

LEARNING FACTORS®

Improves attention, concentration
and learning



LEARNING FACTORS:

- For ADD/ADHD and other learning and behavioural disorders
- Improves mental alertness and energy throughout the day
- Comprehensive nutritional support for children and adults
- Researched and formulated by nutritional scientists



REVOLUTIONARY NUTRITIONAL SUPPORT FOR LEARNING AND BRAIN FUNCTION

“HE’S SO SMART! BUT HE JUST CAN’T SEEM TO CONCENTRATE”

Children – and even adults – can have difficulty learning if their bodies and brains aren’t properly nourished. Attention deficit hyperactivity disorder (ADHD), is the most common learning and behavioural problem in children and adults. However, it is more pervasive in children and teens, affecting approximately 5-10% of the population and occurring three to four times more often in boys than in girls.

The brain requires a lot of energy for proper functioning. The foods and nutrients you consume affect your alertness, mental agility, and ability to focus. It is also important to identify and address food allergies or intolerances that can cause a wide variety of symptoms, including attention and learning difficulties.

Smart nutrients for a healthy brain

According to Dr. Michael Lyon, author of *Is your child’s brain starving? Food not drugs for life and learning*, children who have learning difficulties or disorders have several physiological factors in common. Most of these kids have food allergies or intolerances and nearly all of them have “leaky gut syndrome”, a heavy toxic load, and nutritional deficiencies or imbalances.

Leaky gut syndrome is an unhealthy condition in which the small intestine becomes porous, allowing undigested food particles, parasites, and toxins to flow into the blood stream, which can lead to food allergies and other health problems.

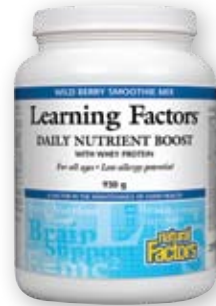
Based on extensive nutritional research, Natural Factors developed Learning Factors® Daily Nutrient Boost Wild Berry Smoothie Mix, Learning Factors School-Aid™, and Learning Factors Advanced School-Aid™. Studies show that daily supplementation with key nutrients can, over time, boost brain power and improve cognitive function, learning, behaviour, and mood, while increasing energy and vitality.



LEARNING FACTORS DAILY NUTRIENT BOOST

Learning Factors Daily Nutrient Boost combines optimal levels of 40 carefully selected brain-supportive nutrients in a great tasting smoothie mix. These vital nutrients help the brain and nervous system transmit signals for learning and cognition, and help maintain a positive outlook and mood. This unique formula also helps heal the gut and remove toxins, thereby helping to eliminate parasites, ease food allergies and correct nutritional deficiencies.

- Researched and formulated by nutritional scientists and doctors
- Excellent source of low-allergy-potential, highly-digestible protein
- Excellent source of brain-critical vitamins and minerals
- Provides potent detoxifying ingredients and a full spectrum of antioxidants, including high-ORAC BerryRich™
- Provides soothing gastrointestinal support
- Contains an abundance of nutrients that support the immune system
- Available in two low-allergy-potential options: one made with pea protein and one made with whey protein
- Sweetened with 100% natural wild berry flavours and stevia



As a foundation for blender drinks, these formulas provide a quick and satisfying meal replacement or a super-nutritious snack. The type and quantity of each ingredient in Learning Factors Daily Nutrient Boost have been carefully chosen to provide maximum nutritional support. Learning Factors makes a great alternative to fast food or junk food that can make a child's symptoms worse.

Key ingredients in Learning Factors Daily Nutrient Boost

PROTEIN provides amino acids to build neurotransmitters. It also helps moderate rising and falling blood sugar levels, which can adversely affect brain function. Kids who skip breakfast, for example, or whose breakfasts contain inadequate protein, will tend to be more irritable, easily distracted, and hyperactive.

Learning Factors Daily Nutrient Boost is available with two different protein options. The original formula is ideal for anyone with severe food allergies or intolerances, but has been modified to contain non-GMO pea protein instead of rice protein, for improved texture. The whey protein version is made from the highest quality, ultra-purified, undenatured whey. It is still a low allergy-potential formula, but with an improved taste kids will love. Both versions provide an excellent protein source for anyone looking to boost their intake of this vital macronutrient.



