

Solutions for Chronic Fatigue



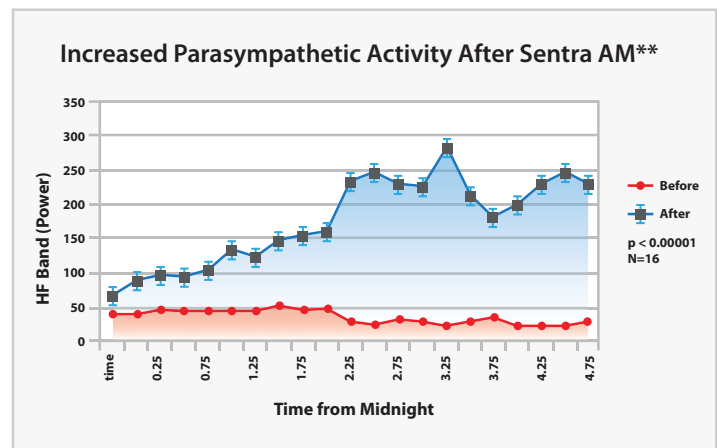
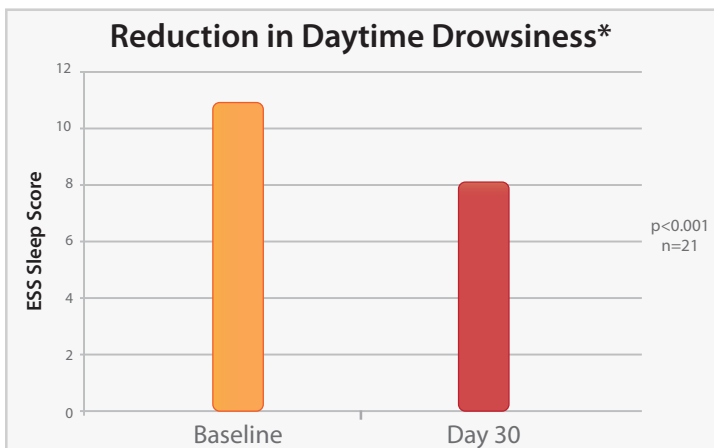
Sentra AM®

for the dietary management of fatigue and cognitive disorders.

- ▶ Decrease AM Grogginess
- ▶ Improve Autonomic Function
- ▶ Improve Alertness and Memory
- ▶ Reduce Cognitive Dysfunction Related to Fatigue and Stress Disorders



Improve Clinical Outcomes



*In an open-label study of subjects reporting symptoms of PTSD, a decrease in daytime drowsiness was measured from baseline following a 30 day administration of 2 capsules daily of **Sentra AM** in the morning.

In an open-label study of subjects diagnosed with Fibromyalgia, abnormal parasympathetic nervous system function was normalized by treatment with **Sentra AM. Based on the results of heart rate variability analysis, parasympathetic activity was increased 40% from baseline in those patients treated with **Sentra AM**.

Safety Information

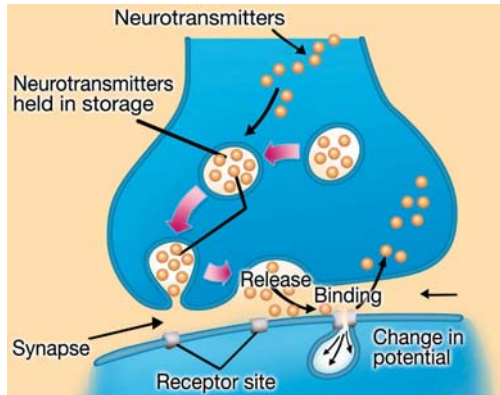
Sentra AM is contraindicated in an extremely small number of patients with hypersensitivity to any of the nutritional components of **Sentra AM**.

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.

Sentra AM[®] and Targeted Cellular Technology[™]

The efficacy of *Sentra AM* is driven by *Targeted Cellular Technology*, a patented five step process that increases the cellular uptake and utilization of neurotransmitter precursors required for fatigue, cognitive disorders and PTSD.



- 1 **Neurotransmitter Precursors** → Choline Bitartrate, L-Glutamic Acid, Acetyl L-Carnitine HCL
- 2 **Neuron Uptake Stimulator** → Ginkgo Biloba, Acetyl L Carnitine
- 3 **Neuron Activator** → Glutamine
- 4 **Adenosine Antagonist** → Theobromine
- 5 **Attenuation Inhibitor** → Hawthorne Berry

Amino Acids, Biogenic Amines, & Other Nutrients	Medical Food Per Recommended Dose** (Sentra AM)
Choline Bitartrate (Choline Bitartrate from natural L(+)-tartaric acid)	500 mg
L-Glutamic Acid (Produced from plant derived materials)	80 mg
Acetyl L-Carnitine HCL	80 mg
Cocoa Extract (fruit) (6% theobromine) (Standardized Extract)	140 mg
Ginkgo Biloba (leaf) (Botanical Powder)	50 mg
Hawthorne Crataegus spp. (fruit) (Botanical Powder)	30 mg
Dextrose	70 mg

* Ingredient claims are based on current market availability. Actual claims may vary. Individual results, including those for microbiology, pesticides, and heavy metals including arsenic, cadmium, lead, and mercury are available to practitioners upon request. If you would like to learn more or provide feedback please email help@ptlcentral.com

**For the dietary management of the metabolic processes in patients with fatigue and cognitive disorders. Take (2) capsules once daily or as directed by physician.