



BRAINSPAN®

The Vital Signs of Patient Compliance

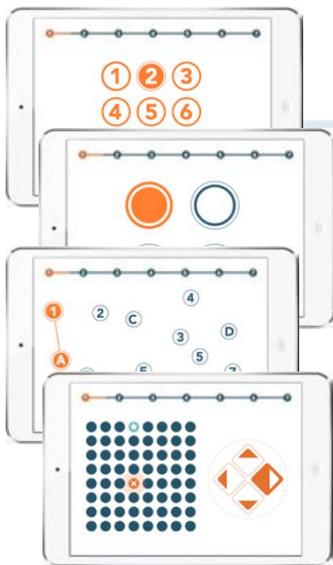
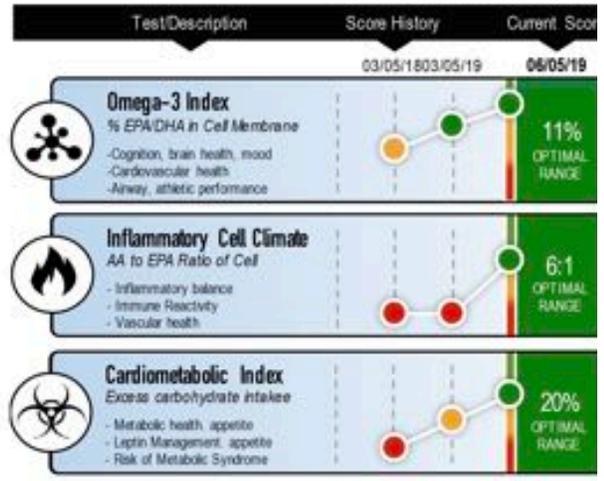
The Assessment & Overview

BrainSpan Assessment Overview and Practice Integration



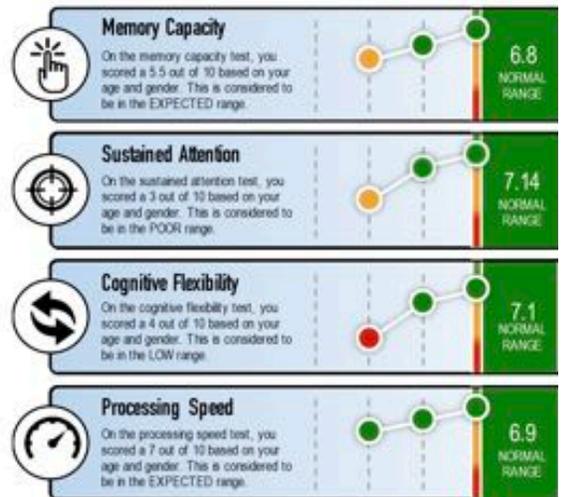
160+ peer reviewed studies on our DBS method. Partnered with Omegaquant Laboratories and : **ClevelandHeartLab®**

5-7 Days



Cognitive test powered by: Brain Resource International Database® Over 450 peer-reviewed publications

15 Min.





Fact:
Brain health is a major concern in 9 out of 10 patients.

Fact:
Brain health is rapidly becoming one of the top 3 reasons that people consume supplements.



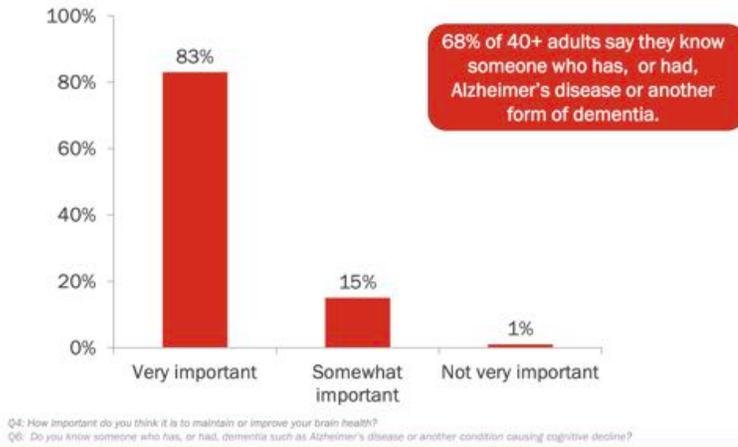
Fact: Inflammation is the epicenter of all disease. Fatty acid levels ultimately govern inflammatory hormone levels, blood flow, and quality of nervous control.

Fact:
The risk of heart attack, stroke, depression, cognitive decline, autoimmune disorders, premature aging, and even sudden death is dramatically higher in those with poor fatty acid profiles.

Fact:
The American Heart Association, American Stroke Association have said brain health is likely the most effective way to get people to adopt new, healthy lifestyle choices.

Demand for practitioners who adopt integrated functional well-being, especially brain health, into their practice is growing dramatically.

Nearly all adults (98%) feel it is important to maintain or improve brain health.



75% of patients say they would be more likely to make a dietary or nutritional change and stay with it if they knew it was good for their brain.

