



PHYTOTHERAPY FOR NEURODEGENERATION AND OXIDATIVE STRESS

FROM ROOTS TO NEURONS: HERBAL SCIENCE FOR BRAIN PROTECTION

FUTURE DIRECTIONS IN NEUROPHYTOTHERAPY

botanical treasures offer a wide range of bioactive compounds that
contribute to health and wellness.

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Rosemary Oil Extract (*Rosmarinus officinalis*)

Alpha-Lipoic Acid

Vitamin B Complex

Vitamin E

Selenium

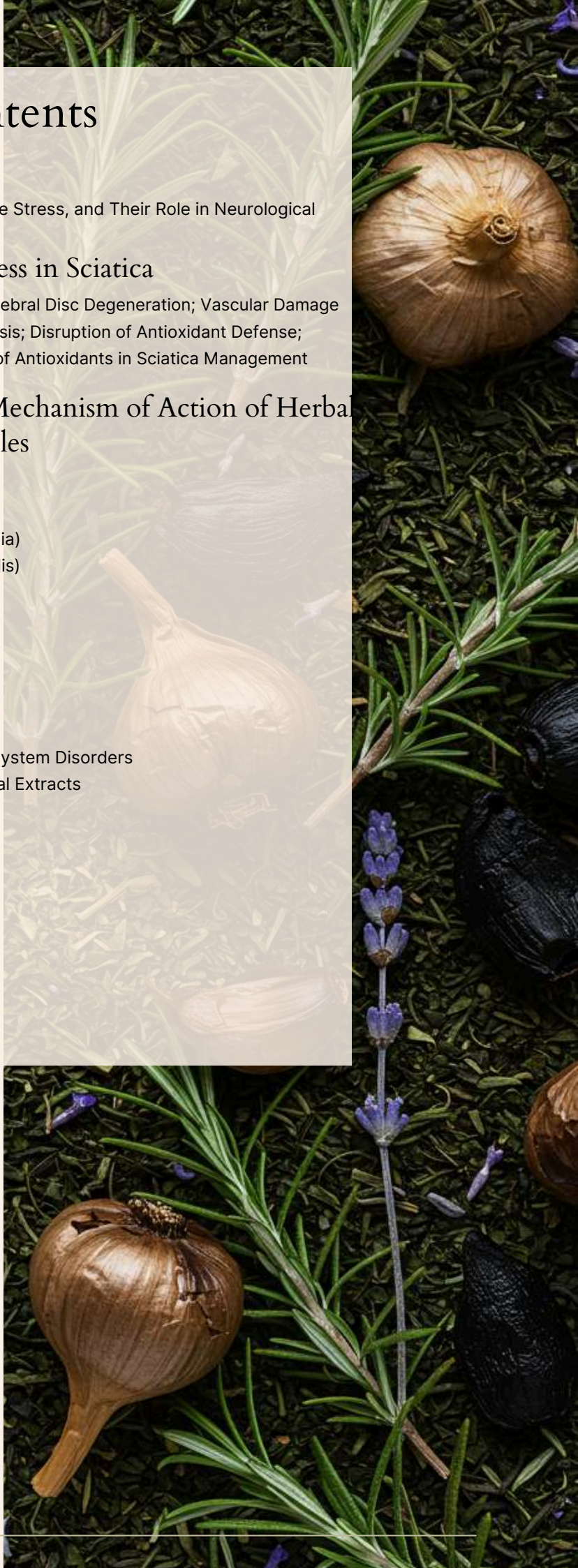
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Conclusion

Summary of Oxidative Stress in Nervous System Disorders
Synergistic Neuroprotective Role of Herbal Extracts

Clinical Relevance

Natural extracts and essential micronutrients provide a comprehensive approach to maintaining nervous system health and combating neurodegenerative processes. Herbal compounds such as black garlic, lavender, green tea, and rosemary, when combined with key nutrients like B vitamins, vitamin E, selenium, and alpha-lipoic acid, work together to support neurotransmitter balance, reduce oxidative stress, and promote neural regeneration. Their combined effects show significant therapeutic potential in preventing and treating stress-related, neurodegenerative, and metabolic nervous system disorders, all while maintaining a favorable safety profile.