VITAMINS are necessary for a vast range of functions in the body, particularly energy production. The brain consumes about 20% of the body's energy, so an adequate intake of B vitamins, in particular, is vital for optimal brain performance. Other brain-critical vitamins include vitamins D, E and C.

MINERALS that support optimum brain function include iron, magnesium, zinc, and calcium, as well as trace minerals such as chromium, selenium, manganese, molybdenum and copper.

ANTIOXIDANTS mop up free radicals that can interfere with brain performance. Only Learning Factors Daily Nutrient Boost contains BerryRich®, a high-antioxidant whole fruit blend, with an ORAC value of 6000. (ORAC – Oxygen Radical Absorbance Capacity – is used to measure the antioxidant capacity of different foods). Grape seed and green tea extracts are also included because of their well-researched antioxidant capabilities.

DETOXIFYING and GUT-NOURISHING nutrients help neutralize common toxic substances that can more negatively impact those with ADHD and other learning and behavioural disorders. L-glutamine, N-acetyl cysteine, L-lysine, glycine, taurine, lecithin, and milk thistle, as well as the antioxidants, protect the liver and kidneys from the toxic overload often caused by poor diet and overuse of antibiotics. These nutrients, in addition to Pepzyme® enzyme blend, inulin (a prebiotic) and guar gum (a source of dietary fibre), help nourish, repair and soothe digestive function.

EFAs SUPPORT DEVELOPING MINDS

Science has proven the importance of omega-3 and omega-6 essential fatty acids (EFAs) for brain function, concentration and behaviour. Research has shown that supplementing with omega-3s can improve mood, attention and alertness in young boys with learning disorders.

Three of the most important EFAs for brain development, behaviour, and mood are eicosapentaenoic acid (EPA), docosahexaenoic acid (DHA) and gamma linolenic acid (GLA). DHA is particularly important as a brain “building block” in pre-natal and early life, and for ongoing cellular repair. DHA comprises as much as 60% of the fatty acids in the brain and in the retina of the eye. Studies suggest that there is a critical period during retinal development when inadequate DHA will result in permanent visual abnormalities. While not as structurally significant as DHA, EPA has more of a functional role. EPA increases blood flow and positively influences hormones and the immune system,

which support the developing brain. EPA is also crucial for moment-to-moment brain cell signaling. GLA supports normal nerve function, which is particularly important for learning and memory.

LEARNING FACTORS SCHOOL-AID™

Learning Factors School-Aid provides DHA, GLA, and arachidonic acid (AA), in the ratio supported by ADHD research. The DHA comes from the highest quality dolphin-friendly tuna oil and the GLA and AA are from superior quality evening primrose oil. DHA and GLA are very important during the first two years of a child's life, when brain development is most rapid, and may be taken by expectant and lactating mothers. DHA is also a major component of breast milk.

Learning Factors School-Aid is free of pesticides, heavy metals, peroxides and other contaminants. It is available in softgels, as well as a lemon-lime flavoured liquid format.

LEARNING FACTORS ADVANCED SCHOOL-AID™

Learning Factors Advanced School-Aid provides similar benefits, but also includes EPA for the advanced needs of children and teens. It is a delicious way to help even the fussiest children (and adults) learn, and study better. It provides the ideal ratio of EFAs to enhance brain and visual function, increase cell and membrane fluidity, improve protein performance, and support cell signaling and regulatory processes. These important EFAs reduce inflammation, nourish brain cells, and support brain "plasticity" – the ability of brain cells to reorganize to enhance brain function or recover from stress or damage.

Learning Factors Advanced School-Aid combines EPA, DHA and GLA in the ideal ratio to promote healthy brain function. The fish oil concentrate is derived from anchovies and sardines, which provide high levels of EPA and DHA, about 40%. Purification of the fish oil by molecular distillation ensures that the oil is free from lipid peroxides and environmental contaminants such as heavy metals, pesticides, dioxins, and PCBs. The GLA is obtained from cold-pressed borage oil, which provides about 20% GLA.

Learning Factors Advanced School-Aid comes in two formats: a smooth, creamy liquid with a delicious Extreme Peach flavour and peach-flavoured softgels that can be chewed or swallowed whole. Both are formulated with naturally-sourced flavours and sweeteners, and neither has any fishy smell or aftertaste.





