

## **Brain Bright: Review Examining BioTrust's Brain Health Supplement Released**

*Brain Bright reviews have been popping up all over the Internet and HealthyandFitZone.com reveals the truth about this supplement that provides the brain various nutrients that are essential for good brain health.*

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Brain Bright is a supplement that offers the brain protection by helping it fight back all the factors that affect its health negatively. This has caught the attention of HealthyandFitZone.com's Stan Stevenson, prompting an investigative review.

"Our Brain Bright review shows that is a supplement that includes some powerful ingredients such as RhodiolaMax, N-acetyl-L-tyrosine, Acetyl-L-Carnitine and BioPerine proven to boost brain health in a big way and prevent future issues with it," reports Stevenson. "The supplement includes a vitamin B complex, which helps protect the brain against shrinkage, increases the production of neurotransmitters as well as blood flow to the brain. This increases short-term memory and focus and offers nourishment and protection for your brain. It also includes the purest version of Ginkgo Biloba around."

Brain Bright contains RhodiolaMax that has 67% more rosavins and 100% more salidroside, which have been shown to increase the ability to concentrate, improve short-term memory and decrease mental fatigue. N-acetyl-L-tyrosine is an amino acid that has been proven effective at reducing the amount of cortisol in the brain and recharging neurotransmitters. Acetyl-L-Carnitine helps boost the energy supplied to the brain, which results in reduced mental fatigue and the ability to process information faster. L-Theanine smoothens brain waves and lights up memory and focus centers as seen in imaging scans after people ingest this extract. BioPerine increases the absorption of various nutrients by up to 60%, which makes it a vital ingredient in a supplement where increased absorption means increased benefits.

"Everyday your brain health is attacked by various factors. Improve it simply by taking a powerful supplement that uses ingredients guaranteed to be purer and more potent than anything else on the market," says Stevenson. "Protect your brain from the toxins found in foods and the environment, and damaging factors beyond your control such as electromagnetic radiation from cell phones. This supplement will help your brain in a few different ways to recharge, renew and protect."

"Protecting your brain by living a healthy life can help, but there are factors that you can't control, and that's where Brain Bright comes in. Stress, lack of nutrients, electromagnetic radiation, hidden additives, and lack of sleep can all have a negative influence on your brain's health and lead to brain shrinkage, fewer brain cells, damaged myelin and even brain rancidity.

This brain health supplement combines powerful ingredients, and we were unable to find anything close to this formula. In other words, if you want to improve the health of your brain, then this is a supplement that you should choose above everything else.”

Those wishing to purchase Brain Bright, or for more information, click here:

<http://healthyandfitzone.com/go/BiotrustBrainBright/>

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