Introduction: Nervous system and oxidative stress

Neurodegenerative diseases are among the dominant causes of disability and morbidity worldwide, receiving considerable attention due to their high impact on the aging society. These diseases are mainly based on constant deterioration in neuronal function, leading to brain atrophy. Among the most common known neurodegenerative diseases, the following are presented in this review: Alzheimer's disease (AD), Parkinson's disease (PD), Huntington's disease (HD), and amyotrophic lateral sclerosis (ALS).

Although these neurodegenerative diseases develop in different areas of the brain and have distinct causes, they may influence similar cellular and molecular processes. There is an increasing effort to develop effective therapies for these conditions, yet the demand for efficient therapeutic agents remains high. Many challenges still persist, and the precise pathways through which cellular and molecular mechanisms contribute to the progression of these diseases remain unclear.

A feature that has been noticed to be common to neurodegenerative diseases is oxidative stress (OS) resulting from the unregulated production of reactive oxygen species (ROS). ROS are known to be linked to several meaningful cellular mechanisms. When ROS are overproduced, they can generate the oxidative deterioration of molecules involved in the progress of aging and several disorders such as cancer and neurodegenerative and cardiovascular diseases. Moreover, ROS-enhanced production may shift the redox balance of the cell towards the oxidative state, leading to its dysfunction and even death.



The body has several mechanisms to counteract the effects of oxidative stress (OS), with antioxidants playing a key role. These antioxidants can be produced internally or obtained from external sources; they help detect reactive oxygen species (ROS) and reduce the oxidation of affected cellular molecules. However, if the antioxidant system is impaired, it may also contribute to the development of diseases. Research has shown that high oxygen consumption, low levels of antioxidants, and decreased regenerative capacity are conditions that can increase the susceptibility of brain tissues to oxidative damage. Therefore, there is a continuous need for new strategies that can help neuroprotective molecules access the brain, leading to more effective treatments for central nervous system (CNS) disorders. One prevalent issue affecting nervous system health today is sciatica. Sciatica is characterized by pain, tingling, numbness, or weakness that radiates along the path of the sciatic nerve, which extends from the lower back through the hips, buttocks, and legs. This condition is typically caused by the compression, irritation, or inflammation of the sciatic nerve, and its development can be attributed to various factors.



Mechanism of Oxidative Stress in Progressing Sciatica

Inflammation and Nerve Damage

Increased ROS Production:

When sciatic nerve or surrounding tissues are compressed or irritated, they undergo inflammation. This triggers an increase in ROS production as part of the inflammatory response. ROS can damage nerve fibers, leading to increased pain sensitivity and nerve dysfunction.

Cytokine Release:

Inflammation leads to the release of pro-inflammatory cytokines such as TNF- α , IL-1 β , and IL-6. These cytokines exacerbate oxidative stress, further damaging the nerve tissues.

Lipoperoxidation: ROS can attack cell membranes, leading to lipid peroxidation (damage to fats in the cell membranes), which can impair cellular function and cause nerve cell death.

Deterioration of the Intervertebral Discs

Matrix Degradation:

Oxidative stress can contribute to the breakdown of extracellular matrix components in the intervertebral discs. This weakens the disc structure, making it more prone to bulging or herniation, which can compress the sciatic nerve and lead to sciatica.

Vascular Damage and Reduced Blood Flow

Microvascular Injury:

Sciatica is often accompanied by reduced blood flow to the affected area. Oxidative stress can damage the microvessels that supply the sciatic nerve and the surrounding tissues. This reduces nutrient supply and exacerbates inflammation and nerve degeneration.

Endothelial Dysfunction:

ROS can damage the endothelial cells lining blood vessels, impairing their ability to dilate and constrict properly. This dysfunction can reduce blood flow to the spinal cord and nerve roots, worsening sciatica.

Apoptosis (Cell Death)

Nerve Cell Death:

Prolonged oxidative stress can lead to apoptosis (programmed cell death) of nerve cells in the affected areas. This contributes to the chronic nature of sciatica by reducing the regenerative capacity of damaged nerves.