(Courtesy, AARP Global Council on Brain Health, "Staying Sharp Initiative")

Data courtesy of AARP Global Council on Brain Health

Objective Assessment is the Foundation of Health, Wellness & Performance



BLOOD



HEART



LUNGS



TEMPERATURE

You Can't Change What You Can't Measure

BrainSpan Assessment Cover Page

Provider Information and patient education about the importance of cell health



From Sample to
Report in only 3-5 days
plus mail time



Healthcare Provider: Performance Integrative
Office Address: 6708 W. Lane
St Paul, MN, 04903
Office Phone Number: (800) 825-5671

Date of Assessment: 6/5/19
Lab Processing Date: 6/14/19
Barcode ID: VIP-00984
Patient Name: Audrey Hazeltine

The Vital Signs of Well-Being

Life begins in cells. They are the simplest unit of life that together determine the health of every organ in our bodies. A few million red cells were analyzed as a reliable window into the health of all of your cells. 96% percent of us have less than optimal cellular health. We must measure, track, and improve cell fatty acids—the nutritional building blocks of life.

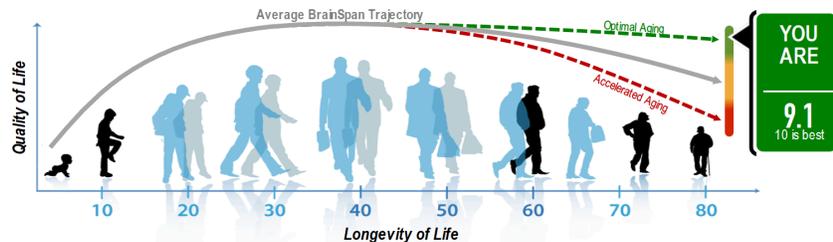
By measuring the fatty acids correctly in red cells, science tells us that we get a long term, reliable window into the levels throughout other major organ systems. When we carefully develop a holistic strategy that embraces the core fatty acid profile, the result is a return to nutrient intake of long ago—when the right types & amounts of fats, protein and carbohydrate fueled human achievement, triumph and potential. Tragically, the last 150 years has seen a dietary reversal of these fundamentals. Agricultural priorities plus public confusion around fat led us to this crisis. But the first step to correct it is knowing.

Optimizing fatty acids will improve mood, weight/BMI, skin, sleep, chronic pain, allergies, sleep, breathing, and hair/nail quality within 2-3 weeks. Long term the benefits are many and discussed below. Cell aging, improved brain function, increase resilience to chronic diseases of the heart, brain and vascular systems, and improve lean body mass. Optimizing fatty acid levels is crucial in pregnancy and in children. It will improve neuro-development in pregnancy and reduce post-partum depression. Children who improve their scores develop improved motor and verbal skills, less allergies, & have fewer symptoms of ADHD.

BrainSpan documents an average improvement of 50-60% and 30-40% in fatty acids and brain function, respectively when the testing protocol is followed. It is critical to re-test at 60-90 days—then no less than every 6-12 months. Pregnant females should test every trimester and every 3-6 months while breast feeding.

How does your future look if we stay this course?

*Your BrainSpan Trajectory Index is based on the results from your blood cell test and brain function assessment. Each score in this report has been weighted based on relevant scientific literature regarding age-related cell degeneration and total brain-body functional decline. Research shows that maintaining your scores in the "green zone" lowers your risk of cognitive decline and helps prevent



“Many of my patients have already began making changes that I have been asking them to make for years. I would highly recommend it as part of your wellness exam.”

Dr Margaret Merrifield, MD, DO Family Practice, Integrative Medicine CCFP, FCFP

BrainSpan Standard Process Summary Page

Summary page objectively graphs patient's improvement over multiple tests

Summary of Results & Nutritional Recommendations			
Test/Description	Score History	Current Score	Recommendations
Omega-3 Index % EPA/DHA in Cell Membrane -Cognition, brain health, mood -Cardiovascular health -Airway, athletic performance	03/05/18 03/05/19	06/05/19 11% OPTIMAL RANGE	Cod Liver Oil OR Calamari Omega-3 Liquid <i>Both have a high level of cellular absorption. The most important factor is the EPA and DHA amount absorbed into your blood cells.</i>
Inflammatory Cell Climate AA to EPA Ratio of Cell - Inflammatory balance - Immune Reactivity - Vascular health		6:1 OPTIMAL RANGE	Boswellia Complex Tumeric Forte <i>Provide antioxidant activity.*</i> <i>Supports a healthy inflammation response.*</i>
Cardiometabolic Index Metabolic glucose efficiency - Metabolic health, appetite - Leptin Management, appetite - Risk of Metabolic Syndrome		20% OPTIMAL RANGE	Veg-E Complete Pro™ Diaplex® <i>Replace high carb processed foods with a low-glycemic protein meal replacement.*</i> <i>Encourages healthy blood sugar with essential nutrients involved in carbohydrate metabolism.*</i>
Memory Capacity On the memory capacity test, you scored a 5.5 out of 10 based on your age and gender. This is considered to be in the EXPECTED range.		6.8 NORMAL RANGE	Cataplex® D OPC Synergy® <i>Research shows that memory declines two to three times faster in individuals with low levels.*</i> <i>OPC's have substantial antioxidant activity that cross the blood-brain barrier & improve oxygenation.*</i>
Sustained Attention On the sustained attention test, you scored a 3 out of 10 based on your age and gender. This is considered to be in the POOR range.		7.14 NORMAL RANGE	Magnesium with B6 Zinc <i>Supports brain cells in producing vital neurotransmitters needed for sustaining attention.*</i> <i>Provides antioxidant protection and has consistently enhanced attention in clinical trials.*</i>
Cognitive Flexibility On the cognitive flexibility test, you scored a 4 out of 10 based on your age and gender. This is considered to be in the LOW range.		7.1 NORMAL RANGE	ProSynbiotic Cataplex® G <i>Supports gut microbiome function which optimizes the production of Serotonin and GABA.*</i> <i>Provides a calmative effect on the nervous system by supporting parasympathetic nerve functioning.*</i>
Processing Speed On the processing speed test, you scored a 7 out of 10 based on your age and gender. This is considered to be in the EXPECTED range.		6.9 NORMAL RANGE	L-Tyrosine Vitamin B12 with Folate <i>Increases production of neurotransmitters essential for the brain's processing functions.*</i> <i>Essential for structural integrity of the brain and spinal cord as well as improving overall cognitive skills.*</i>

