Bright Panda™

ALIGHT Health Formulas®

Bright Panda™ includes psychoactive herbs which support mental focus. Bright Panda™ is a unique nootropic blend, carefully selected to promote a healthy neuroinflammatory response while supporting balanced neurochemistry. Being rich in resveratrol and rosmarinic acid, the herbs included in Bright PandaTM also support normal neural processes involved with cognition.* Bright PandaTM is best used when increased focus is required.

Neuroinflammation is a key characteristic in PANDAS and PANS. The inflammation triggered in the autoimmune process primarily involves the microglia, the brain's resident immune cells, and mast cells. The resulting inflammation and neurochemical changes not only contribute to obsessive-compulsive symptoms, tics, and behavioral changes, but also disrupt cognitive function and affect alertness. It's common for children with PANDAS and PANS to have learning and memory problems, which are not related to IQ, but rather to the degree of neuroinflammation disrupting cognition.

The herbs selected for Bright Panda™ are designed to optimize brain function and support healthy cognition, mood, and memory in the face of neuroinflammation. It contains a comprehensive array of brain-supportive herbs to address the brain's unique set of needs under the assault of autoimmunity. It's formulated to assist with various aspects of brain health such as cell energy production, mitochondrial support, neuronal regeneration, and antioxidant status. Bright PandaTM supports cognitive function and neuronal health.

Supplement Facts

Serving Size 1/2 tsp. (2.5mL)
Servings Per Container 24

Amount Per Serving	% Daily Value
Proprietary blend:	675mg h/w equivalence*
Brahmi aerial (Bacopa monnieri)	
Gotu Kola aerial (Dried/Fresh Centella asiatica)	
Thorough-Wax root (Bupleurum falcatum)	
Japanese Knotweed root (Polygonum cuspidatum)	
Rosemary leaf (Rosmarinus officinalis)	
Ginkgo leaf (Fresh Ginkgo biloba)	
Bilberry leaf & berry (Vaccinium myrtilus)	

*Daily Value not established.

Other Ingredients: Organic glycerin and distilled water

Free from alcohol, gluten, dairy, soy, GMOs.

Brahmi

The use of brahmi (Bacopa monnieri) goes back centuries in traditional Ayurvedic medicine, where it's touted as a brain tonic and cognitive aid. It's said to help sharpen the mind and the intellect. That claim is bearing out as several randomized, double-blind, placebo-controlled trials have substantiated brahmi's nootropic utility in humans. Brahmi's triterpenoid saponins successfully establish a healthy antioxidant environment in various tissues especially in the liver and brain.

Current evidence suggests that brahmi acts by multiple mechanisms, including antioxidant neuroprotection, acetylcholinesterase inhibition and/or choline acetyltransferase activation, β-amyloid reduction, increased cerebral blood flow, and neurotransmitter modulation, with subsequent preservation of dopamine D1 and D2 receptors. Brahmi inhibits pro-inflammatory cytokine release from microglial cells and inhibits enzymes associated with inflammation in the brain, thus limiting inflammation in the central nervous system.

Recommended Use

Child-safe dose (50 lb): ½ tsp twice daily, best early in the day, or as directed by your health care practitioner. Adjust for others using a weight-adjusted dose.

Additionally, brahmi's potent phytochemicals have activity against oral Streptococcus mutans and pathogenic Staphylococcus aureus.

Gotu Kola

Gotu kola (Centella asiatica) is a psychoactive medicinal herb with immense therapeutic potential. It's traditionally used in many parts of Asia as a tonic for the brain and nervous system, and is said to minimize the impacts of excessive worry and chronic stress. As a powerful antioxidant, Gotu kola attenuates oxidative stress by significantly increased anti-oxidant enzymes, like superoxide dismutase, catalase and glutathione peroxidase, and antioxidants like glutathione (GSH) and ascorbic acid. Gotu kola contains an abundance of triterpenoid saponins, categorized as centellosides. Animal studies find that centellosides demonstrate high capability to cross the blood-brain barrier, making them particularly beneficial for neuroinflammation.

Gotu kola's triterpenoids activate anti-neuroinflammatory mechanisms by inhibiting lipopolysaccharide (LPS)-induced microglial inflammation, a targeted benefit for those with dysbiosis, where eating causes a heightened release of LPS endotoxins. Other neuroprotective mechanisms include preserving glutathione, protecting against dopamine and glutamate neurotoxicity, and suppressing neuroinflammation in microglia via modulation of the Sirt1/NF-κB signaling pathway — a pathway dysregulated by mold mycotoxin exposure.,

Gotu kola has a restorative impact on the mucosa barrier and gut microbiota homeostasis.
This may be related to its induction of intestinal T-regulator cells, which consequently has an anti-arthritis effect.

Thorough-Wax

Multiple species of Thorough-wax have been used traditionally for thousands of years worldwide in the treatment of inflammatory disorders and infectious diseases. The American species can be found in and around Glacier National Park. We've selected Bupleurum falcatum, which exhibits diverse pharmacological effects, such as anti-inflammatory, antioxidant, anti-histaminic, antispasmodic, anticancer, antipyretic, antimicrobial, antiviral, hepatoprotective, neuroprotective, and immunomodulation.

