

# MIND

cognitive support & nootropic wholefoods

**HB**Naturals  
PRODUCT INFORMATION PAGE



## ingredients

Organic Turmeric (*Curcuma longa*) Root Powder, Organic Orange (*Citrus sinensis*) Fruit Juice Powder, Organic Coconut (*Cocos nucifera*) Fruit Powder, Organic Carrot (*Daucus carota*) Root Juice Powder, Organic Lion's Mane (*Hericium erinaceus*) Mushroom Extract Powder, Organic Camu Camu (*Myrciaria dubia*) Fruit Powder, Luo Han Guo (Monk Fruit) Extract Powder (7%), Organic Ashwagandha (*Withania somnifera*) Root Powder, Organic Astragalus (*Astragalus membranaceus*) Root Powder, Organic Ceylon Cinnamon (*Cinnamomum verum*) Bark Powder, Organic Gotu Kola (*Centella asiatica*) Aerial Parts Powder, Organic Ginger (*Zingiber officinale*) Root Powder, Panax Ginseng (*Panax ginseng*) Root Powder, Organic Fenugreek (*Trigonella foenum-graecum*) Seed Powder, Organic Mucuna Pruriens (*Mucuna pruriens*) Seed Powder, Organic Bacopa Monnieri (Brahmi) Aerial Parts Powder, Licorice (*Glycyrrhiza glabra*) Root Extract (4:1), Vegetable DHA (Docosahexaenoic Acid) Powder (10%)

## suggested use

- Add 1 scoop Mind to milk, juice, smoothies, etc. Delicious hot or cold! Can also be sprinkled on your favorite yogurt, cereal, or salad. May be sweetened to taste with preferred sweetener. Shake or mix well. May be taken up to two (2) times daily.

## responsible cautions

- Keep out of reach of children and pets.
- If you are pregnant, nursing, or under a doctor's care, consult your healthcare provider prior to use.

*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.*

## product summary

As we age, too many of us are watching our bodies outlast our minds. The rise in memory loss, cognitive decline, and mental health struggles is devastating - but emerging research is uncovering a critical connection: brain inflammation.\*

Scientists now believe inflammation isn't just a contributor, it's a driving force behind many brain-related disorders. Addressing this underlying issue may be key to protecting memory, focus, and long-term cognitive health.\*

That's where Mind comes in. This powerful blend delivers targeted nourishment to support brain function, mental clarity, and emotional well-being. By helping the body manage inflammation, Mind may promote calm, happiness, and even better sleep - often among the first benefits customers notice.\*

Your brain deserves care, just like the rest of your body. Give it the support it needs with Mind.\*

## ingredient highlights

- **Curcumin (Turmeric):** Curcumin, the active compound in turmeric, has been extensively studied for its anti-inflammatory and neuroprotective properties. Research from The Ohio State University found that curcumin helps reduce amyloid plaque buildup - a key factor in the progression of Alzheimer's disease. By supporting brain health, cognitive function, and memory, curcumin may play a vital role in protecting against neurodegenerative decline and promoting long-term mental clarity.\*
- **Mucuna Pruriens:** A natural source of Levodopa (L-dopa), a key compound that supports mood, memory, learning, and restful sleep. As a precursor to dopamine, L-dopa plays a vital role in behavior, motivation, and cognitive function, helping to promote a balanced mood and overall mental well-being.\*
- **Bacopa Monnieri:** Its use as a nerve and brain tonic for memory, learning, and concentration goes back at least 3,000 years.\*
- **Docosahexaenoic Acid (DHA):** A crucial omega fatty acid for the healthy structure and function of the brain. Studies suggest benefits on brain health and aging.\*
- **Licorice Root:** Research conducted by Dr. Rosemarie Booze, a neuroscientist and professor, found a compound in licorice root that could prevent or slow down the cell death associated with neurodegenerative diseases such as Alzheimer's and Parkinson's.\*

## main constituents

### TURMERIC

- **Curcumin:** The main active compound in turmeric, curcumin is a powerful anti-inflammatory and antioxidant known to support brain health, joint function, and overall well-being. Research suggests it may help reduce oxidative stress, improve cognitive function, and protect against neurodegenerative decline.\*

#### Clinical studies for Turmeric:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8187459/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10111629/>

### ORANGE

- **Limonene:** Known for its antioxidant, anti-inflammatory, and mood-boosting properties. It supports digestive health, immune function, and stress relief, while also promoting a sense of calm and mental clarity.\*

#### Clinical studies for Orange:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8570725/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10981099/>

### COCONUT

- **Lauric acid:** A beneficial fatty acid found in coconut, that is known for its antimicrobial, immune-boosting, and heart-supporting properties. It helps fight harmful pathogens, promote healthy cholesterol levels, and support overall wellness.\*

#### Clinical studies for Coconut:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10969476/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC7766932/>

### CARROT

- **Beta carotene:** A powerful antioxidant found in colorful fruits and vegetables that supports vision, immune function, and skin health. The body converts it into vitamin A, which is essential for cell growth, eye health, and overall well-being.\*

#### Clinical studies for Carrot:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10608851/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6770766/>

### LION'S MANE MUSHROOM

- **Terpenoids:** Hericenones and erinacines are two powerful compounds that support brain health, nerve regeneration, and cognitive function. These bioactive constituents may help enhance memory, reduce inflammation, and protect against neurodegenerative decline.\*

#### Clinical studies for Lion's Mane:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10675414/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9479623/>

### CAMU CAMU

- **Vitamin C:** The key chemical component and a powerful antioxidant that supports immune function, collagen production, and overall skin health. It helps reduce inflammation, fight oxidative stress, and promote cellular repair for enhanced well-being.\*

#### Clinical studies for Camu Camu:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9933082/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC11154359/>

### ASHWAGANDHA

- **Withanolides:** The active compounds in Ashwagandha, withanolides, are known for their adaptogenic, anti-inflammatory, and neuroprotective properties. They help reduce stress, support cognitive function, enhance immunity, and promote overall vitality.\*

#### Clinical studies for Ashwagandha:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC8762185/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10281725/>

### ASTRAGALUS

- **Saponins:** Natural plant compounds known for their antioxidant, immune-boosting, and cholesterol-lowering properties. They help support heart health, reduce inflammation, and enhance the body's ability to fight infections.\*

#### Clinical studies for Astragalus:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10482111/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC10204964/>

### CEYLON CINNAMON

- **Cinnamaldehyde:** Known for its antioxidant, anti-inflammatory, and blood sugar-supporting properties. It helps regulate glucose levels, promote heart health, and combat harmful pathogens.\*

#### Clinical studies for Ceylon Cinnamon:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC6668558/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC5622575/>

### GOTU KOLA

- **Triterpenoids:** Asiaticoside, madecassoside, and asiatic acid are the main triterpenoids in gotu kola, and they support cognitive function, skin health, and circulation. These compounds help enhance memory, reduce inflammation, and promote wound healing.\*

#### Clinical studies for Gotu Kola:

- <https://pmc.ncbi.nlm.nih.gov/articles/PMC9650315/>
- <https://pmc.ncbi.nlm.nih.gov/articles/PMC4908235/>