Disruption of Antioxidant Defense Mechanisms

The body has natural antioxidant defenses (e.g., superoxide dismutase, catalase, and glutathione) that neutralize ROS. However, in chronic sciatica, oxidative stress can overwhelm these defenses, further compounding the damage. If antioxidants are depleted, the body's ability to combat oxidative damage is significantly reduced, leading to severe and persistent symptoms.

Oxidative Stress in the Chronic Stage of Sciatica

In the chronic stage of sciatica, persistent oxidative stress can drive a self-perpetuating cycle of nerve damage and inflammation. Over time, this process may result in chronic pain due to ongoing inflammation and sustained nerve injury. Neuropathic changes often occur, including altered nerve function, heightened pain perception, abnormal reflexes, and various sensory disturbances. If left unaddressed, long-term damage to the sciatic nerve may eventually lead to permanent disability, manifesting as muscle weakness or numbness.

Role of Antioxidants in Sciatica Management

There has been interest in using antioxidants to mitigate oxidative stress in conditions such as sciatica. Some antioxidants, such as vitamin C, vitamin E, and alpha-lipoic acid, have been studied for their potential to reduce oxidative damage and improve nerve function. However, further research is required to definitively establish their clinical effectiveness in sciatica.

NEURO Black Garlic

Mechanism of action of herbal extracts in Neuro soft capsules

1. Black garlic oil extract (*Allium sativum*)

Black garlic has increased levels of antioxidants and a milder, sweet flavor than fresh garlic. Black garlic contains higher levels of antioxidants (such as S-allyl cysteine) than fresh garlic. These antioxidants help reduce oxidative stress in the brain, which is a major contributor to neurodegenerative diseases like Alzheimer's, Parkinson's, and dementia. By scavenging harmful free radicals, black garlic extract protects neurons (nerve cells) from damage, promoting brain health and reducing the risk of cognitive decline. Brain inflammation is linked to many neurodegenerative diseases and mood disorders. The anti-inflammatory compounds in black garlic can help reduce the levels of inflammatory cytokines and molecules, such as TNF- α and IL-6, which are associated with neuroinflammation. By reducing brain inflammation, black garlic may help protect against conditions such as brain fog, depression, and chronic stress.

Some studies suggest that black garlic may enhance cognitive function by improving memory, focus, and learning. This may be particularly beneficial for individuals experiencing age-related cognitive decline. Its ability to boost antioxidants and reduce inflammation can lead to improved overall brain function and slow cognitive deterioration.

S-allyl cysteine (SAC), a compound found in black garlic, is known to support the balance of neurotransmitters, such as dopamine, serotonin, and GABA. This can help modulate mood and alleviate symptoms of depression, anxiety, and stress. By enhancing the activity of these neurotransmitters, black garlic may improve mood regulation and help reduce the symptoms of mental fatigue or mood disorders. The combination of antioxidant, anti-inflammatory, and neuroprotective effects suggests that black garlic could offer protective benefits for people at risk of neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, and stroke. It may help slow the progression of these conditions by protecting neurons from oxidative damage and supporting brain health.

Black garlic has shown promise in reducing neurotoxicity induced by various harmful substances or environmental stressors. Its antioxidant properties help prevent damage to brain cells caused by exposure to toxic agents such as heavy metals or inflammatory molecules. This may be particularly relevant for individuals exposed to environmental toxins or experiencing conditions that compromise the blood-brain barrier.

The ability of black garlic to modulate neurotransmitters and reduce oxidative stress may help relieve stress and improve mood. It has been traditionally used in herbal medicine to support emotional well-being and potentially lower symptoms of anxiety and mild depression.

There is some evidence suggesting that black garlic extract may promote neurogenesis, the growth and development of new neurons. This is particularly important for brain plasticity, memory formation, and recovery from neurological injury.



Mechanism of S-allyl Cysteine (SAC) in Neurotransmitter Balance and Neuroprotection

S-allyl cysteine (SAC) is a sulfur-containing amino acid derived from aged or fermented garlic. It is widely recognized for its antioxidant, anti-inflammatory, and neuroprotective effects. Of particular interest is its role in maintaining neurotransmitter balance and preventing neuronal damage, making it relevant in the context of neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, and stroke.



