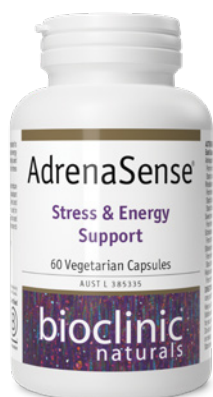


Clinical Prescribing Guide

Brain & Nervous System Health

Stress and Energy Support



AdrenaSense[®] relieves symptoms of stress, supports healthy mood balance, relieves fatigue and supports mental function.

The formulation combines rhodiola, ashwagandha, Siberian ginseng, schisandra, organic reishi mushroom and Extramel[®].

Indicated for longer-term use in times of higher stress.

Relaxed, Calm, Mental Focus



Theanine calms the mind, aids mind relaxation, supports mental focus and relieves symptoms of stress.

Features 200 mg of L-theanine as the extensively clinically-researched Suntheanine[®]. Works within 30-60 minutes. Suitable for immediate or longer-term use.

Suntheanine[®] does not cause drowsiness, so is suitable for day or nighttime use.

Sleep Support Short-Term



Somni Support[®] blends Herbatonin[®] and hops in a herbal formulation to support sleep.

Features 100 mg of Herbatonin[®] per capsule. Includes 500 mg of hops per capsule. Hops is traditionally used in Western herbal medicine to induce sleep, relieve disturbed and restless sleep and as a nervous system relaxant.

Indicated for short-term sleep support.

Sleep and Brain Function Support



G-Lymph Clear has been formulated to support healthy sleep and brain function.

The formulation includes lemon balm, Herbatonin[®] glycine, magnesium, choline, ginkgo, gotu kola and calendula.

Indicated for longer-term use to support sleep and brain function.

Mental Alertness and Attention Span



NeurAlert improves mental alertness, enhances mental endurance and helps increase attention span.

Features the clinically-trialled dose of 300 mg of enXtra[™] per chewable tablet.

Works within 30-60 minutes, with effects lasting for up to 5 hours. Can be used 'on-the-go' on those days when enhanced mental stamina is needed.

Cognitive Performance



Creatine maintains creatine levels in the body, enhances cognitive performance and supports energy production.

This single-nutrient, excipient-free powder provides 5 g of creatine per serve.

Higher intake of creatine has been shown to improve measures of cognitive performance, especially in older individuals.

Nervous System Support



Magnesium Glycinate is formulated to maintain magnesium levels and support nervous system health.

Magnesium glycinate is a well-absorbed, soluble, organic form of magnesium.

Available as a single-nutrient formula for convenience and to support individual needs.

Suitable on its own or in combination with other nervous system support products.

WHICH PRODUCT WOULD BE BEST?

