



# Neuro Superfood

## Prebiotic for Cognitive Support



Brain



Gut



Whole Body



Immunity

## KEY INDICATIONS

- Cognitive decline, memory impairment, brain fog
- ADD/ADHD, poor focus, difficulty concentrating
- Anxiety, depression, mood instability
- Insomnia, circadian rhythm disruption
- Autism spectrum disorders, developmental delays
- Neuroinflammation, oxidative stress
- Chronic constipation, gut–brain dysfunction
- Central sensitization, heightened pain response

## HOW IT WORKS

This prebiotic blend selectively nourishes keystone microbes, including those within Neuro  $\mu$ Biomic, helping drive microbiome shifts that influence brain function. Its combination of fibers, polyphenols, and functional nutrients supports short-chain fatty acid production and beneficial postbiotic activity. These metabolites reinforce gut integrity, support the blood–brain barrier, and enhance communication along the gut–brain axis. The result is improved neural communication, balanced inflammation, and stronger neurological resilience, supporting cognition, mood stability, and stress adaptation.

## CLINICAL PEARLS

- Pair with **Neuro  $\mu$ Biomic** and **NeuroGenic** for cognitive decline, anxiety, depression, or poor focus.
- May cause mild bloating; pair with **EnzyGenic** to improve tolerance.
- Supports brain development, behavior, and focus in autism spectrum disorders and developmental delays.
- Therapeutic dosing recommended during active or progressing (constipation, brain fog, mood instability).

## SUPPLEMENT FACTS

Serving Size: 1 Level Scoop (approx. 8 g) Servings Per Container: 30

	Amount Per Serving	% Daily Value <sup>†</sup>
Total Calories	15	
Complex Carbohydrates	7.5 g	3%
Protein	<1 g	<1%
Fat	0 g	0%
Fiber	7.5 g	27%
Prebiotic Oligosaccharide Blend	7.5 g	*
<small>Sorghum**; Galacto-oligosaccharides; Isomalto-oligosaccharides; Pectin (Apple); Blueberry; Blackcurrant (Fruit); Fructo-oligosaccharides (FOS); DPM-Deoxynojirimycin polysaccharides (from <i>Morus alba</i>); Karaya Gum; Guggul Ext. (Guggulipids); Lion's Mane Mushroom (<i>Hericium erinaceus</i>); <i>Cordyceps militaris</i>; Pomegranate Ext. (Ellagitannin); Raspberry Pwd. (Gallic &amp; Ellagic Acid)**; Gold Kiwi (Livaux*); Green Kiwi (Actazin*); <i>Phyllanthus niruri</i> (Geraniin &amp; Furosin)</small>		
Neuro Balance Blend	100 mg	*
<small>Immunoglobulin Y (IgY); Lactoferrin</small>		

\*Daily Value not established. \*\*Organic

Other Ingredients: Natural Strawberry Kiwi Flavor & Monk Fruit (Ext).  
<sup>†</sup>Percent Daily Values are based on a 2000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

Allergy Warning: Contains Dairy & Egg.

## KEY INGREDIENTS & BENEFITS

**Sorghum, GOS, IMO, Apple Pectin, FOS, DPM (*Morus alba*), Karaya Gum, Guggul, Pomegranate, Raspberry, Blueberry, Blackcurrant, Kiwi, *Phyllanthus niruri*:** These diverse prebiotics and polyphenols nourish keystone microbes and enhance diversity. They drive the production of short-chain fatty acids and postbiotic metabolites that support cognitive function, mood, and gut-brain resilience while regulating oxidative stress.

***Hericium erinaceus* (Lion's Mane), *Cordyceps militaris*:** Support nerve growth factor (NGF) activity, cognitive performance, and energy production through neurotrophic and adaptogenic effects.

**Immunoglobulin Y (IgY), Lactoferrin:** Deliver targeted immune support. IgY binds pathogens and toxins, while lactoferrin strengthens mucosal defenses and maintains gut barrier integrity without disrupting the microbiome.

## ALLERGEN & DIETARY INFO

- cGMP Facility
- Gluten Free
- Non-GMO
- No Sugar
- Contains: Dairy (Lactoferrin) and Egg (IgY)

## INSTRUCTIONS

Maintenance dose: 1 scoop daily mixed with 8 oz of liquid

Therapeutic dose: 1 scoop twice daily mixed with 8 oz liquid for 4–8 weeks, then transition to maintenance once symptoms improve

Sensitive individuals: Start with ½ scoop daily and build to a full serving over 5–7 days

## SAFETY & CONTRAINDICATIONS

- Generally considered safe during pregnancy and lactation under the guidance of a qualified healthcare practitioner. Its prebiotic fibers, polyphenols, and bioactive compounds may support maternal gut health, nutrient absorption, and mood balance during pregnancy.
- For those with SIBO and upper GI dysbiosis, start with Terra μBiotic & Terra Superfood.
- Appropriate for pediatric use under professional supervision; dosing may be adjusted using Clark's Rule (weight-based) and individualized based on age, weight, and clinical presentation.
- Lactoferrin is generally well tolerated, including by individuals with lactose intolerance, as it does not contain lactose. Avoid use only in cases of a true dairy allergy.
- IgY is a naturally occurring antibody derived from egg yolk and generally well-tolerated. Avoid in cases of true egg allergy.

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These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