Mechanisms Supporting Neurotransmitter Balance

Dopamine

Protection of Dopaminergic Neurons:

SAC has demonstrated its ability to protect dopaminergic neurons from injury caused by oxidative stress, particularly in models of Parkinson's disease. It helps reduce dopamine depletion in the striatum, thereby supporting both motor function and emotional regulation.

Antioxidant Action:

By fighting oxidative stress and lipid peroxidation, SAC plays a crucial role in preserving dopamine levels, which is essential for maintaining both motor and cognitive functions.

Serotonin

Monoaminergic Modulation:

SAC affects monoaminergic systems, particularly serotonin, which plays a crucial role in mood regulation. Its antidepressant-like effects are believed to stem from its ability to reduce oxidative damage in brain regions associated with serotonin.

Reduction of Monoamine Oxidase Activity:

Through its antioxidant properties, SAC may lower the activity of monoamine oxidase, the enzyme responsible for breaking down serotonin. This reduction could lead to increased availability of serotonin in the brain.

GABA

Modulation of the GABAergic System:

Although direct evidence is limited, SAC and related cysteine compounds may influence inhibitory GABAergic neurotransmission. Their antioxidant properties help maintain redox balance, which could stabilize excitatory/inhibitory signaling in the brain.

Neuroprotective Benefits in Neurodegenerative Disorders

Alzheimer's Disease

Reduction of Amyloid- β and Tau Pathology:

SAC reduces the accumulation of amyloid- β peptides and prevents abnormal phosphorylation of tau proteins, both of which are central to the pathology of Alzheimer's disease.

Preservation of Synaptic Integrity: SAC helps maintain the structural and functional integrity of synapses, which is essential for memory and cognitive processes.

Oxidative Stress Reduction: SAC enhances antioxidant defenses and supports the activity of glutathione-related enzymes, thereby protecting neurons from oxidative damage.

Parkinson's Disease

Neuroprotection of Dopaminergic Pathways: SAC protects dopaminergic neurons from neurotoxins and oxidative damage, which helps maintain dopamine levels and improve motor coordination.

Activation of the Nrf2 Pathway: SAC activates the Nrf2-mediated antioxidant response, resulting in the increased expression of cytoprotective genes. This process counteracts oxidative stress, which is a significant factor in the progression of Parkinson's disease.

Stroke

Protection Against Ischemic Injury:

SAC reduces brain injury following ischemic stroke by activating antioxidant signaling and inhibiting cell death pathways, including endoplasmic reticulum (ER) stress and calpain activation.

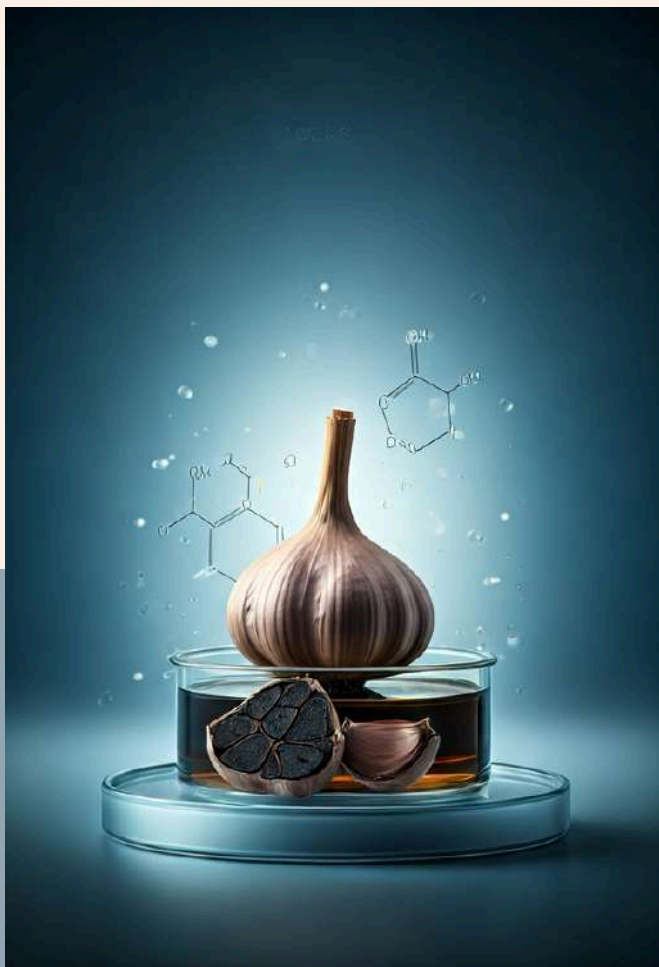
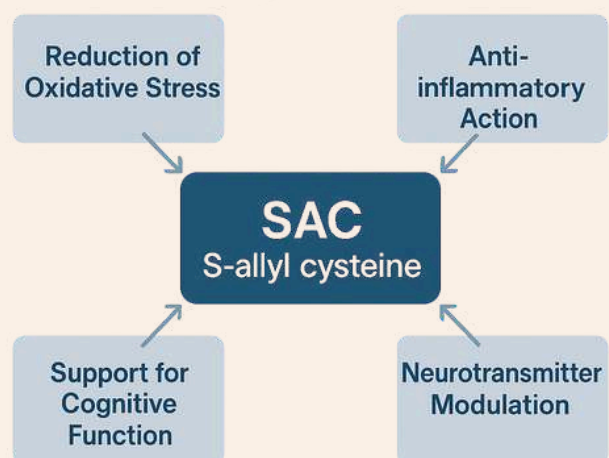
Anti-inflammatory Activity: SAC suppresses inflammatory mediators, further limiting neuronal damage during both the acute and recovery phases of a stroke.

