

Dr. John E. Lewis



- Dr. John E. Lewis is the Founder and President of Dr Lewis Nutrition™.
- He is also Voluntary Associate Professor in the Department of Psychiatry and Behavioral Sciences at the University of Miami Miller School of Medicine.
- Dr. Lewis spent over 20 years of his career conducting clinical trials in nutrition, dietary supplements, and exercise.
- He has over 180 peer-reviewed publications in scientific journals.
- His seminal publication in the *Journal of Alzheimer's Disease*, not only spurred him to leave academics and start a science-based nutrition company, but also enabled him to be selected for a widely-acclaimed TEDxMiami talk (<https://www.youtube.com/watch?v=rOJr0sxxmGI>) about how dietary supplementation can improve brain health.
- Dr. Lewis embodies the health and wellness model by eating a whole-food, plant-based diet for over 25 years, taking certain key dietary supplements, like Daily Brain Care, and through a rigorous, daily exercise training program.
- Thus, Dr Lewis Nutrition™ was founded to create cutting-edge scientifically innovative nutritional products that actually work to improve the human condition.

Frequently Asked Questions

Q: Have any studies been conducted on humans taking Daily Brain Care?

A: Yes, Daily Brain Care was evaluated in people in one study in Alzheimer's disease and in one study in multiple sclerosis. Other research has been conducted on key ingredients in this formula.

Q: Why should I choose Daily Brain Care over other products marketed and sold for brain health?

A: Daily Brain Care is the culmination and backing of many years of scientific investigation. Thus, it is clinically proven, and the effects are superior to the competition.

Q: What should I notice once I start taking Daily Brain Care?

A: We anticipate that you may experience more energy, better sleep, less pain, happier mood, a sharper mind, better clarity, heightened awareness, more focus, better recovery from exercise or other physical activity, and a better sense of overall well-being.

Q: Can I take Daily Brain Care with my medications and other dietary supplements?

A: Yes, Daily Brain Care has no known adverse interactions with other dietary supplements or medications. In fact, Daily Brain Care may help your other products work even better.

Q: How is Daily Brain Care different from a multivitamin?

A: Daily Brain Care is not intended to be a multivitamin/mineral supplement, which usually provides the recommended daily allowance of most vitamins and minerals and sometimes substantially more. Daily Brain Care contains some vitamins and minerals, but it provides a significant amount of beneficial polysaccharides and other important phytonutrients that are uncommon in the modern diet.

Q: When and how should I take Daily Brain Care?

A: Mix one scoop of Daily Brain Care in water, juice, smoothie, cereal, soup, pudding, or other food of your choice, as long as it is not boiling hot. Take one serving with breakfast and one serving with dinner or as directed by your health care professional. If you feel it is necessary, you can certainly take even more, as we are not aware of an upper limit that would create an adverse response.

Q: How long will one tub of Daily Brain Care last?

A: One 150 g tub of Daily Brain Care will last 30 days. Each tub contains 60 servings, which is the standard 2 servings/day for 30 days. If you are middle age or older and/or suffering from any health challenge, then you may increase your daily serving to 4 servings/day, which would mean that your tub would last 15 days.

More Effective than the Competition with the Science to Prove It!

DR LEWIS
NUTRITION™



For more information visit
www.DrLewisNutrition.com

You may reach us at
(305) 506-0806 or
John@DrJohnLewis.com

Supplement Facts

Serving Size: 1 Scoop (2.5 g)

Servings per Container: 60

	Amount per Serving	% Daily Value
Calories	10	
Total Fat	0.5 g	1%**
Total Carbohydrate	1 g	<1%**
Daily Brain Care Proprietary Blend	2.5 g	†
Stabilized rice bran, golden flaxseed, sunflower lecithin (seed), wild yam root powder (<i>Dioscorea villosa</i>), organic BiAloe® (inner leaf aloe vera powder), tart cherry powder (<i>Prunus cerasus</i>), N-acetyl cysteine, calcium silicate clay, citric acid, and inositol hexaphosphate		

**Percent Daily Values based on a 2,000 calorie diet

†Daily Value not established

Other ingredients: Natural vanilla flavor

This product does not contain genetically modified organisms, gluten, dairy, wheat, soy, yeast, animal tissues or derivatives, tree nuts, peanuts, or any artificial flavors, colors, or preservatives.



