

RECALL FACT SHEET

1) What is Recall?

Recall contains 50mg of Pregnenolone, which is a hormone precursor. It is a substance that needs to be present in order for hormones such as DHEA and Progesterone to be made.

2) But my doctor really isn't interested in alternative therapies and I know that he won't agree with me taking it?

If you would like a doctor's opinion, we can contact our in-house doctor and put any questions to him for you.

3) I am taking other prescribed/complimentary medication; do I really need to tell my doctor before supplementing Recall?

Yes, we would always advise informing your doctor of any product that you wish to supplement. Your doctor will need to monitor your health and supplementing another product could contraindicate with your medication.

4) I am taking medication for epilepsy, can I take Recall?

No, as Recall can make seizures worse.

5) I am on blood-thinning medication; can I take Recall as well?

I'm afraid the answer is no, as Recall could seriously affect how the medication works.

6) What other ingredients are there in Recall?

Recall contains:

Huperzine A. This is a Chinese medicinal herb that can have a protective effect on brain tissue.

Phosphatidylserine. A Phospholipid - brain cell nutrient, which is involved in the upkeep and restoration of nerve cell membranes. Some of its functions include stimulating the release of Dopamine (a mood regulator), reducing cortisol levels (a stress hormone) and increasing the production of Acetylcholine (necessary for learning and memory).

Choline. A Vitamin B, known to improve mental performance and increase reaction times.

Lecithin. A fatty substance made by the liver, which is crucial in protecting cells from oxidation damage. It also plays the role as a brain food.

Ginkgo Biloba. Derived from a Chinese tree of same name, it is renowned for its memory enhancing properties.

Niacinamide. A Vitamin B3, which helps to relieve such symptoms as perceptual changes (hearing and seeing things that aren't there).

Pyridoxine. A Vitamin B6, which helps to combat depression and other mental disorders.

Manganese. A brain mineral, which promotes proper development and function of the central nervous system.

7) Why do I need to take Recall?

Pregnenolone is one of the most prevalent hormones in the brain and declines with age. Shortages of this substance have long been linked to the onset of age related illnesses.

- 8) How will I benefit from supplementing Recall?
 Recall helps to improve transmission of nerve impulses along memory relay pathways, enhancing memory; it also helps to protect the brain cells from injury caused by fatigue. Tests are currently underway to determine whether Recall may possibly be effective in the treatment of Alzheimers' disease.
 Recall aids mental performance and increases reaction times. It can also act as a mild anti-depressant and may help to improve mood, reduce stress and promote a feeling of well-being.
- 9) What will happen if I supplement Recall and then stop taking it for a few days, I do not want to lose any of the benefits?
 It is unlikely that having a few days break from Recall will result in the benefits being lost.
- 10) Can I use Recall if I have previously suffered from or presently have any type of hormonal cancer?
 No we would not recommend that you use Recall in this case as some cancers are hormone sensitive and their growth may be stimulated by the increased hormone levels from taking Pregnenolone.
- 11) Can I take Recall if I have a Thyroid condition, either under active or over active?
 Recall would be perfectly fine to take, although as with any supplements, we would always recommend that you inform your doctor if you are going to take it.
- 12) I am taking HRT can I still take Recall?
 There are no known contraindications with Recall and HRT, so yes would be the answer.
- 13) Can I take Recall with other WWH products?
 Recall should not be used in conjunction with Pregnenolone and 999 Menopause Complex. If you are currently taking any other supplements that also contain Ginkgo Biloba, we would recommend that you **DO NOT** exceed a dose of 240mg a day.

Recall ingredients per capsule

Pregnenolone	50mg
Huperzine A	100mg
Phosphatidylserine	20mg
Choline	100mg
Lecithin	100mg
Niacinamide	20mg
Pyridoxine	20mg
Manganese	10mg