Mechanism of S-allyl Cysteine (SAC) in Neurotransmitter Balance and Neuroprotection

Summary Table: SAC Mechanisms and Neuroprotective Effects

Neurotransmitter/Disorder	SAC Mechanism of Action	Neuroprotective Benefit
Dopamine	Antioxidant, protects dopaminergic neurons	Parkinson's disease, motor/cognitive support
Serotonin	Reduces oxidative stress, supports monoamine balance	Mood regulation, antidepressant effect
GABA	Modulates inhibitory signaling (indirectly via redox balance)	Balance of excitation/inhibition
Alzheimer's Disease	Reduces amyloid- β /tau, prevents synaptic loss	Cognitive protection, slows progression
Parkinson's Disease	Preserves dopamine, activates Nrf2 pathway	Motor/cognitive protection
Stroke	Activates antioxidant pathways, reduces inflammation	Limits neuronal injury, supports recovery

Mechanism of Action of S-Allyl Cysteine



S-allyl cysteine (SAC) supports maintain a balance of neurotransmitters, particularly dopamine and serotonin. It achieves this primarily by reducing oxidative stress and protecting neurons. The neuroprotective effects of SAC include antioxidant activity, inhibition of endoplasmic reticulum (ER) stress, and modulation of key signaling pathways. These mechanisms offer promising benefits for individuals at risk of neurodegenerative diseases such as Alzheimer's disease, Parkinson's disease, and stroke.

Mechanism of action of herbal extracts in Neuro soft capsules

2. Oil extract of green tea (*Camelia sinensis*)

Green tea consumption has been shown through epidemiological studies to be inversely associated with heart disease mortality in both men and women, as well as male mortality from cerebrovascular and respiratory causes. Furthermore, there is growing evidence that green tea can help in preventing dementia. Research on green tea has primarily focused on the antioxidant effects of epigallocatechin gallate (EGCG), both in vivo and in vitro. While the effects of EGCG can be significant, the benefits of green tea cannot solely be attributed to EGCG. It is also important to explore the interactions among other components of green tea, such as caffeine, theanine, and arginine, as well as the role of green tea metabolites.

Theanine, the most abundant free amino acid in green tea, has been found to reduce stress and induce relaxation. Similarly, arginine, the second most abundant free amino acid in Japanese green tea, shares an anti-stress effect akin to that of theanine. However, the stress-relieving properties of theanine and arginine can be counteracted by EGCG and caffeine, making the balance of these components critical for maximizing the anti-stress effects of green tea. The brain is particularly vulnerable to stress, and even healthy individuals may experience brain atrophy when subjected to prolonged intense stress. The stress-reducing effects of theanine and green tea are believed to play a role in maintaining mental health and controlling brain aging in many individuals.



