



WHY CHOOSE

SENTRA AM

For over 17 years, Sentra AM has been recommended by physicians to address the distinct nutritional needs of individuals struggling with chronic fatigue, cognitive decline, or nervous system dysfunction related to trauma and stress.

Restore Energy and Cognitive Function

Individuals with chronic fatigue, nervous system dysfunction or cognitive dysfunction (CD) may require additional amounts of choline, glutamine and carnitine to restore balance to autonomic nervous system function. Sustained nervous system dysfunction associated with fatigue and CD increases metabolic demand for certain nutrients, flavonoids and antioxidants. Sentra AM addresses the increased nutritional needs of the body's nervous system, providing cells with the fuel needed to make the neurotransmitters required to restore and maintain muscle health, cognitive function, and nervous system balance.

Reduction in Symptoms of PTSD



Following a 30 day administration of Sentra AM, subjects reported a significant decrease in symptoms of fatigue, anxiety and AM grogginess related to Posttraumatic Stress on the Military Checklist for PTSD the PCL-M.

Improving Daytime Fatigue



Following a 30 day administration of Sentra AM, subjects suffering from symptoms related to Posttraumatic stress reported a significant improvement in daytime drowsiness according to the Epworth Sleepiness Scale.

* Shell, WE; Charuvastra M; Breitstein M; Pavlik S; May, L; Silver D "Administration of an amino acid-based regimen for the management of autonomic nervous system dysfunction related to combat-induced illness" Journal of Central Nervous System Disease 2014:6



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US Patent 7,582,315; 7,585,523; 7,595,067; 7,601,369.

*The statements have not been evaluated by the FDA (U.S. Food & Drug Administration). These products are not intended to diagnose, treat, cure or prevent any disease

KEY INGREDIENTS:

Choline Bitartrate:

Choline Bitartrate is converted to acetylcholine in the human body. Acetylcholine (Ach) has a variety of benefits for the nervous system and brain. Sentra AM provides additional amounts of choline to meet the increased needs for acetylcholine when demand is elevated for an extended time period. By supplying an exogenous source of choline, Sentra AM prevents the depletion of membrane phosphatidylcholine and thus preserves the structural integrity of the cell.

L-Glutamic Acid:

For individuals with conditions that involve imbalances in cholinergic activity, the requirement for glutamate is increased to maintain activity of glutamatergic neurons as well as to provide a precursor for production of GABA. L-Glutamic Acid is an amino acid that has important functions throughout the nervous system and supports the nervous system's increased requirement for glutamate, GABA and glutathione.

Acetyl L-Carnitine:

Acetyl-L-carnitine promotes the synthesis of acetylcholine and influences neurotransmitter activity. Sentra AM provides acetyl-L-carnitine to ensure that an adequate supply of acetylcholine is available to support increased cholinergic activity without compromising amounts needed for its other roles in neurotransmission.

Ginkgo Biloba:

Ginkgo biloba leaf extract provides a valuable source of flavones, ginkgolides and bilobalides. The ginkgo leaf extract protects neurons from oxidative damage potentially preventing the progression of tissue damage. Ginkgo biloba leaf extract improves blood flow throughout the body, and helps restore vasoregulation.

Dosing: It is recommended that two capsules of Sentra AM be taken in the morning once daily.

Memory

Sentra AM was developed in 2002 , following extensive research into the distinct nutritional needs of Veterans struggling with Gulf War Syndrome. Fatigue and cognitive dysfunction are commonly associated with PTSD, fibromyalgia and other chronic illnesses. Sentra AM has been shown to help support autonomic nervous system balance, and address the increased nutrient demands of cognitive dysfunction.



Medical Food

As a Medical Food, Sentra AM is specially formulated to address the distinct nutritional requirements of disease using ingredients that are Generally Recognized as Safe (GRAS).

Physician Formulated

Sentra AM was developed by a team of physicians specializing in Cardiology, Rheumatology and Integrative Medicine.

Safety Information

Sentra AM® is contraindicated in an extremely small number of patients with hypersensitivity to any of the nutritional components of Sentra AM.

ADVERSE REACTIONS: Ingestion of Choline, L-Glutamic Acid, and Acetyl L-Carnitine at high doses of up to 15 grams daily is generally well tolerated. The most common adverse reactions of higher doses – from 15 to 30 grams daily – are nausea, abdominal cramps, and diarrhea. Sentra AM contains less than 1 gram of amino acids per dose however, some patients may experience these symptoms at lower doses. The total combined amount of amino acids in each Sentra AM capsule does not exceed 400 mg.

DRUG INTERACTIONS: Sentra AM does not directly influence the pharmacokinetics of prescription drugs. Clinical experience has shown that administration of Sentra AM may allow for lowering the dose of co-administered drugs under physician supervision.



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