*This statement has not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

The report emphasizes the critical role of retesting between 60- 90 days to objectively see improvement. The composition of your red blood cell membranes are based on the last 60-90 days of your dietary intake. So dietary and nutritional interventions can significantly change fatty acid results over this timeframe. The BrainSpan assessment makes these changes measurable and trackable.

This section utilizes the scores from your last tests and shows a trend graph of your progress. Patients can easily see improvements in their cellular health as well as their brain function. Annual re-testing is recommended as fatty acid requirements change with age.

Additionally, the ability to objectively measure these results significantly increases patient compliance with nutritional interventions.

“BrainSpan has been my choice to identify, correct and optimize the fatty acid cell of my patients. The reports are easy to understand and improve compliance to care.”

Joshua Bletzinger, DC Fox Valley Integrated Health

BrainSpan Assessment Page 2

Omega-3 Index with emphasis on brain health, function, and resilience



RISK OF DEMENTIA

Individuals with high blood cell DHA had a 47% lower risk of developing dementia than those with low DHA

Schaefer et al. JAMA Neurology, 2006;63:1527-1528

Low Omega-3 Index scores associated with accelerated brain aging and lower cognitive abilities

Tan et al. Neurology, 2012;78:658-664



CONCUSSION RESILIENCE

Optimal blood levels of EPA & DHA help to restore the survival of neuronal cells after a traumatic brain injury

Kumar et al. Journal of Traditional & Complementary Med. 2014 Apr-Jun; 4(2): 89-92.

Increased DHA levels inhibit neuronal cell death and is an important neuro-protective agent

Prostaglandins Leukot Essent Fatty Acids. 2010 Apr-Jun; 82 (4-6): 165-172.

The report uses an Omega-3 calculator based on your blood sample and peer-reviewed research to recommend a personalized dose of EPA & DHA that will allow you to get to the green "optimal" zone within 90 days.

BRAINSPAN™
CELL HEALTH ANALYTICS

Audrey Hazeltine DOB: 04/14/68 Serial # VIP-00984
Assessment Date: 06/05/19 Lab Processing Date: 06/14/19



YOUR OMEGA-3 INDEX:

- Omega-3 fatty acids are the building blocks of the brain, determining the brain's integrity and ability to perform. They are to your brain cells what calcium is to your bones -- or what protein is to your muscles.
- These crucial molecules cannot be made by your body, so it is critical to obtain them by eating fish or taking fish oil. The most important factor is how much is absorbed by your blood cells. This is a fact that many scientific studies on fish and fish oil miss leading to confusion about the benefits of fish/fish oil.
- Consistently measuring your Omega-3 Index is the only way to maintain optimal levels. An Omega-3 Index over 8% is associated with improved memory, attention, learning, mood stability, faster recovery from concussions, as well as lower anxiety, depression, and inflammation.
- Tracking your index over time is one of the most important ways to help prevent alzheimer's disease, cognitive decline, and cardiovascular disease.

Research has associated **LOWER** Omega-3 Index Scores with:

- Higher Risk of Heart Disease & Stroke
- Decreased Short-Term Memory [4,5]
- ADHD & Slower Learning [6,7,8]
- Increased Stress & Anxiety [9,10,11]

Research has associated **HIGHER** Omega-3 Index Scores with:

- Up to 47% Lower Risk of Dementia [1]
- Improved Short-Term Memory [4,5]
- Better Focus & Learning at School [6,7,8]
- Improved Mood & Lower Anxiety [9,10,11]

PERSONALIZED RECOMMENDATIONS:

To achieve an Omega-3 Index above 8% within 3 months, you will need to do one of the following:


Eat a 3 oz. serving of oily fish (Salmon, Herring, Bluefin) at least 4 times per week to maintain in the "green zone"

or


To maintain your Omega-3 Index in the "green zone", take 1,000 milligrams of combined EPA & DHA per day

Ask your doctor to recommend a quality Omega-3 supplement that has demonstrated a high level of cellular absorption. The most important factor is how much EPA and DHA is absorbed into your blood cells. How it gets there (fish or supplements) really doesn't matter, as long as it's absorbed. ONLY choose high quality Omega-3 supplements with both EPA & DHA (from fish). Omega-3 supplements with ALA (from plants) will have little effect improving your cell health or your Omega-3 Index. See Appendix A of this report for information on how to choose quality Omega-3 supplements.