EGCG

Epigallocatechin gallate (EGCG) is a type of catechin, a natural polyphenol primarily found in green tea leaves (*Camellia sinensis*). It is also present in smaller quantities in white and black tea, as well as trace amounts in foods such as apple skin, plums, onions, and nuts. EGCG is recognized as the most abundant and biologically active catechin in green tea.

Health Benefits and Mechanisms of EGCG

Epigallocatechin gallate (EGCG), one of the most prominent catechins in green tea, has been extensively studied for its potential health benefits, largely attributed to its strong antioxidant and anti-inflammatory properties. Research indicates that EGCG plays a protective role by combating oxidative stress and neutralising free radicals, which are known contributors to cellular damage, aging, and various chronic diseases.

In the context of cardiovascular health, EGCG may support heart function by lowering blood pressure, reducing LDL cholesterol levels, and preventing plaque buildup in the arteries. Furthermore, although human studies are still inconclusive, laboratory data suggest that EGCG might inhibit the growth of cancer cells, trigger programmed cell death (apoptosis), and reduce the risk of metastasis. Its role in metabolic health is also promising, with some evidence pointing to improved fat oxidation, enhanced metabolism, and appetite regulation, making it a potential aid in weight management.

Additional studies associate EGCG with improved blood sugar regulation, which may be beneficial in the management of diabetes. There is also growing interest in its effects on joint and liver health, where it appears to reduce inflammation and protect liver cells from toxic damage.

EGCG exerts its effects by interacting with various cellular targets and biochemical pathways. As a powerful antioxidant, it neutralises free radicals and reduces oxidative stress. Its anti-inflammatory action involves suppressing key inflammatory cytokines such as TNF-alpha, IL-6, and IL-8. Moreover, EGCG influences critical signalling pathways that regulate cell growth, apoptosis, and angiogenesis, including MAP kinase, PI3K/Akt, and EGFR pathways. It may also affect gene expression by inhibiting DNA methyltransferases, enzymes that play a role in abnormal DNA methylation observed in cancer cells.

EGCG is a powerful polyphenol known for its potential health benefits, particularly as an antioxidant and anti-inflammatory agent. However, it has poor bioavailability and may cause side effects at high doses, so it should be used with caution, especially in supplement form. The most significant benefits are typically achieved through moderate consumption of green tea as part of a balanced diet.

Mechanism of action of herbal extracts in Neuro soft capsules

3. Lavender oil extract (*Lavandula angustifolia*)

Lavender extract impacts the nervous system through various mechanisms. These include modulating neurotransmitter systems such as GABA, serotonin, and norepinephrine, reducing oxidative stress and inflammation, and exerting calming effects on the autonomic nervous system. These actions contribute to lavender's well-known properties as an anxiolytic, antidepressant, sedative, and analgesic. As a result, lavender extract has become a popular natural remedy for enhancing mental health, promoting relaxation, and managing pain. Lavender oil extract is mainly utilized for its calming and therapeutic effects on both the mind and body. Its primary applications include:

- Anxiety and stress relief

Lavender oil is widely used to reduce anxiety, stress, and nervous tension. It is often used in aromatherapy, where inhaling its scent or applying it topically can help soothe the nervous system. It is known for its anxiolytic (anti-anxiety) properties, which help create a sense of calm and relaxation.

- Improving sleep quality

Lavender oil is commonly used to improve sleep quality and insomnia. Its sedative effects help induce sleep and improve sleep latency (the time required to fall asleep). It is often used in diffusers, pillow sprays, or topically before bed to promote a more restful night's sleep.

- Pain relief

Lavender oil is used for analgesic (pain-relieving) purposes, particularly for conditions such as headaches, migraines, muscle pain, and joint pain. It can be applied topically (diluted with carrier oil) or used in aromatherapy. It is also used to soothe menstrual cramps, nerve pain, and back pain.

