

## Brilliance (Item #4017) To Support a Brighter Mind

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### **What is Brilliance?**

Brilliance is an herbal combination designed to oxygenate and **feed the brain** for greater mental clarity, focus and concentration.

### **Our brain cells require 12 times more oxygen and nutrients than any of our other cells!**

Because the brain is the master control center of the body, it constantly receives information from the senses about conditions both inside and outside the body. It rapidly analyzes this information and then sends out messages that control our bodily functions and actions. The brain is the source of thoughts, moods, and emotions. It also stores information from our past experiences, which make learning and remembering possible.

A network of blood vessels supplies the brain with the vast quantities of oxygen and food that it requires. Although the human brain makes up only about 2 percent of the total body weight, it uses about 20 percent of the body's oxygen when at rest. In fact, the brain can go without oxygen for only three to five minutes before serious damage results. Unfortunately, the oxygen levels of Earth are being depleted mainly due to deforestation and rising levels of carbon monoxide fumes, which strip oxygen molecules from the blood.

**The proper functioning of the brain depends on oxygen and the many complicated chemical substances produced by brain cells.** It is essential that we supply these cells with adequate nutrition as a deficiency of one or more nutrients over an extended period can produce serious brain chemistry imbalances.

Brilliance contains herbs to stimulate brain blood circulation; cognition and overall brain function and supplies a neutral energy that is well balanced in the *Yin & Yang* properties of traditional Chinese herbalists. Brilliance contains trace minerals to insure that all brain cells have maximum electrical potential and uptake of oxygen from the blood. The quantity of each herb and their ratio to one another are key factors in producing a balanced brain formula!

**Dosage:** Take 2 vegi-capsules twice daily or as directed by a qualified health practitioner.

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## Ordering Information

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### **Brilliance (Item #4017) 100 Vegi-Capsules**

Conveniently Order On-line at: <http://UniversalFormulas.com>

**NOTE:** Thanks to Ralf Ostertag for his input into the authorship of this factoid. Ralf is a founding member of Universal Formulas and remains active on the Advisory Board to Universal Formulas.

**Please DO NOT modify levels of any prescribed medication  
without first consulting your physician.**

### **Required FDA Statement:**

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment.

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“ENHANCING YOUR HEALTH POTENTIAL”

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### Ingredients Explained

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**Ginkgo Biloba Leaf-** Chinese herbalists have used this herb for centuries to balance the Kidney and Lung meridians. In laboratory studies, Ginkgo has shown an in-vitro inhibitory effect against many pathogenic bacteria. More recent research has found Ginkgo to have positive effects on brain function including improved memory, mental stamina and cognition. Ginkgo, in smaller quantities is not only safe but also very beneficial for brain function.

**Meadowsweet or Queen of the Meadow-** the mild antiseptic action of this herb combats general infection and has diuretic properties, which help eliminate toxic wastes and uric acid from the system. Western herbal medicine holds this herb in high regard as a remedy for diseases of the digestive tract. It acts to protect and soothe the mucus membranes in the digestive tract, easing nausea and excess acidity. Meadowsweet was also extensively used as a remedy for fever, gout, rheumatism, headache, arthritis, heartburn, peptic ulcerations, dropsy, and respiratory problems. The presence of salicylic acid (*the active ingredient in aspirin*) explains Meadowsweet's action in reducing fever, headache and relieving the pain of arthritis in muscles and joints

**Tracite® Mineral Complex-** Trace minerals impart a trickle charge of electricity to all cells of the body. Different minerals and elements are targeted by the metabolism to different cells and body areas. It is vitally important that we receive all the trace minerals and elements if we choose to have a healthy mind and body. Many of these elements are missing from the processed, chemically grown and adulterated foods that most of us are forced to live with. The single most important mineral for the brain is iron. It is iron that oxygenates brain cells. Tracite is rich in crystalline colloidal/ionic iron, making it the trace mineral of choice for this formula. Trace minerals containing only ionic particles are inferior to plant derived crystalline colloids. All colloidal minerals contain some ionic mineral particles but ionic mineral products contain no colloidal particles.

**Fo-Ti Root-** Tones the liver & kidney, nourishes the blood and skin and increases blood circulation to the brain. Fo-Ti has a long and colorful reputation as China's most renowned "longevity herb." It is often compared to Ginseng as an herb to slow the aging process and increase mental and physical potential.

**Gotu Kola-** calms the nervous system and invigorates the brain. It has an extensive history as a longevity tonic improving cognition, memory, energy, and neural health. In Europe, it is widely used as a gentle blood purifier, glandular tonic and diuretic. Recent studies show Gotu Kola to have definite anti-fatigue properties much like that of Ginseng but to a lesser degree. Scientific findings seem to indicate that Gotu Kola may indeed be an excellent natural neural tonic, slowly building mental stamina and neural health. In China and India, traditional herbalists use it with great success as a treatment for nervous breakdown.