"We have noticed significant pain relief, and greatly improved memory, mental clarity and emotional healing. Also, increased energy levels has been reported...and patients are become very committed to the doctor and grateful for the help."

Dr. Lucas Watterson, DC Mounstain State Wellness, West Virginia

BrainSpan Assessment Page 3

Omega 6/3 Ratio with emphasis on chronic/acute pain, inflammation, and disease



CHRONIC PAIN & INFLAMMATION

A high Omega-3 Index may provide effective pain relief for people with chronic musculoskeletal pain
Cleland et al. Nutrition & Dietetics. 2009;66:4-6

Higher Omega-3 levels could reduce the incidence of neck and back pain and reduce the need for medication
Lemke et al. J Sports Sci Med. 2014 Jan;13(1):151-156

BRAINSPAN™
CELL HEALTH ANALYTICS

Audrey Hazeltine DOB: 04/14/68 Serial # VIP-00984
Assessment Date: 06/05/19 Lab Processing Date: 06/14/19

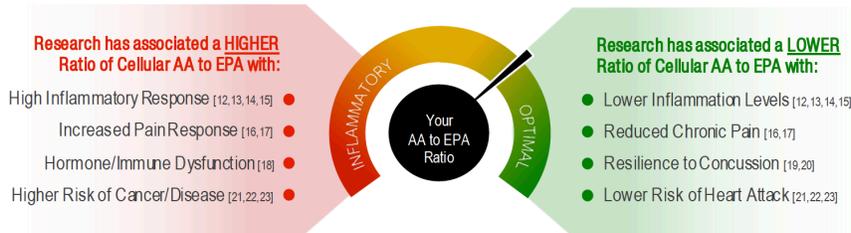


YOUR CELL INFLAMMATION BALANCE:

- Due to the way we eat and grow our food, the majority of us in the U.S. have significant deficiencies of important Omega-3 like EPA and DHA (which come from fish) in our diets. This is worsened by having an excess of specific Omega-6s (which come from corn, soy, vegetable oils, and processed foods) in our diets.
- The fatty acids in your cell membrane are a reflection of the average fatty acids in your diet over the last 90 days. However, Omega-6s (specifically one called "AA") tend to increase inflammation and clotting, whereas Omega-3s such as EPA tend to decrease inflammation and increase blood flow. Balancing these fatty acids is foundational to properly regulating your body's inflammatory response.
- A ratio of 5 or less AA to every 1 EPA is essential to properly balancing inflammation, modulating pain receptors, and regulating immune system function.

RESEARCH & ASSOCIATED CONDITIONS:

The graph below shows how your AA (Omega-6) to EPA (Omega-3) Ratio compares to current research studies.



RECOMMENDATIONS:

To Improve your Cell Inflammation Index within 3 months, you will need to do the following:


Nutritional supplements like boswellia serrata and curcumin inhibit Omega-6 inflammatory pathways and help balance inflammation.


Processed foods are high in pro-inflammatory Omega-6s. Reducing these foods will help balance your inflammation ratio.


Grass fed meat is higher in Omega-3s. Grain fed meat is high in Omega-6s. Eating grass fed meat will improve your ratio.


Replace commonly used vegetable oils with healthier alternatives such as olive, macadamia nut, or hi-oleic sunflower oils.

The Omega-3 Index page, the Cell Inflammation Index page, and the Cardiometabolic page each show a color wheel graph associating your score to the current research.

The purpose of this graph is to show that these conditions, or the prevention of these conditions, was significantly associated with groups of people that had similar scores.

This graph makes the score more meaningful and will provides a trigger and the motivation needed to make important changes.

“Brainspan test kit has provided great value to my patients and my practice. Patients are more engaged and interested in their health seeing the concrete results”

Cynthia Thaik, MD, Holistic Cardiologist, Harvard University

BrainSpan Assessment Page 4

Cell Toxicity Index with emphasis on weight, energy, and metabolism



HEALTHY WEIGHT & AGING

JAMA study suggests individuals with a higher Omega-3 Index have a 65% slower cellular aging process
Farzaneh-Far et al. JAMA. 2010;303(3):250-257

Six weeks of increased EPA & DHA significantly improved lean muscle mass & decreased body fat in healthy adults
Noreen et al. J. Int. Soc. of Sports Nutrition, 2010; 7:31

The Cardiometabolic Index focuses primarily on the efficient metabolism of glucose and the proper management of "Leptin" which palmitic acid interferes with. Leptin management is a critical aspect of every weight loss program so that appetite is properly

Each page contains recommendations to improve your score. Cell health scores can be typically changed in 90 days through dietary, nutritional, and lifestyle interventions.

