

### How does Acuity AZ help support brain health?

*Acuity AZ* provides an A–Z approach to brain health, delivering maximum support designed to help maintain a healthy level of neurotransmitter activity, safeguard against age-related memory loss, promote the health of the nerves while guarding against normal nerve decline, and deliver powerful antioxidants that help protect against free radical activity in the brain.\*

### What does Acuity AZ do differently than Unforgettables®?

*Unforgettables* derives most of its effectiveness from phosphatidylserine—an important chemical that is part of the cell structure and is key to maintaining cellular function, especially in the brain. It is focused primarily on supporting cognition and memory. In independent tests, phosphatidylserine has been shown to support healthy cognitive function. *Acuity AZ* takes a more holistic approach, addressing the four major areas of brain function.\*

### What are the four major areas of brain function Acuity AZ helps support?

The four major areas of brain function are: healthy brain structure, memory, mental acuity, and proper nerve function.\*

### What are the ingredients in Acuity AZ and how do they help?

*Acuity AZ* is a proprietary blend of natural ingredients, including Huperzine A, *Bacopa monnieri*, vitamins E, B12, and folate, and curcumin. Huperzine A is derived from club moss, and has been clinically shown to help slow the impact of the enzymes that break down the body's neurotransmitters as we age. *Bacopa monnieri* is a form of Indian pennywort from the wetlands of India and has been clinically shown to support healthy brain structure and mental function. Vitamins B6, B12, and folate act as powerful protectors against normal neuron decline in the brain. Derived from the turmeric root, curcumin has been clinically shown to have neuroprotective properties in healthy individuals, including protecting brain cells, tissue, and processes from free radical activity.

### How much support or research has been done on these ingredients?

All of the major ingredients in *Acuity AZ* have been researched and their benefits documented for decades. Melaleuca has studied the research and combined the ingredients into a proprietary formula that offers A–Z support of the key areas of brain health.\*

### How do I take Acuity AZ?

For best results, take three *Acuity AZ* capsules daily with food or as directed by your healthcare professional.

### What other lifestyle changes can I do to support my brain health?

There is a wealth of research that suggests that simple lifestyle changes can contribute to brain health. These changes include exercising regularly, getting plenty of sleep, drinking plenty of water, challenging your mind by learning new things, and incorporating quality omega-3s into your regular diet.

### Why should I take the Peak Performance Brain Health pack?

The *Peak Performance Brain Health* pack was designed for those who want to proactively manage their brain health and help support their memory. It builds on the clinically tested, research-supported nutrition of the *Peak Performance Pack* and optimizes it with *Vitality Coldwater Omega-3*®, *Unforgettables*, and *Acuity AZ* to help maintain healthy brain function, support mental acuity, memory, cognition, and concentration,

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This product is not intended to diagnose, treat, cure, or prevent any disease.

all while helping safeguard against age-related memory loss. It delivers targeted nutritional support to help keep you sharp and focused.\*

**My relative suffers from Alzheimer’s disease. Will Acuity AZ cure their Alzheimer’s, dementia or other brain related diseases?**

*Acuity AZ* is not intended to diagnose, treat, cure, or prevent any disease. It is a dietary supplement that can be taken by any adult who wishes to support brain health and help support memory, cognition, and mental acuity.\*

**Is Acuity AZ gluten-free?**

Yes.

**Does Acuity AZ contain any allergens?**

No.

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