



*Are you or someone you know becoming more  
and more forgetful? You can do something about it.*

**Protect what's yours, today**

CerefolinNAC<sup>®</sup> is a prescription medical food for use only under the supervision of a physician for the dietary management of mild cognitive impairment and is specially formulated to meet the distinctive nutritional requirements for this condition. **Use under medical supervision.**



**CerefolinNAC**

L-methylfolate Ca/Me-Cbl/NAC



"It's important  
for me to be  
out and about."

## Remember, you can do something about it

Since you are getting older, are you nervous about becoming more forgetful, being more dependent on others, and having trouble making decisions? These are natural concerns. But, you may want to talk to your doctor to make sure that your brain is not aging faster than your body.

### What is mild cognitive impairment?

Some forgetfulness can be a normal part of aging. But some people have more mild memory loss problems than others at their age. **This condition is called mild cognitive impairment (MCI).** People with MCI can still take care of themselves and do normal activities. MCI memory symptoms may include:

- ▼ Losing things often
- ▼ Forgetting to go to events and appointments
- ▼ Having more trouble coming up with words than other people your age
- ▼ Getting lost in familiar surroundings

Your doctor can test your thinking, memory, and language to see if you have MCI. You may also need to see a specialist for more tests. Because MCI may be an early sign of Alzheimer's disease, it's really important to see your doctor every 6 to 12 months.

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"Focus on the  
details sets  
me apart."

## Learn how CerefolinNAC<sup>®</sup> helps

CerefolinNAC<sup>®</sup> is specially formulated to meet the distinctive nutritional needs of patients with MCI as it contains three ingredients that are thought to work together in the body to nutritionally manage memory loss symptoms.

- ▼ L-methylfolate, an active form of folate, may affect an important chemical in the brain associated with memory
- ▼ The NAC in CerefolinNAC<sup>®</sup> (a chemical called N-acetylcysteine) helps make an antioxidant that may help protect nerves
- ▼ Methylcobalamin, the active form of B12, may help build brain cells, and not having enough B12 may lead to cognitive decline

## Why is the unique combination of ingredients important for me?

When you are experiencing memory loss, you may have specific nutritional imbalances that cause your body to need more active folate. Not having enough folate may affect your cognition.

The unique combination of ingredients in CerefolinNAC<sup>®</sup> provides the nutritional requirements the body needs to address the symptoms of MCI.

## How does CerefolinNAC<sup>®</sup> work?

**CerefolinNAC<sup>®</sup> delivers nutrients to help nourish the brain. This may address certain metabolic imbalances to help slow cognitive decline.**

In fact, in a clinical study, dietary management with CerefolinNAC<sup>®</sup> was associated with a delay in future memory problems.

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"Precision and confidence is my style."

## How CerefolinNAC<sup>®</sup> is distinguished by a unique combination of nutrients

Unlike over-the-counter (OTC) folic acid, CerefolinNAC<sup>®</sup> does not need to be broken down (or activated) by the body before it can be used. The ingredients in CerefolinNAC<sup>®</sup> have been clinically tested and are formulated specifically for MCI. CerefolinNAC<sup>®</sup> caplets can provide you with already-activated folate, so that your body does not have to go through all the steps needed to benefit from it. CerefolinNAC<sup>®</sup> also contains active B12 and the chemical N-acetylcysteine. These combined, along with active folate, are thought to address the distinctive nutritional needs of patients with MCI.

## The benefits of CerefolinNAC<sup>®</sup>

Dietary management with CerefolinNAC<sup>®</sup> may help aid in the protection of brain cells to delay cognitive decline. Addressing certain underlying imbalances with CerefolinNAC<sup>®</sup> may help you retain your ability to learn, remember, understand, and function longer. A clinical study showed a greater benefit when dietary management with CerefolinNAC<sup>®</sup> began earlier in the course of MCI therapy.

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## Did you know?

- ▼ No medications are currently FDA-approved to treat MCI
- ▼ Extensive evidence suggests there are benefits to starting treatment early in the course of memory loss



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*MCI affects approximately 20% of people aged 65 and over.*

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## What can I expect when starting CerefolinNAC®?

Because CerefolinNAC® provides the nutritional requirements necessary to address symptoms, you may notice improvements in your MCI.

### CerefolinNAC® is generally safe and well tolerated.

- ▼ CerefolinNAC® can be safely used with most medications. Talk to your doctor about all medications you may be taking
- ▼ Contains Metafolin®\* (L-methylfolate calcium), an active form of folate, which is clinically proven and widely studied in more than 25 clinical trials as registered on [clinicaltrials.gov](http://clinicaltrials.gov)



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*Physicians have trusted CerefolinNAC® for over 10 years, prescribing it more than 2.4 million times.*

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# BRAND DIRECT HEALTH®

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"From scratch,  
I bring unique  
visions to life."

## Start the conversation

If you were already told that you have MCI, then speak with your doctor about how CerefolinNAC® can help you protect what's yours.

If you or someone you know has been more forgetful lately, losing things more often, or having trouble coming up with words, ask your doctor about CerefolinNAC® during your next appointment. Starting the conversation is easy.

- ✔ Talk openly with your doctor about what you've been experiencing since your last visit.
- ✔ Let your doctor know specifically about any loss of memory and forgetfulness that has increased for you recently.
- ✔ Mention CerefolinNAC® by name and ask your doctor if it's something that might help you.



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"Every work  
is an expression  
of me."

# Frequently Asked Questions

## How can CerefolinNAC® help me?

By addressing the distinct nutritional requirements of patients with MCI, dietary management with CerefolinNAC® may help slow cognitive decline.

## Is CerefolinNAC® safe? What are the side effects?

Yes, CerefolinNAC® is safe to use and safe to be used with other cognitive therapies you might also be taking. You should speak with your doctor about starting CerefolinNAC®. In rare cases, CerefolinNAC® may cause nausea, stomachache, and headache.

## How is CerefolinNAC® different from OTC options?

The ingredients in CerefolinNAC® are different from the ingredients found in most OTC vitamins. CerefolinNAC® provides the body with already-active folate, N-acetylcysteine (the NAC in CerefolinNAC®), and B12 that the body needs to address the symptoms of MCI. OTC folic acid needs to be broken down in the body before it can be used. Many people might have a compromised ability to complete this activation.

## Are there programs to help me save on my prescription?

There are two ways to save on your CerefolinNAC® prescription. You can save by filling your prescription through Brand Direct Health®, a specialty pharmacy dedicated to providing you with savings through an everyday low price guarantee.\*

## Where can I go to learn more about CerefolinNAC®?

We've offered some of the basic information you need about CerefolinNAC® in this booklet. If you'd like to learn more to see if CerefolinNAC® is right for you or someone you know, please visit: [www.CerefolinNAC.com](http://www.CerefolinNAC.com).

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about CerefolinNAC® caplets.*

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