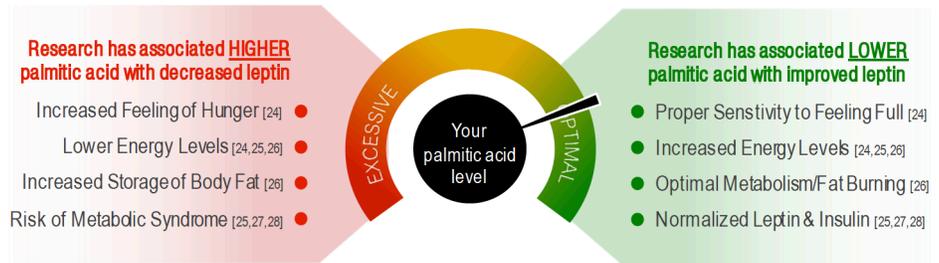
BRAINSPAN™
CELL HEALTH ANALYTICS

Audrey Hazeltine DOB: 04/14/68 Serial # VIP-00984
Assessment Date: 06/05/19 Lab Processing Date: 06/14/19



YOUR CARDIOMETABOLIC INDEX:

- Excessive palmitic acid (usually from a diet high in simple carbohydrates) is produced from excess glucose not converted into energy. It is associated with fatty acid alterations within the cell membrane that interfere with leptin signaling and directly impair mitochondrial function. It may predict later diabetes and heart disease.
- Maintaining optimal palmitic acid levels helps normalize leptin and insulin signaling, which helps regulate your metabolism, increases your energy, and improves neurotransmitter communication.
- Your brain communicates with your fat cells throughout your body using leptin signaling. Similar to how a thermostat turns the air on and off to keep the temperature stable, leptin communicates to your cells to burn or store fat.
- When proper leptin signaling occurs, the brain properly stimulates a feeling of "full," increases energy, and starts burning body fat. When leptin signaling is suppressed, the brain stays in "hungry" mode
- The graph below shows how your palmitic acid level may be affecting your leptin signaling.



RECOMMENDATIONS:

To Improve your Cell Toxicity Index within 3 months, you will need to do the following:



Supplements such as coenzyme Q10 & chromium encourage healthy blood sugar by improving carbohydrate metabolism



Reduce your consumption of simple carbs (sugars) so they don't convert to palmitic acid and store up in your cells.



Eat smaller, low glycemic, high protein meals more frequently throughout the day to stabilize your blood sugar production.



Increase exercise so that your body uses more calories and does not convert as much glucose to palmitic acid for storage.

"Patients have reported lower pain levels, improved memory and less inflammation. Patients are motivated by the fact they are feeling better which improves compliance."

Dr. Robert Martinez, Clinical Nutrition

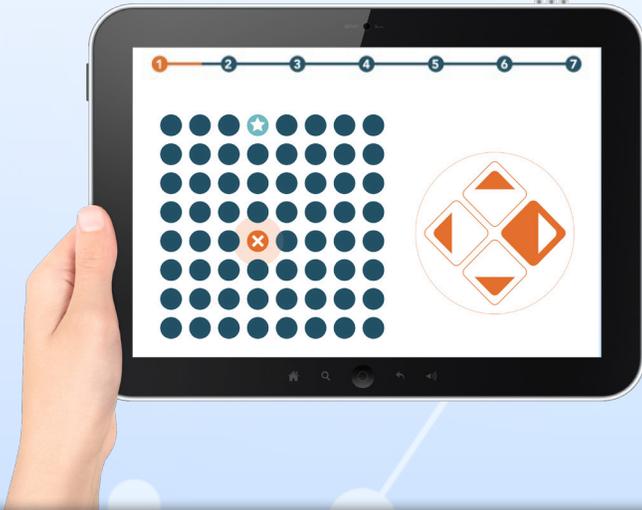
Online Functional Brain Assessment

Powered by the World's largest, international, integrated, standardized brain health database

15 Minute Functional Brain Test

BrainSpan's functional brain test is powered by the Brain Resource International Database®, the world's largest, international, integrated, standardized brain health database. The Brain Resource methodology has provided the basis for over 450 peer-reviewed publications and is utilized by top organizations around the world.

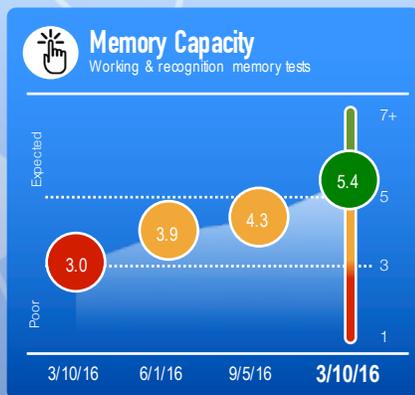
Your results are compared to carefully screened controls of your same age and gender. Your results reflect the functional capacity and efficiency of the nerve cells that control your memory, attention, and processing speed. Optimizing these cognitive functions help you stay sharp over your entire lifespan.



