

ViaZen

ViaZen Agitation Spec Sheet

FOR HEALTH PROFESSIONALS

Presentation

60 capsules

Anticipated results

- Participates in the nervous system nutrition.
- Helps relieve nervousness and restlessness.
- Improves cognitive performance.
- Participates to the neurotransmitter's synthesis.
- Helps reduce hyperactivity and impulsivity symptoms.
- Helps metabolize carbohydrates, fats and proteins.
- Involved production of cellular energy.
- Contributes to reducing anxiety.
- Increases mental clarity.



Secondary anticipated results

- Improves adaptation to stress.
- Harmonizes acid-base balance.
- Has antioxidant properties.
- Increases blood flow.
- Improves self-esteem.

Who needs ViaZen Agitation?

This product has been specially developed to soothe nervousness and agitation and support cognitive function naturally and without side effects. It will be used in the presence of one or more of the clinical symptoms listed below in Table 1.

Table 1: Clinical symptoms of nervousness and agitation

- Absent mindedness
- Agitation
- Attention disorder
- Concentration disorders
- Depression
- Difficult multitask activities
- Difficulty to get organized
- Exhaustion
- Hyperactivity
- Impulsiveness
- Irritability
- Learning difficulty
- Memory problems
- Nervousness
- Readjustment (stroke and brain injury)
- Slurred speech

Medicinal ingredients of ViaZen Agitation

The ingredients' synergy of ViaZen Agitation is the key of the effectiveness of this SUPERIOR FORMULA.

Active ingredients	Dosage (per capsule)	Daily dosage		
		Children (4 to 12 years) 1 capsule	Adolescents (13 to 18 years) 2 capsules	Adults 2 to 4 capsules
Oat seed (<i>Avena sativa</i>) 6:1 extract equivalent to 600 mg of crude material	100 mg	100 mg	200 mg	200 to 400 mg
Vitamin B6 Pyridoxine B6 activated (Pyridoxal'5-phosphate) B6 (Pyridoxine HCl)	10 mg 10 mg	10 mg 10 mg	20 mg 20 mg	20 to 40 mg 20 to 40 mg
Elemental Magnesium providing from magnesium citrate	25 mg	25 mg	50 mg	50 to 100 mg
Elemental Zinc providing from zinc sulfate	11 mg	11 mg	22 mg	22 to 44 mg

Non-medicinal ingredients of ViaZen Agitation

Non-medicinal ingredients	Dosage (per capsule)	Daily dosage		
		Children (4 to 12 years) 1 capsule	Adolescents (13 to 18 years) 2 capsules	Adults 2 to 4 capsules
Sementis™ Hydrolysate of proteins from Atlantic fish (<i>herring roe</i>)	100 mg	100 mg	200 mg	200 to 400 mg
Taurine	100 mg	100 mg	200 mg	200 to 400 mg

Other non-medicinal ingredients: Microcrystalline cellulose, vegetable magnesium stearate, gelatin.

Note: ViaZen Agitation is free of wheat, soya, corn, yeast, peanuts, gluten, egg and dairy products. It does not contain preservatives, sweeteners, colouring agents and artificial flavours, and is exempt of GMO.

Recommended Use

The dosage is 1 capsule per day for 4 to 12-year-old children, 2 capsules per day for 13 to 18-year-old teenagers and 2 to 4 capsules per day for adults. Take ViaZen Agitation with food, ensuring a minimum of 2 hours before or after taking other medications. Treatment should be carried out for six weeks to see the benefits of the product.

Action mechanisms

ViaZen Agitation provides nutrients to gray matter and white matter from the brain to support cognitive functions, including memory, language, reasoning, learning, intelligence, problem solving, taking decision, perception and especially attention. In addition, it supports neuronal plasticity, that is the ability of the brain to create, undo or reorganize neural networks and the connections between them.

The **oat extract** has a calming effect on the nervous system, providing a variety of minerals, all in nutrient concentration. Phosphorus plays a "structural" role, because it is a component of cell membranes, and it is also involved in many metabolic reactions. Manganese, copper and selenium act as enzyme cofactors in several biochemical reactions, including antioxidant enzymes activation. Thus, they maintain a healthy nervous system. Copper also has an important role because it is involved in the synthesis of the myelin sheath. Iron is needed to transport oxygen and to the synthesis of several neurotransmitters. As for magnesium and zinc, their physiological functions will be discussed later in this document. In addition, a study conducted by Dimpfel and all demonstrated, using electroencephalograms, that supplementation with oat extract had a positive impact on cognitive performance, both in terms subject concentration, but also on arithmetic activities¹.