PRODUCT	PATIENT HEALTH NEED	WHY CONSIDER THIS PRODUCT?
STRESS		
AdrenaSense®	• “My life is very stressful right now.” • “I am feeling more emotional and exhausted at the moment. I have a lot going on.” • “Lately I have felt overwhelmed, over-sensitive and mentally and physically tired.” • “I am feeling so stressed and it’s affecting my mood, energy, ability to work, home life...”	• AdrenaSense® is indicated for use in times of higher stress, especially when associated with emotional imbalance, low energy and mental and physical fatigue. • Indicated for ongoing use, rather than acute ‘as-needed’ support. Supportive products: Magnesium Glycinate, Opti Pure EPA/DHA 1250, Somni Support®, Taurine.
Theanine	• “I wish I could feel calmer and more relaxed.” • “I need to calm my mind down so I can focus better on my work.” • “My mind can’t switch off enough to let me relax at the end of the day.” • “I want something that helps me relax without making me drowsy.”	• Theanine contains Suntheanine® which promotes alpha-wave activity to induce a sense of calm, mind relaxation and focused attention,¹⁻¹¹ without causing drowsiness.²⁻⁴ • Suntheanine® has been shown to be effective for both immediate and longer-term use.^{1,4,5,7-9} Supportive products: Magnesium Glycinate, Opti Pure EPA/DHA 1250, Somni Support®, Taurine.
SLEEP		
Somni Support®	• “I want something to help me sleep when I travel and change time zones.” • “I do shiftwork, which affects my sleep.” • “My sleep is all over the place and I’m restless at night.” • “I just need a few nights of good sleep. It’s been disrupted recently.”	• Somni Support® combines Herbatonin® and hops and is formulated to support sleep. • May be helpful in those with restless, disturbed sleep or for when someone is having difficulty falling asleep. Supportive products: Magnesium Glycinate, Theanine, Glycine.
G-Lymph Clear	• “My smart watch shows I get very little deep sleep each night.” • “My sleep quality is often poor which I think might be affecting my memory.” • “I read that if I don’t have regular, good-quality sleep, it can affect my brain health.” • “I’m looking for something to support my sleep that I can take longer-term.”	• G-Lymph Clear supports sleep and brain function. Sleep, especially deep sleep, is the primary driver for clearance of brain waste. This is supported by the circulatory, lymphatic and nervous systems.¹²⁻¹⁸ • Clearance of brain waste is important for brain health and function, memory and cognition.^{14,19-21} Supportive products: Opti EPA/DHA Plus SPM, Magnesium Glycinate.
SHORT-TERM MENTAL FOCUS AND CLARITY		
NeurAlert	• “I sometimes need an extra mental boost when I am studying or have assignments to do.” • “My work requires clear thinking and attention to detail, so I need to stay sharp.” • “My 20-year-old son can’t focus on anything – too much social media and gaming!” • “I need something for my 3pm mental slumps, that won’t keep me awake later.”	• NeurAlert features 300 mg of enXtra™, which has demonstrated clinical effectiveness for improving mental alertness, attention span and mental stamina.²²⁻²⁷ • A dose of 300 mg of enXtra™ works within 30-60 minutes, making it ideal for on-the-go use.²²⁻²⁷ Supportive products: Magnesium Glycinate, Opti Pure EPA/DHA 1250, Somni Support®, Taurine.
Theanine	• “I sometimes feel worked up and too stressed to focus.” • “I can’t concentrate easily as my mind is so busy and keeps wandering.” • “I need something to help me stay calm enough to work, without feeling drowsy.” • “I need something that works quickly to give me a calm, clear mind.”	• Theanine contains Suntheanine® to support a healthy stress response and maintain mental focus and concentration.¹⁻¹¹ Suntheanine® works within an hour, providing a quick onset of action.^{1,5,7} • May be especially beneficial when stress is affecting the ability to maintain calm focus. Supportive product: Magnesium Glycinate.
BRAIN HEALTH AND FUNCTION AND LONGER-TERM COGNITIVE SUPPORT		
G-Lymph Clear	• “I often have trouble sleeping well, which is affecting my mental performance.” • “I heard sleep is important to maintain healthy brain and mental function long-term.” • “I want to do more to look after my brain as I am getting older, given my family history.”	• G-Lymph Clear promotes cognitive performance and supports brain function. Poor clearance of brain waste during sleep may have a longer-term impact on brain and cognitive health.^{14-16,19-21} Supportive products: Opti EPA/DHA Plus SPM, Creatine, Acetyl-L-Carnitine, Choline, Taurine.
Creatine	• “Since turning 60, my memory and ability to reason seems to have declined.” • “I have some memory lapses and often have brain fog, now that I am getting older.” • “I don’t feel I have the same ‘brain energy’ that I used to have when I was younger.” • “I have more difficulty doing cryptic puzzles and mental maths these days.”	• Creatine plays an important role in brain energy and supports energy supply to neurons.^{28,29} Higher dietary intake of creatine has been shown to improve measures of cognitive performance, especially in older individuals.²⁸⁻³⁰ Supportive products: Acetyl-L-Carnitine, Opti Pure EPA/DHA 1250, Choline, Taurine.