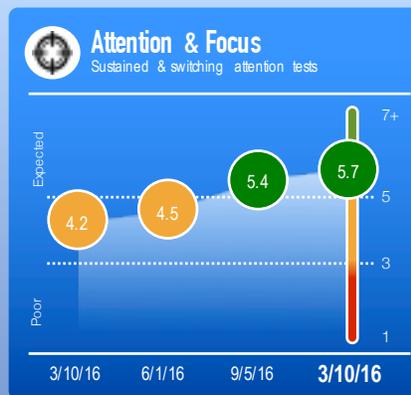
The Brain Resource International Database is Trusted by Top Organizations, Including:



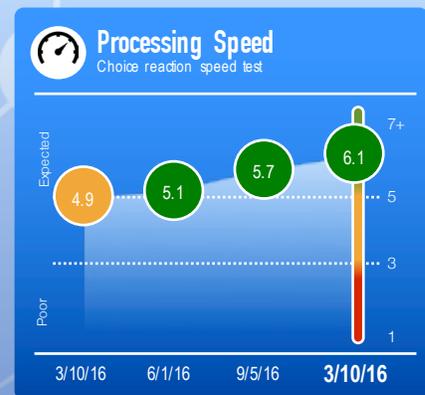
Improving Brain Function Requires Optimizing the Nutritional & Inflammatory State of Your Nerve Cells



Poor working memory may be associated with nutritional deficits in the nerve cells of the hippocampus – the part of the brain that stores memories. Additionally, it may suggest cell inflammation, insufficient neuronal connections, or poor quality sleep.



Attentional problems may be associated with deficiencies in the pre-frontal region of the brain, which controls selective attention, impulsivity, and motivation. These impairments may be caused from nutrient deficiencies, stress, or inflammation.



Slow processing speed is associated with inefficient connections in the brain's gray matter. These weak connections may be due to nutrient deficiencies in nerve cells, limited production of vital neurotransmitters, chronic stress, and toxins in your diet.

Visit www.brainspan.com/sp and start building your compliance and program efficacy today.

BrainSpan Assessment Page 5

Functional brain testing results for memory and sustained attention

DON'T
FORGET

SHORT TERM MEMORY

Higher Omega-3 Index score is associated with a larger volume of grey matter in the memory region of the brain
Pottala et al. Neurology 2014; Jan, 10.1212/WNL

Increased cell levels of EPA/DHA improved memory scores in healthy young adults
Stonehouse et al. American J. of Clinical Nutrition, 2013; 97:1134-1143

Optimal brain function is the result of optimal nervous system function. Nutritional deficiencies, limited production of vital neurotransmitters, chronic stress, lack of quality sleep, and toxins in your diet affect every one of the trillions of cells in your body - including the neurons in your brain.

The ability to objectively measure and track individual brain functions is a game changer in the area of brain health.

The BrainSpan report offers research-based recommendations to improve each of the brain functions measured.



John Doe DOB: 09/09/72 Serial # HCP-02637
Assessment Date: 03/10/16 Lab Processing Date: 03/14/16



What This Score Means to You

On the memory capacity test, you scored a 3 out of 10 based on your age and gender. This is considered to be in the POOR range.

Working memory is the process whereby your brain is able to temporarily store information in the moment and recall it when you need it.

Poor working memory may be associated with nutritional deficits in the cells of the hippocampus – the part of the brain that stores memories.

Poor working memory scores may suggest brain cell nutrient deficiencies, inflammation, insufficient neuronal connections, or poor quality sleep.

How to Improve Your Memory Capacity

- ✓ Getting all three of your blood cell biomarkers into the green zone can optimize your working memory.
- ✓ Phosphatidylserine has been shown to enhance memory for words, faces, names, and numbers, and supports brain health across the lifespan.
- ✓ Quality sleep is necessary to consolidate memories so that they can be recalled in the future.
- ✓ Vitamin D – research shows that memory skills decline two to three times faster in individuals with low levels of vitamin D. Only use a quality supplement with enhanced cellular absorption.
- ✓ Aerobic exercise has been shown to boost the size of the hippocampus, the brain area involved in memory.
- ✓ Sage is excellent for better brain functioning and boosting memory recall.



What This Score Means to You

On the sustained attention test, you scored a 4 out of 10 based on your age and gender. This is considered to be in the LOW range.

To efficiently sustain your attention and 'tune out' competing distractions, your brain must produce specific neurotransmitters. However, your brain requires adequate nutrients to create these neurotransmitters.

Attentional problems may be associated with deficiencies in the pre-frontal region of the brain, which controls selective attention, impulsivity, and motivation. These impairments may be caused from nutrient deficiencies, stress, or inflammation.

How to Improve Your Sustained Attention

- ✓ Getting all three of your blood cell biomarkers into the green zone can optimize your sustained attention.
- ✓ Consume a good amount of protein each day. Proteins contain the amino acids that your brain needs in order to create dopamine and improve attention.
- ✓ Vitamin B6 with Magnesium supports attention by helping your brain cells to produce key neurotransmitters vital to sustaining attention.
- ✓ Sleep quality and quantity is essential to sustained attention.
- ✓ Zinc provides the brain with antioxidant protection and helps produce the sleep hormone melatonin. Zinc has consistently enhanced attention and behavior in clinical trials.
- ✓ Cinnamon has been shown to help attention and it helps regulate blood sugar.