Suggested Use: Mix one scoop in an 8 ounce glass of water or beverage two times per day or as directed by your healthcare professional. Daily Brain Care is safe to take with any medication or other dietary supplement.

Key Benefits*

- Mentally sharper, more focused, and better memory
- More energy and a better overall sense of well-being
- Quicker recovery from being sick or stressed
- Longer, deeper, and more refreshing sleep
- Happier and more balanced mood
- Improved stomach and bowel function
- Better skin, hair, and nails

Daily Brain Care

Daily Brain Care is a powerful combination of six functional foods with the highest bioavailable aloe vera and a unique rice bran blend with hundreds of essential phytonutrients, including amino acids, cofactors, vitamins, and secondary metabolites.*

The principal structure and function nutrients in Daily Brain Care are a polysaccharide complex. Clinical studies in humans have shown improvements in cognitive and immune function, including reduction of mild, non-chronic inflammation, regulation of immune cells, and an increase in adult stem cells.*

Novel Findings!

In response to taking Daily Brain Care...

People with moderate to severe Alzheimer's had an improvement in cognitive function, which is unheard of compared to the 5 FDA approved drugs for dementia or any other type of conventional or natural treatment, and they also had just under a 300% increase in the production of adult stem cells.*

People with relapse-remitting MS had a 68% decrease in infections, which is the leading cause of mortality in this population and they had improvements related to immune function, remyelination, and neuroinflammation.*

What are Polysaccharides?

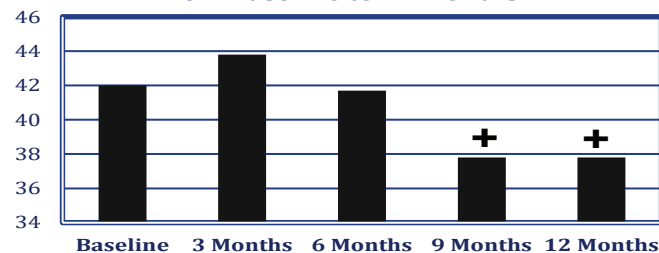
A polysaccharide is a complex carbohydrate (sugar) that is made up of multiple monosaccharides (simple sugars). Polysaccharides along with other nutritional substances and elements are responsible for making bioactive compounds that enable the biochemistry of living cells or life. Unfortunately, the modern diet is deficient in these important polysaccharides.*

Daily Brain Care provides a concentrated amount of these polysaccharides to enable the body to create even more bioactive compounds, activating innate defense and repair mechanisms to counteract health challenges and help maintain optimal functioning.*

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, manage, treat, cure, or prevent any disease. As with any dietary supplement, please consult your healthcare professional before use.

Primary Scientific Results

ADAS-Cog Cognition Score from Baseline to 12 Months



Immune Function, Inflammation, and Adult Stem Cells

Variable	Baseline	12 Months
CD3+CD4+/CD3+CD8+ Ratio	2.5±2.0	3.4±6.8
TNF-α (pg/mL)	2.8±1.6	1.7±1.4
VEGF (pg/mL)	50.4±31.6	31.2±22.6
CD14+ (%)	10.3±5.0	39.8±22.6

+In a sample of people with Alzheimer's, we found statistically ($p < 0.05$) and clinically (>4 points) significant improvements in cognitive functioning and statistically ($p < 0.05$) significant improvements in overall immune functioning (CD3+CD4+/CD3+CD8+ ratio), inflammatory markers (TNF-α and VEGF), and production of adult stem cells (CD14+).

Infections, Immune Function, and Inflammation

Variable	Baseline	12 Months
Total Infections	7.9±8.1	2.5±4.3
IL-2 (pg/mL)	3.5±4.4	13.7±7.6
IL-1β (pg/mL)	4.0±4.4	1.7±2.5
EGF (pg/mL)	39.2±40.8	75.8±44.2
CD14+/CD34+ (%)	0.74±1.08	2.7±5.1
CD95+CD34+ (n)	4.6±6.0	11.3±6.1

In a sample of people with MS, we found significant improvements ($p < 0.05$) in total infections, immune function, and inflammation.

References

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