Vitamin B6 is involved in the synthesis of several neurotransmitters (serotonin, dopamine and gamma-aminobutyric acid) and thus potentiates brain's biochemical balance. In addition, it participates in the carbohydrate metabolism, contributing to the degradation of the body's glycogen stores, which helps regulate blood glucose levels. It is involved in lipid metabolism (component of neuronal membranes) and protein (precursor of several neurotransmitters). Vitamin B6 also facilitates the assimilation of magnesium, an important synergy of action. In this formula, pyridoxine is available in two forms, the activated form (pyridoxal'5 phosphate) and pyridoxine (pyridoxine HC) to ensure optimal absorption of this vitamin, considering the biochemical individuality of each individual. In our modern society, where food is refined, magnesium deficiencies are common and they cause greater susceptibility to hyperemotivity, insomnia, anxiety, depressive states, headaches, cramps and muscle spasms as well than heart palpitations.

Cautions

- Do not use if you are allergic to fish and shellfish.
- Hypersensitivity, such as allergies, has been known to occur; in which case, stop the use.

References

1 Dimpfel W *et al.* Ingested oat herb extract (*Avena sativa*) changes EEG spectral frequencies in healthy subjects. *J Altern Complement Med.* 2011 May;17(5):427-34.

2 Bilici M *et al.* Double-blind, placebo-controlled study of zinc sulfate in the treatment of attention deficit hyperactivity disorder. *Prog Neuropsychopharmacol Biol Psychiatry.* 2004 Jan;28(1):181-90.

Gagnon R. La Nutrithérapie. Collection Douce Alternative, Amyris. 2008. Hernandez-Benitez R *et al.* Taurine enhances the growth of neural precursors derived from fetal human brain and promotes neuronal specification. *Dev Neurosci.* 2013 ;35(1) :40-9. <http://fr.wikipedia.org/wiki/Cognition> / https://fr.wikipedia.org/wiki/Plasticité_neuronale / Monographies PSN Santé Canada / Oia SS, Saransaari P. Pharmacology of taurine. *Proc West Pharmacol soc* 2007 ;50 :8-15

Magnesium is necessary for the proper functioning of nerves and muscles. It is also involved in cellular energy production and participates in stress adaptation reactions. These very important functions for the nervous system are attributed to the fact that magnesium acts as an enzymatic cofactor over more than 300 metabolic reactions in the body. In our modern society, where food is refined, magnesium deficiencies are common and they cause greater susceptibility to, insomnia, anxiety, depression, headaches, cramps and muscle spasms, as well as heart palpitations.

Zinc is involved in the harmonization of the acid-base balance. Like magnesium, zinc is a mineral involved in numerous enzymatic reactions. It is also often deficient in the diet due to agricultural and commercial food production techniques. Zinc deficiency manifest by extreme fatigue, irritability, nervous tension, depression, insomnia, poor blood circulation and white spots on the nails. A study by Bilici and all demonstrated that zinc sulfate supplementation for 12 weeks in a group of children of about 9 years, helped significantly to reduce symptoms of hyperactivity and impulsivity².

Sementis™ is an enzymatic hydrolysate of Atlantic herring roe It contains DNA (polynucleotides), proteins (polypeptides), phospholipids, omega-3 (EPA and DHA) and minerals. Its richness in nutrients confirms its interest in the nutrition of the nervous system. In addition, it has antioxidant properties. DNA polynucleotides inhibit lipid cells peroxidation by stabilizing hydroxyl radicals, thus protecting the nervous system cell membranes. EPA fatty acid promotes increased blood flow, by its anti-inflammatory and anticoagulant properties DHA fatty acid, integrated to phosphides, contributes to neuronal membrane fluidity exchanges. Sementis™ promotes increased blood flow by its role as a precursor to the synthesis of nitric oxide.

Taurine is one of the most abundant of the free amino acids. High levels of taurine are found in the central nervous system, as well as in the heart, the white blood cells and skeletal muscles. It contributes to the nervous system development. It is a constituent and a protective element of cell membranes and it can act as a neurotransmitter in the brain. Moreover, it seems that there are specific taurine receptors.

In summary, by improving brain nutrition, increasing the efficiency of exchanges between nerve cells, optimizing cellular energy production in the mitochondria, promoting better blood flow, and greater antioxidant protection, ViaZen Agitation soothes and calms the nervous system while improving the performances of higher mental functions.

Contraindications

Do not use if you are pregnant or breastfeeding.