

BRAVERMAN SCRIPTS

Get your Edge back in 6 - 8 weeks

DOPAMINE BOOSTERS FOR BRAIN HEALTH	SUPPLEMENTS	MINOR SCORE 1-4	MODERATE SCORE 5 - 15	SEVERE SCORE 15+	FORMULAS TO CONSIDER
	Phenylalanine	500 mg	1000 mg	1000–2000 mg	NeuroActive Neuro Dopa Bioteen ClariBoost Natroceutics Activated B Complex Advanced
	Tyrosine	500 mg	1000 mg	1000–2000 mg	
	Methionine	250 mg	500 mg	1000 mg	
	Rhodiola	50 mg	100 mg	200 mg	Neurologica Nootropics IGNITE Opticell PEPC Genologix Ginko Biloba
	Pyroxidine	5 mg	10 mg	50 mg	
	B complex	25 mg	50 mg	100 mg	
	Phosphatidylserine	50 mg	100 mg	200 mg	
	Ginko Biloba	50 mg	75 mg	100 mg	

ACETYLCHOLINE BOOSTERS FOR BRAIN HEALTH	SUPPLEMENTS	MINOR SCORE 1-4	MODERATE SCORE 5 - 15	SEVERE SCORE 15+	FORMULAS TO CONSIDER
	Choline	100 mg	200 mg	500 mg	Neurologica Nootropics ACTIVATE - Mental Agility NOW Foods Lecithin DNA Biopharm's DNA-Sleep BioLife Acetyl-L-Carnitine NOW Foods DHA Coyne's Biomax Activated Vit B Complex Genologix Weight Loss Catalyst New Leaf Ginkgo Biloba & Korean Ginseng
	Phosphatidylcholine	500 mg	1000 mg	2000 mg	
	Phosphatidylserine	50 mg	100 mg	200mg	
	Acetyl-L-Carnitine	250 mg	500 mg	500 mg	
	DHA (Docosahexaenoic acid)	200 mg	500 mg	500 mg	
	Thiamine	25 mg	50 mg	50 mg	
	Pantothenic Acid	25 mg	50 mg	50 mg	
	Vitamin B12	100 mg	200 mg	200 mg	
	Taurine	250 mg	500 mg	500 mg	
	Hyperzine-A	50 mg	100mg	100mg	
	Ginko Biloba	50 mg	75 mg	75 mg	
	Korean Ginseng	100 mg	200 mg	200 mg	

GABA BOOSTERS FOR BRAIN HEALTH	SUPPLEMENTS	MINOR SCORE 1-4	MODERATE SCORE 5 - 15	SEVERE SCORE 15+	FORMULAS TO CONSIDER
	Inositol	500 mg	1000 mg	2000 mg	Solgar Inositol 500 Bioteen GabaMax Sfera L-Glutamine Powder NOW Foods Vit B1 Genologix Nicotinamide Solgar Formula VM-2000 Viridian Organic Valerian Root NOW Foods Sleep
	GABA (not well-absorbed)	100 mg	500 mg	1000 mg	
	Glutamic Acid	250 mg	500 mg	1000 mg	
	Melatonin (at night)	1 mg	2 mg	3-6 mg	
	Thiamine	200 mg	400 mg	600 mg	
	Niacinamide	25 mg	100 mg	500 mg	
	Pyridoxine	5 mg	10 mg	50 mg	
	Valerian root	100 mg	200 mg	500 mg	
	Passionflower	200 mg	500 mg	1000 mg	

SEROTONIN BOOSTERS FOR BRAIN HEALTH	SUPPLEMENTS	MINOR SCORE 1-4	MODERATE SCORE 5 - 15	SEVERE SCORE 15+	FORMULAS TO CONSIDER
	Calcium	500 mg	750 mg	1000 mg	Viridian Calcium Magnesium with Zinc Powder
	Magnesium	200 mg	400 mg	600 mg	
	Zinc	15 mg	30 mg	45 mg	Coyne Purest Alaskan Fish Oil
	Fish oil (pharmaceutical grade)	500 mg	1000 mg	2000 mg	
	Melatonin (at night)	1/3 mg	1/2 - 2 mg	1-6 mg	
	Passionflower	200 mg	500 mg	1000 mg	Good Health Deep Sleep
	Pyridoxine (Vit B6)	5 mg	10 mg	50 mg	
	SAM-e	50 mg	100 mg	200 mg	Adonat SAME Flora Force St Johns Wort Viridian L-Tryptophan Sfera 5 HTP
	St. John's Wort	200 mg	400 mg	600 mg	
	Tryptophan (prescription)	500 mg	1000 mg	1500-2000 mg	
	5-HTP	100 mg	200 mg	500 mg	

*Caution: GABA, St John's Wort , Tryptophan and 5 HTP can interact with pharmaceutical drugs