4. Rosemary oil extract (*Rosmarinus officinalis*)

Nervous system disorders include abnormalities in the function or structure of the central or peripheral nervous system. These illnesses may result from trauma, metabolic dysfunction, infection, or genetic conditions. A large number of scientific studies and discoveries aim to reduce the impact and frequency of neurological disorders, mental health issues, and drug abuse. Herbal medicines and natural products have been used in ancient therapies. In recent decades, researchers have focused more on herbs in drug discovery because of their limited side effects and fewer complications. According to the increasing demand, medicinal and pharmacological studies have increased worldwide. Rosemary (*Rosmarinus officinalis* L.) has been used in folk medicine to alleviate several diseases, including headache, dysmenorrhea, stomachache, epilepsy, rheumatic pain, spasms, nervous agitation, improvement of memory, hysteria, depression, and physical and mental fatigue. Rosemary is grown worldwide; however, it is an evergreen perennial shrub native to southern Europe and Asia, especially the Mediterranean region. Recently, there has been a noticeable scientific interest in the beneficial therapeutic effects of rosemary and its compounds in animal models or cultured cells, such as anti-inflammatory, antioxidant, antinociceptive, neuroprotective, antidepressant, anti-hysterical, and ameliorative effects on memory and mental fatigue.



Mechanism of action of herbal extracts in Neuro soft capsules

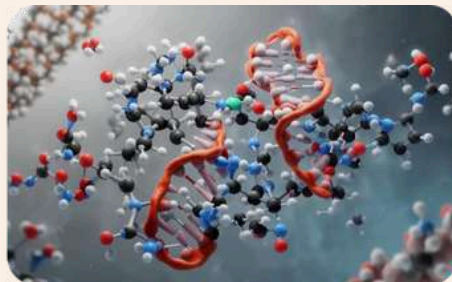
5. Alpha lipoic acid

Alpha-lipoic acid (ALA) is a powerful antioxidant that offers several benefits for the nervous system. It functions by neutralizing free radicals and reducing oxidative stress, which helps protect neurons from damage. This protection is crucial for preventing neurodegenerative diseases such as Alzheimer's and Parkinson's. In addition to its antioxidant properties, ALA provides neuroprotection by lowering inflammation and oxidative stress, which can slow the progression of neurodegenerative conditions. ALA also enhances mitochondrial function, which is particularly important for neurons due to their high energy demands. By improving mitochondrial efficiency, ALA ensures that neurons receive the energy needed for optimal functioning. Moreover, ALA promotes neurogenesis, the growth, and regeneration of new neurons, which is especially beneficial for nerve repair following injury. It reduces neuroinflammation, a key factor in many neurological disorders, thereby protecting the brain and improving overall cognitive function. In the case of diabetic neuropathy, ALA is often used to alleviate nerve pain and enhance nerve function, providing significant relief for patients with diabetes-related nerve damage.

Finally, ALA may contribute to cognitive enhancement, particularly in older individuals and those experiencing early cognitive decline. Overall, alpha-lipoic acid is a neuroprotective compound that supports brain health, promotes cognitive function, and aids in nerve regeneration, making it valuable for treating conditions such as diabetic neuropathy and neurodegenerative diseases.

6. Vitamin B complex

B complex vitamins are essential for energy production, neurotransmitter synthesis, myelin formation, and neuroprotection in the brain. They help maintain nerve health, support mood regulation, enhance cognitive function, and protect against neurodegenerative diseases. B vitamin deficiencies can lead to a range of neurological issues, including depression, memory impairment, nervous system disorders, and cognitive decline. Supplementing with B complex vitamins can improve mood, mental clarity, nerve regeneration, and nerve pain, making them vital for overall brain and nervous system health.



7. Vitamin E

Vitamin E is a crucial antioxidant for the nervous system, providing neuroprotection by reducing oxidative stress and inflammation. It helps protect neurons, myelin sheaths, and nerve cells from damage, which can slow the progression of neurodegenerative diseases such as Alzheimer's and Parkinson's. Vitamin E is also beneficial for maintaining cognitive function and memory, particularly in older adults. Its neuroprotective properties extend to peripheral neuropathy, where it aids in nerve regeneration and reduces symptoms of the disease. Additionally, it supports myelin repair, improves blood flow to the brain, and may help regulate mood. Overall, vitamin E is essential for maintaining brain health, cognitive function and nerve integrity.

