

**EXHIBIT H**

**EXCERPTED WEBSITE**

**GOOD GUT SOLUTION BLOG**

**CROHNS.NET/BLOG/COGNIPRIN-MAXIMIZING-BRAIN-POWER**

**WEBSITE ACCESSED SEPTEMBER 23, 2014**

Exhibit pagination on bottom center of each page of this excerpt.

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## Cogniprin for Maximizing Brain Power!

Posted on March 16, 2014 by Dr Ron Jahner ND,LAC, C.Ad

**Cogniprin for maximizing brain power!**  
**Have you ever had episodes of forgetfulness?**  
**Do you have "Brain Fog"?**  
**Difficulty thinking and remembering?**  
**It's frustrating, isn't it?**

Our brains are the most complex structures in the universe. Did you know there are more interconnections in your brain than there are atoms in the universe! It's true. **Everything** we do in life is regulated by our brain function. In fact, to a great extent, it is no exaggeration to say that our health and quality of life is a direct result of the quality of our brain activity. So maintaining healthy brain function is an absolute essential for all of us at any age, in any activity of life. And yet...

Do you realize,  
***your brain may be deteriorating this very moment and you wouldn't know it?***

***In fact, this mental decline may be so insidious in most of us that our brains may actually be wasting away significantly faster than our bodies!***

Have you ever...

- Lost your keys and can't remember what you did with them just a few hours ago?
- Left the stove on without realizing it?
- Stared at a simple form wondering what to do next?
- Agonized over even a simple decision?
- Worried about keeping up at work or school?

Wonder if you can continue to live on your own if your brain function deteriorates even more? ***You are not alone!***

Brain fog and forgetfulness is a growing epidemic in the Western world.  
***And, it's not just an "old-age" issue anymore!***

In fact, research indicates that 76% of people in their 20's, 30's, 40's and 50's are reporting episodes of brain fog forgetfulness. Unfortunately, by the time we are 65, over 51% of us have a degree of brain deficiency that is enough to affect our lifestyle and ability to function independently. That is unacceptable!!

Well, maybe you think, "This must be happening in some Third World countries but not here in the United States where we have supermarkets and plenty of good food!"  
 Think again.

***The Journal of Public Health*** published a 30 year study involving 16 countries where researchers showed an increase in mental decline in adults under 74. But the bigger impact for us is that of the 16 countries evaluated, ***the US showed the highest increase.*** 66% in men and 92% in women!

***Why is it happening?***  
***Have you ever wondered?***

TAGS

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RECENT POSTS

- **Hearty Lentil Vegetable Soup Recipe**
- **Welcome to Jane**

- Why are so many people, at ever younger ages, experiencing issues with their brain function?
- What causes us to lose our thinking ability as we age?
- How many of us get lost running simple errands or confused traveling through airports or highways?
- How many serious accidents are caused by forgetfulness and brain fog?
- How many houses burn down when stoves are left on or matches are dropped absent-mindedly?

### *Is this normal?!!!*

- Is it necessary to lose your ability to think and remember as you get older?
- Are our children condemned to be condemned to a life sentence of brain fog and unclear thinking?
- **Must we all end up in nursing homes because we can't think clearly enough to live on our own?**

### *Is there anything we can do about it? The answer is YES!!*

Thanks to breakthroughs in the nutraceutical world, we can safely and easily roll back, **yes! We can roll back** ...

1. **mental decline up to 12 years,**
2. **improve our memory by 44%,**
3. **increase beneficial relaxation brain wave activity by 20%**
4. **get rid of brain fog,**
5. **improve recall, and even,**
6. **wake up brain cells that have been sleeping!**

Does that sound as good to you as it does to me?

Fortunately, medical research has come a long way since we were told in medical school that "brain and nerve tissue never heals"! Now we know about amazing nutritional substances that can restore cognitive function and an incredible phenomenon call "brain plasticity" that can literally turn back the clock on brain fog and forgetfulness! I have spent a great deal of my time and energy the past few years examining the research on restoring brain function and I am happy to report there is hope. Yes, there **are** clinically researched methods and nutritional factors that can literally "turn back the clock" on brain deterioration.