BrainSpan Assessment Page 6

Functional brain testing results for flexible attention & processing speed



ATTENTION & BEHAVIOR

The level of DHA in children's blood cells significantly predicts their ability to concentrate & learn at school
Montgomery et al. PLoS ONE, 2013; 8:e66697

Low Omega-3 fatty acids in red blood cells associated with aggressive and ADHD behaviors
Meyer et al. PLoS ONE, 2015; 10(6)



John Doe DOB: 09/09/72 Serial # HCP-02637
Assessment Date: 03/10/16 Lab Processing Date: 03/14/16



What This Score Means to You

On the flexible attention test, you scored a 4.5 out of 10 based on your age and gender. This is considered to be in the LOW range.

Flexible attention is your capacity to rapidly adapt your thinking based on new information and not get stuck in compulsive behavior. Your brain must be able to reorganize itself by forming new neural connections.

Poor flexible attention scores may be due to a decreased production of the neurotransmitters serotonin and GABA.

How to Improve Flexible Attention

- ✓ Getting all three of your blood cell biomarkers into the green zone can optimize your flexible attention.
- ✓ Meditation – research has shown that mindfulness meditation can significantly enhance cognitive flexibility.
- ✓ Probiotics support gut microbiome function and optimize the production of neurotransmitters Serotonin and GABA, which help support Flexible Attention.
- ✓ 5-HTP is a metabolite naturally made in the brain, is converted to serotonin as needed to promote positive mood, relaxation, and quality sleep.
- ✓ Vitamin B12 with Folate is essential for structural integrity of the brain and spinal cord. They produce neurotransmitters and key enzymes that improve overall cognitive skills.



What This Score Means to You

On the processing speed test, you scored a 5.1 out of 10 based on your age and gender. This is considered to be in the EXPECTED range.

Processing speed is the pace at which you take in information, make sense of it and begin to respond. It has nothing to do with how smart you are – just how fast you can take in and use information.

Slow processing speed is associated with inefficient connections in the brain's gray matter. These weak connections may be due to nutrient deficiencies in brain cells, limited production of vital neurotransmitters, chronic stress, lack of quality sleep, and toxins in your diet (such as refined sugars and processed foods).

How to Improve Processing Speed

- ✓ Getting all three of your blood cell biomarkers into the green zone can optimize your processing speed.
- ✓ Curcumin (Turmeric) keeps your brain sharp under pressure. It has also been shown to decrease plaques in the brain linked to Alzheimer's disease.
- ✓ Ginkgo Biloba & Acetyl-L-Carnitine have been shown to enhance cognition in healthy individuals as well as those with age related cognitive impairment.
- ✓ L-Tyrosine can increase the production of neurotransmitters that are essential for the brain's functions such as processing speed, problem solving, and making decisions.
- ✓ A recent study showed that one particular type of brain exercise - called "speed training" can increase processing speed and even significantly reduce the risk of developing dementia.

Many doctors that have integrated a supplement program into their practice have seen a 2 to 3 times increase in their nutritional intervention programs with patients that have completed the BrainSpan assessment.

The assessment increases patient retention and compliance during prescribed nutritional programs.

The functional brain testing portion of the assessment recommends specific dietary and nutritional interventions based on research for patients to improve brain function.

Based on Hundreds of Peer Reviewed Studies

And 3 separate technical reports independently performed



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The BrainSpan assessment is based on research and includes a reference page for patients to refer to when digging deeper about a particular study.

Technical Analysis: Dramatic Improvement in Fatty Acid and Cognitive Performance Metrics and self-reported compliance in Patients who perform a baseline then re-test at 60-90 days.

BrainSpan Executive Summary

Overall Omega-3 Index and AA/EPA ratio improved 63%

Overall executive function improved 41% (p<.001)

The best results are evident in those that perform 2 re-tests during this 12 month evaluation (baseline, 90 days, then their first annual. Fatty acid requirements change with age.

The re-test is a critical variable in patient compliance as demonstrated in this analysis with over 16,000 patients.



	Baseline	Re-test 1	Re-test 2	% Improvement
Omega-3 Index	5.0%	7.0%	8.1%	62%
AA/EPA	16:1	8:1	6:1	62.5%

	Baseline	Re-test 1	Re-test 2	% Improvement
Executive Function (Total)	54 th percentile	64 th percentile	76 th percentile	41%
Cog Flexibility	50 th percentile	55 th percentile	64 th percentile	26%
Attention	51 st percentile	55 th percentile	60 th percentile	18%
Working Memory	46 th percentile	49 th percentile	52 nd percentile	13%

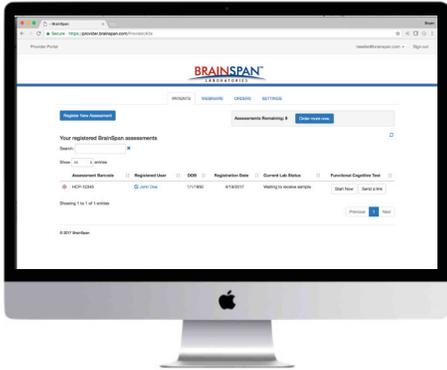
Included at the end of every assessment is an infographic showing the research associated with every life state - from the cradle to the grave.

