, 1958.

Pfeiffer, C. C. Parasympathetic neurohumors. Possible precursors and effect on behavior. *International Review of Neurobiology*. 1959:195-244.

Pfeiffer, C., et al. Stimulant effect of 2-Dimethyl-l-aminoethanol (DMAE): Possible precursor of brain acetylcholine. *Science*. 126:610-611, 1957.

Rosenberg, G. S., et al. The use of cholinergic precursors in neuropsychiatric diseases. *American Journal of Clinical Nutrition*. 36:709-720, 1982.

Russell, R. W., D. J. Jenden, R. A. Booth, S. D. Lauret, K. M. Rice and M. Roch (1990). "Global in vivo replacement of choline by N-aminodeanol. Testing a hypothesis about progressive degenerative dementia: II. Physiological and behavioral effects." *Pharmacol Biochem Behav* 37(4): 811-20.

Stafford, J. R., et al. Deanol acetamidobenzoate (DMAE) in tardive dyskinesia. *Diseases of the Nervous System*. 38:3-6, 1977.

Stenback, F., J. H. Weisburger and G. M. Williams (1988). "Effect of lifetime administration of dimethylaminoethanol on longevity, aging changes, and cryptogenic neoplasms in C3H mice." *Mech Ageing Dev* 42(2): 129-38.

Zs-Nagy, I., et al. On the role of cross-linking of cellular proteins in aging. *Mech Ageing Dev*. 14:245-251, 1980.

[Lecithin](#)

[Studies of lecithin in cognitive impairment have used a wide variety of doses, from 1 to 35 g daily.](#)

<http://www.drugs.com/npp/lecithin.html?printable=1>

[Grape Seed Extract Report: RM Barry Publications](#)

[Author Ken R. Wells notes that "studies have shown that OPCs in grape seed extract are as much as 50 times more potent than those in vitamin E and up to 20 times more potent](#)

[than OPCs in vitamin C". ...
http://www.rmbarry.com/research/grape_seed_extract.html](http://www.rmbarry.com/research/grape_seed_extract.html)

[Study Shows Grape Seed Extract May Be Effective In Reducing Blood ...
Grape seed extract lowered the blood pressure of patients who participated in a UC Davis study of the benefits of the supplement on people with high blood pressure.
http://www.sciencedaily.com/releases/2006/03/060327084242.htm](http://www.sciencedaily.com/releases/2006/03/060327084242.htm)

[Grape Seed Extract Halts Cell Cycle, Checking Growth Of Colorectal ...
Similar to the cell culture studies, Cip1/p21 protein levels increased in tumors in mice treated with grape seed extract, Agarwal said.
http://www.sciencedaily.com/releases/2006/10/061018093946.htm](http://www.sciencedaily.com/releases/2006/10/061018093946.htm)

[UCLA Researchers Find Ginkgo Biloba May Help Improve Memory
Researchers at the UCLA Neuropsychiatric Institute found significant improvement in verbal recall among a group of people with age-associated memory impairment who took the herbal supplement ginkgo ...
http://www.sciencedaily.com/releases/2003/11/031111070042.htm](http://www.sciencedaily.com/releases/2003/11/031111070042.htm)

[Ginkgo Biloba Herb - Herbal and Alternative Treatments : ...
Ginkgo Biloba Herb - Herbal and Alternative Treatments , Recent research studies have found that ginkgo biloba herb extracts can improve the memory, improve blood circulation, stimulate the immune ...
http://www.skincareindia.com/index-cid-16-pid-1609.html](http://www.skincareindia.com/index-cid-16-pid-1609.html)

[Nature's Way Ginkgo Standardized Extract - LuckyVitamin.com
Usage Improves mental sharpness. Clinical studies on Ginkgo biloba extract show that it supports circulation to the brain as well as the extremities.
http://www.luckyvitamin.com/033674616000.html](http://www.luckyvitamin.com/033674616000.html)