DOUBLE-UP FOR OPTIMAL LEARNING

To optimize learning, Learning Factors Daily Nutrient Boost should be paired with either Learning Factors School-Aid or Advanced School-Aid. According to Dr. Michael Lyon, "Learning Factors Daily Nutrient Boost smoothie mix provides 80% of the nutrition required for a healthy brain, and Learning Factors School-Aid blends provide the remaining 20%."

SMART & SMOOTH LEARNING FACTORS RECIPES

BANANA-NUT SMOOTHIE (MAKES 1 SERVING)

- 1 banana (frozen & cut in chunks)
- 1 cup cold water
- 8 brazil nuts or ¼ cup walnuts, almonds, peanuts or cashews
- ½ cup plain yogurt
- 1½ teaspoons carob powder, optional
- Maple syrup to taste (add stevia extract for additional sweetness)
- 2 scoops Learning Factors Daily Nutrient Boost
- 1-2 teaspoons Learning Factors Advanced School-Aid (optional)

Blend nuts with water on low speed first, then on high, until blended to a smooth paste. Scrape sides of blender with a spatula if needed. Add all remaining ingredients, except the yogurt. Blend on high speed until smooth and creamy. Add yogurt or water for your desired consistency.



TROPICAL TREAT (MAKES 1 SERVING)

- 1½ cups unsweetened pineapple juice
- ½ cup plain yogurt
- 1 cup mandarin orange sections
- ½ medium frozen banana, cut in chunks
- 2 scoops Learning Factors Daily Nutrient Boost
- 1-2 teaspoons Learning Factors Advanced School-Aid (optional)
- Honey or stevia extract to taste

Blend all ingredients at high speed until smooth. Add ice cubes for a cooling tropical drink.

VERY BERRY BOOST (MAKES 1 SERVING)

- 1½ cup frozen berries
- ½ cup rice or soy milk
- ½ cup organic apple cider
- 2 scoops Learning Factors Mix Daily Nutrient Boost
- 1-2 teaspoons Learning Factors Advanced School-Aid (optional)
- Honey or stevia extract to taste

Blend all ingredients at high speed until smooth.



FOR ADDITIONAL NUTRIENT SUPPORT

In addition to adding either the School-Aid or Advanced School-Aid to your smoothie, you can further enhance your nutritional intake by adding:

- 1-3 scoops Natural Factors Enriching Greens powder
- ½ teaspoon Natural Factors Children's Multi Probiotic powder





REFERENCES

- Farooqui A.A., *et al.*, "Modulation in inflammation in brain: a matter of fat," *J. Neurochem*, 2007; 101(3): 577-599
- Kidd P.M., "Omega-3 DHA and EPA for cognition, behaviour and mood: clinical findings and structural-functional synergies with cell membrane phospholipids," *Altern Med Rev*, 2007; 12(3): 207-27
- Lyon, Michael, R., M.D., "Healing the Hyperactive Brain," Calgary, AB, *Focused Publishing*, 2000
- Lyon, Michael, R., M.D., "Is your child's brain starving? Food not drugs for life and learning," Vancouver, BC, *Mind Publishing Ltd.*, 2002
- Richardson A.J., Puri B.K., "A randomized double-blind, placebo-controlled study of the effects of supplementation with highly unsaturated fatty acids on ADHD-related symptoms in children with specific learning difficulties," *Prog Neuropsychopharmacol Biol Psychiatry*, 2002; 26: 233-239
- SanGiovanni J.P., Chew E.Y., "The role of omega-3 long chain polyunsaturated fatty acids in the health and disease of the retina," *Prog Res Retin Eye Res*, 24(1): 87-138. 2007; 12(3): 207-227; 2005
- Stevens L., Zhang, *et al.*, "EFA supplementation in children with inattention, hyperactivity, and other disruptive behaviour," *Lipids*, 2003; 38: 1007-1021
- Tasonni D., *et al.*, "The role of eicosanoids in the brain," *Asia Pac J Clin Nutr*, 2008; 17: 220-228



Available at natural health stores throughout North America.
For more information call toll free 1-800-663-8900 or visit our website at:
naturalfactors.com

Please note: The information in this pamphlet is for your interest only. It is in no way intended to diagnose, recommend or advise. Please consult your personal medical or natural health practitioner on any matters concerning your well being.