The unique nutrient combination in *Cogniprin* is for maximizing brain power. It appears to successfully initiate healing and works synergistically to complement an amazing medical discovery in brain research called **brain plasticity**. It was always conventional medical thinking that the brain and nervous system are almost impossible to repair. **It's just not true!!**

**We now know from current medical research that the brain can and does repair and heal and "rewire" around past injury and trauma, even as we age!**

**Cogniprin works on many different levels to help the body and especially the brain and nervous system. We know that because the ingredients in Cogniprin have far more clinical testing than almost any other nutraceutical product on the market. Cogniprin truly maximizes brain power.**

The key ingredient within *Cogniprin* is derived from a nutrient made from a vegetable source that nourishes your brain and slows mental decline. Its called **Phosphatidylserine** (PS) and it is essential to brain health.

This amazing nutrient on its own is vital for improving age-related mental decline because it rejuvenates and supports the integrity of cell membranes in your brain. It encourages the activity or neurotransmitters that are essential for good memory. Other ingredients in Cogniprin apparently supercharge cell membranes in your brain to work like they did when you were younger.

What most people don't know is that as you age, your body's resource of these key nutrients decline and your cells' membranes become less fluid and lose the ability to function as efficiently as they did when we were younger. By replacing this key resource, Cogniprin helps rejuvenate brain function and roll back the clock on our ability to think and remember.

Another key ingredient in Cogniprin is **Vitamin B12**. I have probably recommended this critical nutrient more than any other in my practice as a clinical nutritionist. B12 performs key functions in the body to facilitate healing and neutralize stress response. It is amazing in it's ability to help the brain function better and improve energy metabolism and digestion.

**Cogniprin is a unique, proprietary blend of key nutrients researched to improve memory and brain function. Given all the research and information we have now, taking a supplement of the unique synergistic blend of ingredients in Cogniprin makes a lot of sense for anyone concerned about declining mental function.\***

-Dr. Ron Jahner

*Dr. Ronald Jahner ND has over 30 years of personal and professional experience in applying the universal*

## Exhibit H, Page 2

- Rosen's Kitchen
- Emmanuel Jal The Good Lie
- Prebiotics – what are they?
- Inflammation and Diet

### RECENT COMMENTS

- Emmanuel Jal and The good Lie. the movie on Emanuel Jal talks about the Body's Acid Alkaline Balance
- Dr. Pamela Nathan DHM on Inflammation and Chronic Digestive Problems
- Dr. Pamela Nathan DHM on Cogniprin for Maximizing Brain Power!
- Errol on Cogniprin for Maximizing Brain Power!
- Lateisha on What Helps Indigestion and Heartburn

### ARCHIVES

- September 2014
- August 2014
- July 2014
- June 2014
- May 2014
- April 2014
- March 2014
- February 2014
- January 2014
- December 2013
- November 2013
- October 2013
- September 2013
- August 2013
- July 2013
- June 2013
- May 2013



principles of health and spirituality for mastering life challenges. He is not a licensed medical doctor. Dr. Jahner's perspectives on vitality enhancement and lifestyle wellness are intended solely for personal education & training. They are never intended to replace or contradict primary medical, osteopathic, or chiropractic medical treatment and advice.

As with any health concerns, always consult appropriate, qualified health professionals for any personal health issues.

\*This information has not been evaluated by the FDA or any other government agency. The information herein is not to be construed as personal medical advice for purposes of diagnosis or treatment of any specific illness or disease.

This entry was posted in **Blog** and tagged **brain fog, brain power, Cogniprin, forgetfulness, mental decline** by **Dr Ron Jahner ND,LAc, C.Ad.** Bookmark the **permalink**.

2 THOUGHTS ON "COGNIPRIN FOR MAXIMIZING BRAIN POWER!"



Errol on **August 11, 2014 at 7:42 am** said:  
how much is cogniprin?-----Errol

Reply ↓



**Dr. Pamela Nathan DHM**  
on **August 11, 2014 at 10:46 am** said:

Hi Errol, Thanks for your inquiry – Cogniprin is \$49.95 – see <http://www.crohns.net/page/C/PROD/BHN1000> which is the product code used on our website. Let us know if you have any other questions. In good health, Dr Pam.

Reply ↓

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