ADDITIONAL PRODUCTS TO CONSIDER

PRODUCT	WHY CONSIDER THIS PRODUCT?	KEY CONSIDERATIONS
	Acetyl-L-Carnitine - Acetyl-L-carnitine supports brain health and function. Research suggests acetyl-L-carnitine has a beneficial effect on brain health in aging populations.³¹⁻³⁵ Acetyl-L-carnitine also supports nervous system health and aids in neurotransmitter synthesis.^{31,36} - Acetyl-L-Carnitine is a targeted, single-nutrient formulation, providing 500 mg of acetyl-L-carnitine per capsule.	- Brain health - Cognition
	Choline - Choline supports brain health and function as well as cognitive function.³⁷⁻⁴⁰ - In pregnant women, choline supports a healthy pregnancy and healthy foetal brain and central nervous system development.⁴¹ - Vegetarians, vegans and institutionalised elderly are at a greater risk of inadequate dietary intake of choline.^{42,43} - Choline is a targeted, single-nutrient formulation, providing 250 mg of choline per capsule.	- Brain health - Cognition - Pregnancy - Low dietary intake
	Glycine - Glycine is an amino acid with several functions in the body, including playing a role in protein synthesis, muscle metabolism, collagen formation and body tissue repair.^{44,45} Some populations, including the elderly and those involved in high-intensity exercise, may have higher glycine requirements.⁴⁴ - Glycine is a targeted, single-nutrient formulation providing 3 g of unflavoured glycine powder per serve.	Increased glycine demand
	Magnesium Glycinate - Magnesium, as magnesium glycinate, supports nervous system health, nerve conduction and muscle function. Magnesium is also a cofactor for neurotransmitter synthesis.⁴⁶⁻⁴⁹ - Several factors can contribute to low magnesium levels or increased demand, including prolonged stress and sleep deprivation.⁴⁸	- Nervous system health - Low dietary intake - Increased magnesium demand - Muscle function
	Opti Pure EPA/DHA 1250 - Omega-3 fatty acids, EPA and DHA, support brain health, cognitive function, healthy emotional balance and general mental wellbeing.⁵⁰⁻⁵⁸ - Opti Pure EPA/DHA 1250 is a high-strength fish oil formulation delivering 1000 mg of EPA & DHA from 1250 mg marine triglycerides per capsule, in a 3:2 ratio. Opti Pure EPA/DHA 1250 is a concentrated, high-quality, high-purity, sustainably-sourced and well-tolerated fish oil supplement.	- Brain health - Cognitive function - Emotional balance
	Opti EPA/DHA Plus SPM - Omega-3 fatty acids, EPA and DHA, support brain health, cognitive function and provide anti-inflammatory activity.⁵⁰⁻⁵⁵ - Opti EPA/DHA Plus SPM is formulated to support brain health and cognitive function and to relieve inflammation. - Opti EPA/DHA plus SPM is available as a concentrated, small, enteric softgel capsule, providing the dual benefits of a therapeutic dose of omega-3 fatty acids EPA, DHA and DPA, combined with specialised pro-resolving mediators (SPMs). SPMs work endogenously to promote resolution of inflammatory processes.	- Brain health - Cognitive function - Inflammation
	Taurine - Taurine is an amino acid that is abundant in brain tissue. Research shows taurine plays a role in brain and nervous system health via several mechanisms.⁵⁹⁻⁶¹ Preliminary data suggests taurine has neuromodulatory and neuroprotective activity in the brain. It also functions as an inhibitory neurotransmitter and an agonist at the GABA and glycine receptors.⁵⁹⁻⁶¹ - Taurine is a targeted, single-ingredient formulation, providing 1000 mg of taurine per capsule.	- Brain health - Nervous system health

**References available on request.*

9231789 - R0



©Bioclinic Naturals 2026. This information is for healthcare practitioners only. Suggestions are not intended to be diagnostic and may not always be suitable. Appropriate use of products should be at practitioner discretion, taking individual needs and circumstances into consideration. Always read the label. Follow the directions for use.

bioclinic[®]
naturals