In animal models, Thorough-wax's triterpenoid saponin, saikosaponin D, preserved the morphology of neurons and decelerated the activation of microglia and astrocytes in the hippocampus, which resulted in significant reduction in memory impairment. Saikosaponins alleviate symptoms of attention deficit hyperactivity disorder through downregulation of dopamine transporters and by enhancing brain-derived neurotrophic factor (BDNF) expression. Saikosaponins also inhibit neuroinflammatory influences on glutamate and GABA to contain their expressions to within normal range.

Thorough-wax has antimicrobial activity with moderate activity against Streptococcus pyogenes, and activity against Influenza A, with more potent inhibitory activity and selectivity than the positive control, Ribavirin.

Made without the use of alcohol. Free from added sweeteners.

Taste-tested by both kids and adults. Glycerin provides a pleasantly sweet taste.

Japanese Knotweed

Japanese knotweed (Polygonum cuspidatum) is a widely used Chinese medicine with a broad spectrum of pharmacological effects, commonly prescribed for varying treatments including anti-aging, inflammation, amenorrhea, arthralgia, hyperlipidemia, jaundice, abscess, scald and bruises.

Human studies report a reduction in inflammation, with a significant reduction in plasma levels of TNF-a and IL-6. It assists learning and memory, while the active component polydatin displays anxiolytic effects through the blockade of neuroinflammation.,, Additionally, polydatin is involved with neuroplasticity by up-regulating brain-derived neurotrophic factor (BDNF).

Japanese knotweed is neuroprotective by attenuating neurotoxicity caused by microglial activation. Important for the basal ganglia changes in PANDAS and PANS, animal models suggest that Japanese knotweed protects the dopaminergic neurons, attributed to its radical scavenging ability and antioxidant properties.

Rosemary

Rosemary (Rosmarinus officinalis) has a long history of traditional use benefitting mental health and cognition. This evergreen bushy shrub is used in folk medicine as an antispasmodic, mild analgesic, to cure intercostal neuralgia, headaches, migraine, insomnia, emotional upset, and depression. Different investigations have highlighted rosemary's neuropharmacological properties finding that it has significant antimicrobial, anti-inflammatory, anti-oxidant, anti-apoptotic, anti-tumorigenic, antinociceptive, and neuroprotective properties. Importantly for this formula, it shows important clinical effects on mood, learning, memory, and anxiety.

The active component rosmarinic acid mitigates the lipopolysaccharide-induced neuroinflammatory responses and regulates microglial M1/M2 polarization under conditions of neuroinflammation. Through the inhibition of the NLRP3 inflammasome, it exerts antioxidant, anti-inflammatory, and neuroprotective effects via phase 2 enzyme induction initiated by activation of the KEAP1/NRF2 transcriptional pathway, which in turn attenuates NLRP3 activation.

Ginkgo

Ginkgo (Ginkgo biloba) is a well-studied botanical relevant to nootropics and supporting brain health. It's neuroprotective, cardioprotective, gastroprotective, vasotropic, and has antioxidant properties shown to assist with multiple degenerative processes.

Ginkgo has been shown to promote cognition, thought to be partly attributed to its antioxidant properties. In a meta-analysis of placebo-controlled trials with mild-to-moderate dementia patients, supplementation with ginkgo demonstrated improvement in memory function, concentration, and anxiety, and also significant improvements in cognitive function and quality of life measurements. Animal models report that it diminishes stress-induced memory deficits.

Bilberry

Bilberry (Vaccinium myrtillus) is one of the richest natural sources of anthocyanins, which are the polyphenolic components that give bilberry its blue/black color and high antioxidant content. While most well-known for its vision improving benefit, bilberry has also been reported to lower blood glucose, to have anti-inflammatory and lipid-lowering effects, and to promote antioxidant defense and lower oxidative stress, making it useful for the prevention and treatment of chronic inflammatory disorders.

Animal models describe the mechanisms by which bilberry functions in its traditional use of improving learning and memory, much to do with increasing microvascular circulation. Bilberry's anthocyanins improve neuroinflammation and cognitive dysfunction in via signaling pathways in microglia. Animal models show that bilberry polyphenols resulted in a significant reduction in anxiety as compared to controls, not to mention its normalizing effect on insulin resistance.

Therapeutic Differences by Composition

Glycerin was chosen as the extraction menstruum for the herbs in this formula for more than its alcohol-free benefits. Whereas ethanol has 2-carbon atoms and only one hydroxyl group to share, glycerin has 3-carbon atoms and three hydroxyl groups to share, making it superior for extracting more therapeutic properties from the herbs, including higher concentrations of polyphenols and flavonoids.

In addition, glycerol aquaporins within the fatty acid backbone of the cell membrane preferentially allow glycerins through the cell membrane resulting in maximum absorption and bioavailability.

For more information about Alight Health Formulas®, email contact@alighthealthformulas.com.

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