Complete BrainSpan Clinical Integration System and FREE Marketing Package

We provide you with a turn-key solution for your practice

A series of short quick-start videos are sent to every new reseller account

VIDEO #1: Science of BrainSpan and How to Use the Portal



VIDEO #2: How to interpret the BrainSpan results report



VIDEO #3: Clinical Practice Guidelines, marketing and revenue model

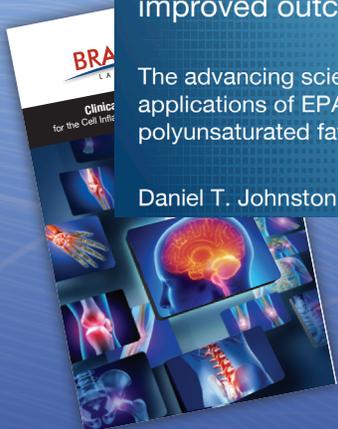


Bring the power of clinical testing to your nutritional protocols using our clinical practice guidelines and webinar training

Olprima™ EPA and DHA Practice Guidelines:
The role of specific EPA and DHA focused approaches for clinical conditions as an adjunct to baseline maintenance for improved outcomes

The advancing science and clinical support for specific applications of EPA, DHA or blended Omega-3 polyunsaturated fatty acids within specific clinical areas.

Daniel T. Johnston, MD, MPH



Pain & Inflammatory Disorders:

Balancing pro-inflammatory and anti-inflammatory fatty acids in the cell membrane works to stop inflammation at its source, without medication, and should be a critical part of every pain management treatment plan.

Musculoskeletal Injuries:

Injuries can set off a cascade of chronic inflammatory and metabolic changes that last from weeks to years if the cells do not generate the proper injury resolution signals. Optimizing fatty acid levels after an injury promotes this resolution signaling.

Brain Function & Mood

Omega-3s are the foundational building blocks of your brain. Low levels reduce neurotransmitter signaling, which can impair attention, memory, and other cognitive functions. Optimal cell fatty acid levels improve mood & resilience to stress.

Weight Management, Anti-Aging & Wellness

Optimal cell fatty acid levels improve energy, fat burning, lean muscle mass, slow down the aging process of your skin and other major organs, and help prevent heart disease and cancer.

FREE Marketing Package for Standard Process Practitioners

But only while supplies last...so hurry and get started with your no risk, 90 day unconditional guarantee as a reseller with 5 or more kits.

Beautiful patient brochures with supporting research for many common issues

Provider treatment room posters for patient education and free Clinical Practice Guidelines

Use your online portal to register assessments, track the lab progress, or start the functional brain test.

Registering a Patient Assessment

- 1) After you collect the blood sample, click on the **Register New Assessment** button in your portal.
- 2) Enter the barcode that is on the back of your kit (it is also on the blood spot card).
- 3) Enter the patient information and click on the **Complete Registration** button.

Patient Management System

You can edit the patient information by clicking on their name.

You can see the status of the blood spot sample here. This will change when the lab receives the sample and also when the results are complete.

In 7 to 10 days, the blood spot sample will be processed at the lab and the patient's results will be available in your portal.

Webinars

Date	Webinar Title	Webinar Description
03/08/2017	START LIVE - QUICK START! GUIDED VIDEOS	We have prepared a short video that will walk you through: 1) how to use your provider portal, 2) how to interpret the assessment results, 3) how to make the assessment to your patients and 4) the science behind the assessment.
04/17/2017	VIDEO: Aging: The Changes in the Brain	Understanding the pathophysiology associated with aging.
04/18/2017	VIDEO: Special Diet Success: Dr. Mark's Story - 'The Wolf in Sheep's Clothing'	Dr. James, the most popular speaker in his field, and the wolf in sheep's clothing: expert advice on mental health, depression, his journey to becoming a "Wolf in Sheep's Clothing" and what that means for all of us as providers, but also as "wolves" living by choice.
04/20/2017	SI DPE: Strategies to Improve Omega-3 Fatty Acid Status	I've used Brainspan's online fatty acid test, and it is powered by the world's largest analytical laboratory for children.
03/08/2017	VIDEO: How do fatty acids contribute to gut health? Are there a couple concerns with Omega-3?	Understands the science behind omega-3 fatty acids and gut health.
03/08/2017	SI DPE: Fatty acids contribute to gut health?	Understands the science behind omega-3 fatty acids and gut health.
03/13/2017	VIDEO: Omega-3 Fatty Acids in Physical Performance: Optimization and Management	Understands the science behind omega-3 fatty acids such as Omega-3-EPA/DHA and their role in omega-3 management.

Reseller accounts (5 or more kits) can download digital graphics and patient educapowerpoint classes to make your own.

CELL DYSFUNCTION IS AT THE ROOT OF ALL PAIN & INFLAMMATION

Optimal Health Cell Balance: 1:1 ratio of Omega-6 (AA) to Omega-3 (EPA).

Typical American Cell Balance: 24:1 ratio of Omega-6 (AA) to Omega-3 (EPA).

A Simple Blood Spot Test Can Significantly Improve Your Life by Targeting the Root of Pain, Inflammation & Chronic Disease.

Individual assessment kits containing everything necessary for the patient administered blood-spot sample and online brain test

Follow the instructions on your kit at www.mybrainspan.com

It is highly recommended to complete 1 test every 3-6 months to ensure optimal health.

BRAINSPAN HEALTH

Visit www.brainspan.com/sp and get started today!