



# Custom Remedies

## Dietary Supplement Program

### Sta-Sharp!

Sta-Sharp! was formulated as nutritive support to increase mental clarity, improve memory, and maintain alertness. The supplements contained accomplish this by providing key nutrients to facilitate brain health, prevent degradation, increase blood flow, and stabilize synapse activity. ®

### Packaging

*These daily dose packs are convenient and cute, but...*

You're thinking and finding they are annoying to open. It's one of those "trick question" type solutions. Since this is "Sta-Sharp!" perhaps it should be left as a test! The easy way to get these little bags open is to hold the bag by placing your thumb and index finger on the center of zip seal. Be sure the zip seal is parallel with your fingers. Now, slide your thumb back across your index finger like your rolling the zip seal between your fingers. You'll find the bag opens easily. Of course, we are assuming your fingers are dry and not greasy so they have some friction against the bag. We chose smooth not "zipper-like" seals for the bags to make opening easier.

### Your Daily Dose

- \* Take all but one brown capsule first thing in the morning. Take the second brown capsule before bed.
- \* Alternative: as above except take the white capsule one hour before your slow time of the day. For many, this is mid-afternoon, but watch yourself for a couple days and figure out when you are really at your slowest before moving to the alternative dosing.
- \* Keep watch for side effects. Discontinue use if they become more than you would expect from an "adjustment period."
- \* Always consult your physician if you are on regularly prescribed medication for another medical condition.

### Supplement Facts

Serving Size 1 "daily-dose" package  
Servings per Container: 30 "daily-dose" packages

	Amount Per Serving	% Daily Value
Calories	10	
Calories from Fat	10	
Total Fat	1g	<2%
Vitamin E (d-alpha tocopherol)	1 IU	3%
<b>Proprietary Blend</b>	2000mg	*
Marine Lipid Concentrate (50% Omega-3 fatty acids)		
EPA		
DHA		
L-Glutamine		
Lecithin (35% phosphatidycholine)		
Ginko		
Vinpocetine		
Pregnenolone		

Percent Daily Values based on 2,000 calorie diet.

\* Daily Value not established

### Lifestyle Changes

- \* Exercise your mind! Puzzles, strategy games, reading, problem solving etc. will all hone the pathways and keep your thinking sharp.
- \* Meditation is recommended for many lifestyle changes. It affords your mind time to "soak it all in" and contemplate what has been happening throughout your day. Sit quietly, close your eyes, and relax. Try to breathe deeply and clear your mind.
- \* Try to get a reasonable amount of sleep. Burning the candle at both ends consistently is not good for any health condition. For mental sharpness, the mind needs to dream to sort out everything that has happened recently. Dreaming balances chemicals in the brain naturally and no supplement can take the place of dreaming. Note that it is not so much a matter of when you sleep, just that you sleep in long enough bursts to enter REM sleep for a time. That usually makes periods of sleep shorter than 1.5 hours ineffective for dreaming.

### Warnings

- \* If you have a known allergy to any of the ingredients you should not take this product.
- \* Bleeding problems may occur when used concurrently with drugs and substances with blood-thinning properties such as: Coumadin,

heparin, aspirin, Trental (pentoxifylline), garlic, phosphatidylserine, or high doses of vitamin E.

- \* Vinpocetine may reduce the effectiveness of Coumadin and other blood thinning agents.
- \* No additional pregnenolone supplementation should be taken.
- \* Children under age 12 and pregnant women should not take preparations with Ginko.

## **What to Expect**

This supplement program could be given to a thousand people and it is unlikely that 2 people will have the same experience. You might expect a mild headache for a day or two while your body adjusts to the introduction of the system. Chemical levels in the brain are changing and an adjustment period is not unusual.

It is difficult to gauge the effectiveness of mental clarity and memory supplementation for two reasons.

- \* The first is that it is unlikely you have a benchmark for comparison. You don't have a memory test that you can take before and after and quantify results. Further, your conscious mind protects the subconscious by making sure that perception is consistent with past experience. What this means is that you cannot objectively evaluate and compare past and present states of mind. So identifying that you are thinking clearly now means you may not have been in the past... the result is that your perception is altered to be consistent with past experience and you may feel status quo.
- \* The second is that how clarity expresses itself will be different for each person because of genetic make up and how our brains have been "wired" after years of conditioning and learning. You may find that you finally come up with a solution to a problem that has been nagging you at work for the past week. You may find that you seem to get more done in a day and not know why... but looking back, was it because you stayed on task better? Did you procrastinate less? Procrastination is often just being overwhelmed and thus indecisive about what to do. So perhaps decisions are coming to you more readily. There is a procedure that you go through every day... you've been doing the same thing for years... did today bring a burst of insight and you looked at the procedure in a different way with possible improvements? You've had to write this particular passage for a few days but have been plagued by writers block... did you just sit down and write it today and have it flow?

In short, the mind works in mysterious ways. Many of the things that happen are still inexplicable by the best scientists. Mental clarity will be YOUR clarity. Knowing all that, ask someone who knows you to watch you while you start your supplementation. See if they perceive a change in how you solve problems, how you act, or how

you communicate. This will likely be more objective than any self comparison.

## **Support**

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## **Notice**

It is important to know that any claim as to benefits or potential benefits of the contents of this supplement have not been evaluated by the Food and Drug Administration. Benefits should be considered potential benefits not guarantees or promises. This product is not intended to diagnose, treat, cure, or prevent any disease.