8. Selen

Selenium is a crucial antioxidant that protects the nervous system from oxidative damage and neuroinflammation. Its role in supporting selenoproteins, such as glutathione peroxidase, helps to neutralize free radicals and protect neurons, myelin sheaths, and brain tissue from damage. Selenium's neuroprotective properties are particularly beneficial in preventing and slowing the progression of neurodegenerative diseases, such as Alzheimer's, Parkinson's, and multiple sclerosis.

Additionally, selenium supports cognitive function, memory, and mood regulation by protecting brain cells and reducing the oxidative stress. It plays a role in neuroinflammation and helps maintain proper blood flow to the brain, thereby ensuring optimal brain function. Selenium also supports thyroid function, indirectly influencing brain health.

Overall, selenium is essential for brain protection, cognitive health, and the prevention of neurodegenerative diseases.

Plant-Based Neuroprotection and the Future of Brain Health



Natural extracts and micronutrients play a crucial role in supporting the health of the nervous system and may be important in both the prevention and treatment of neurological disorders. Herbal extracts such as lavender (*Lavandula angustifolia*), lemon balm (*Melissa officinalis*), St. John's wort (*Hypericum perforatum*), and rosemary (*Rosmarinus officinalis*) exhibit strong anxiolytic, antidepressant, sedative, anti-inflammatory, and neuroprotective effects. Their mechanisms of action include neurotransmitter modulation, reduction of oxidative stress, mood regulation, enhancement of cognitive function, and improvement of sleep quality. In addition to these herbal agents, essential micronutrients and antioxidants like alpha-lipoic acid, B-complex vitamins, vitamin E, and selenium are vital for reducing neuroinflammation, protecting neurons and myelin sheaths, improving mitochondrial function, and stimulating neurogenesis. These compounds are especially beneficial for conditions such as diabetic neuropathy, depression, mild cognitive impairment, and neurodegenerative diseases like Alzheimer's and Parkinson's. Together, these natural components provide a multifactorial approach to supporting the nervous system, combining anti-inflammatory, antioxidant, neurotrophic, and psychomodulatory properties. Their use may lead to better mental health, the prevention of chronic neurological conditions, and an improved quality of life, particularly for individuals experiencing chronic stress, aging, or metabolic disorders. With a favorable safety profile and a low risk of side effects, these natural agents have significant potential in complementary and integrative neurological therapy.



The herbal extracts contained in Neuro Soft capsules demonstrate a synergistic neuroprotective potential through multiple mechanisms of action. Black garlic (*Allium sativum*) contributes strong antioxidant and anti-inflammatory effects, protecting neurons from oxidative stress and promoting neurotransmitter balance. Green tea (*Camellia sinensis*), rich in catechins such as EGCG, enhances cognitive function, reduces oxidative damage, and alleviates stress through its polyphenolic and amino acid components. Lavender (*Lavandula angustifolia*) exerts anxiolytic, sedative, and analgesic effects by modulating GABA and serotonin pathways, supporting relaxation and pain relief. Rosemary (*Rosmarinus officinalis*) improves memory and mental clarity while providing antioxidant, anti-inflammatory, and antidepressant effects, contributing to overall nervous system resilience.

B-complex vitamins, vitamin E, and selenium are essential for neuron protection, neurotransmitter synthesis, nerve tissue regeneration, and the preservation of cognitive functions. Their antioxidant and neuroprotective effects contribute to slowing down neurodegenerative processes and improving overall mental health.

By combining these natural ingredients, Neuro Soft capsules provide a comprehensive approach to preserving and enhancing nervous system function, especially in individuals exposed to chronic stress, neurological disorders, aging, and metabolic imbalances.


2025

SYNERGY IN SUPPLEMENTS

WHAT DOES INGREDIENT SYNERGY MEAN IN A SUPPLEMENT?

SYNERGY MEANS BETTER RESULTS WITH LOWER DOSES

SMART COMBINATIONS – THE BODY RESPONDS BETTER TO
TEAMWORK THAN TO RANDOMNESS



The true efficacy of a supplement lies not only in its ingredients, but in the way those ingredients work together. Our formulations are crafted to ensure that each component plays a defined role in a synergistic system, enhancing overall health outcomes



BETTER ABSORPTION AND
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