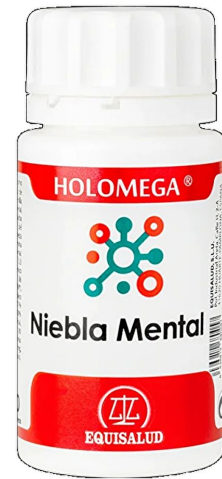


Holomega Mental Fog 50 Caps

EAN: 8436612680057 FABRICANTE: EQUISALUD



It is a food supplement made by Laboratorios Equisalud that helps improve concentration and dispel mental fog.

DESCRIPTION

What is Holomega Mental Fog and what is it for?

Holomega Brain Fog helps improve concentration. The components of this product collaborate in the inhibition of the enzyme acetylcholinesterase, which results in an increase in choline and, therefore, in an improvement in signaling and nerve transmission. Buy now It is a food supplement made by Laboratorios Equisalud that helps improve concentration and dispel mental fog.

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Holomega® Mental Fog (brain fog) is formulated with a set of compounds that stimulate attention, as well as hand-eye coordination, with components that have scientific evidence of their effectiveness. Its action is based on the inhibition of the enzyme acetylcholinesterase, which results in an increase in choline and, therefore, in an improvement in signaling and nerve transmission. Additionally, a concentrated extract of the Aronia melanocarpa fruit is provided that synergizes the bioregulatory action of nervous transmissions, as well as improves cerebral circulation.

What are the benefits and properties of Holomega Mental Fog?

Holomega Brain Fog is a food supplement that **helps improve concentration** .

These are its benefits:

- Contributes to normal blood circulation associated with brain performance.
- Helps stimulate attention and hand-eye coordination.

What is the recommended dosage of Holomega Brain Fog?

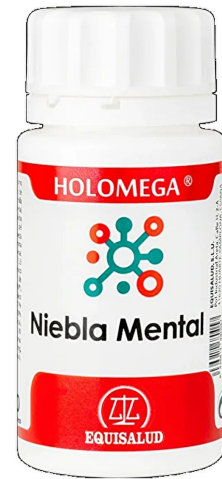
Instructions for use and recommended quantity

Prices valid except for changes on our website. (IVA/VAT) included. Doc. Version bf-trf-G-20241124
<https://bio-farma.es/buy/ff/equisalud/holomega-mental-fog-50-caps>



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It is recommended to take one capsule in the morning when you wake up and another at noon, before food or as directed by a specialist.

Do not take more than two capsules a day.

What is the composition of Holomega Mental Fog?

- Choline (as L-bitartrate) 200 mg/cap.
- CafXtend™ (Coffea robusta) 150 mg/cap.
- Caffeine 75 mg/cap.
- Beet (Beta vulgaris L.) 75 mg/cap.

B complex vitamins: 112.5 mg/cap.

- Vitamin B1 0.55 mg/cap.
- Vitamin B2 0.7 mg/cap.
- Niacin 7.65 NE.
- Pantothenic acid 2.85 mg/cap.
- Vitamin B6 0.75 mg/cap.
- Biotin 25 µg.
- Folate 1.25 µg.
- Vitamin B12 1.25 µg.
- Ginkgo (Ginkgo biloba L.) 50 mg/cap.
- BRAINBERRY® (Aronia melanocarpa) 35 mg/cap.

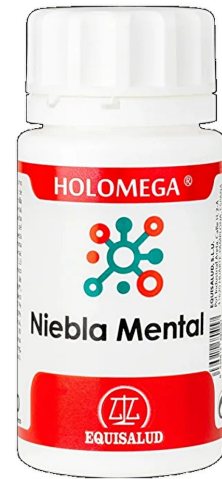
BRAINBERRY® is an extract from the fruit of the Aronia melanocarpa that has shown, through two scientific studies, its stimulating action on brain nerve connections, improving attention, concentration and hand-eye coordination. It has two clinical studies.

Choline is a critical nutrient for cognitive development, metabolism, liver function, and regulation of homocysteine metabolism. It is necessary for the synthesis of the neurotransmitter acetylcholine and for the synthesis of betaine and phosphatidylcholine. In the perinatal stage, choline intake is essential to guarantee cognitive development and prevent neural tube defects. In older adults and the elderly, choline intake has been associated with better performance in some cognitive functions and a lower incidence of dementia.



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Ginkgo biloba has vasoregulatory activity that manifests itself in arteries, veins and capillaries. It is indicated as support in peripheral vascular alterations such as alteration of capillary permeability, phlebitis, varicose veins or hemorrhoids, among others, and also in the brain, such as: senile circulatory insufficiency, vertigo, headaches, etc. The active ingredients with the greatest activity are ginkgolides and polyphenols. Ginkgo is especially indicated to improve blood flow to the brain and as support in certain disorders such as Alzheimer's or Parkinson's. It is also attributed a sedative effect to promote sleep and reduce stress and anxiety states. By improving cerebral perfusion, it facilitates better obtaining of oxygen.

B vitamins are often linked to brain health. They can help the proper metabolism of homocysteine, high levels of which have been associated with an increased risk of dementia and Alzheimer's disease. They also help produce the energy needed to grow new brain cells.

The inorganic nitrate found in **beet extract** is metabolized by the microbiota and converted to nitrite in the body. This, in turn, is reduced to nitric oxide. Nitric oxide lowers blood pressure and increases blood flow, facilitating greater connectivity in brain areas related to motor function. Research has shown that older adults who exercise and consume beet juice demonstrate greater brain plasticity compared to those who only exercise.

Cafxtend has the positive effects of caffeine, but without the unwanted effects such as headaches, anxiety, insomnia and nervousness. It is released slowly over a period of eight to 10 hours, peaking at four hours. Regular caffeine has a peak between 15 minutes and two hours and a half-life of between four and six hours. In scientific studies carried out with prolonged release caffeine, it was shown that it better maintains alertness, reduces fatigue and improves general mood. Additionally, it can help lose excess fat mass.

