



## Focus: Memory and Mind™ provides memory support for adults

Caring for a loved one with advanced aging issues can be emotionally draining and frustrating. Many families wish to take care of their loved one at home to provide the very best care, but the symptoms of advanced age can make that difficult.

Aroma MD's™ Focus: Memory and Mind™ is a scientifically studied blend of essential oils to deter memory loss and/or behavioral changes with advancing age. Focus: Memory and Mind™ offers a comprehensive approach to alteration in memory function and early dementia by supporting healthy neurologic function and cognition.\*

### CONDITION SPECIFIC SUPPORT AND MODIFICATION:

#### Memory and Early Symptoms of Advanced Age Related Disease:

Sage (*Salvia officinalis*), the main component of Focus: Memory and Mind™ has been clinically proven in two studies to improve symptoms of mild to moderate Alzheimer's disease in as short as 4-6 weeks.<sup>1,2\*</sup>

#### Task Performance:

Rosemary (*Rosmarinus officinalis*) and lavender (*Lavandula angustifolia*), the other two components of Aroma MD's Focus: Memory and Mind™ blend, have been shown in a human study to improve task performance while reducing anxiety.<sup>3\*</sup>

#### Neurotransmitter Support:

The loss of the neurotransmitter acetyl choline (ACh) is thought to be responsible for the symptoms seen in Alzheimer's disease. Sage has been shown in scientific studies to have ACh activity.<sup>4,5\*</sup>

Another approach is in using N-methyl-D-aspartate antagonists (NMDA). These are used for advanced Alzheimer's, particularly when patients suffer from dementia. A key component of lavender essential oil, linalool, used in Aroma MD's Focus: Memory and Mind™ blocks the NMDA receptor in

laboratory studies.<sup>6\*</sup>

#### Anxiety:

Anxiety can impair task performance, memory acquisition and recall. Sage essential oil has also been clinically demonstrated to improve memory and support feelings of calm alertness and contentedness within hours of ingestion.<sup>7,8\*</sup>

#### Depression and Anxiety Support:

Nearly one-third of patients with Alzheimer's disease suffer from depression, sometimes before the diagnosis is made. Addressing the depression may help improve emotional and cognitive function as it first starts to decline. Lavender has been shown in clinical studies to have anti-depressant effects.<sup>9,10\*</sup>

#### Anti-inflammatory Support:

Research into memory loss and Alzheimer's dementia supports a role for anti-inflammatory and free-radical scavenging agents. Sage, rosemary and lavender essential oils have been shown in scientific studies to have powerful anti-oxidant effects, even after five minutes of inhalation.<sup>11-13\*</sup>

Aromatherapy is a natural healing method which has been used for 5,000 years. Recently, interest in medical aromatherapy has grown tremendously among both patients and practitioners. Until now, it has been hard to find authoritative sources for medical aromatherapy blends and dosages. Aroma MD's™ specially pre-blended products make patient compliance easy. Each product contains age-based dosing and clear usage instructions. Practitioners can rest assured that patients are benefitting from the most therapeutic oils at safe and effective doses.

## Focus: Memory and Mind™



Memory and mind support for adults\*



**Aroma MD™**

Distributed by  
Time Laboratories  
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**Medical Quality Essential Oils in Focus: Memory and Mind™**

Support and Modification	Lavender	Sage	Spanish Sage	Rosemary	Ylang Ylang	Vetiver
Brain Inflammation	✓	✓	✓	✓	✓	
Depression, Anxiety	✓	✓	✓		✓	
Emotional Stability						✓
Focus	✓			✓		
Memory	✓	✓	✓	✓		
Neurotransmitters	✓			✓		
Task Performance	✓			✓		



**Kamyar Hedayat, MD, FAAP**  
 Aroma MD™ Founder and President, Dr. Hedayat is a Stanford-trained critical care physician, board-certified pediatrician and clinical aromatherapist. His training also includes a preceptorship with Dr. Andrew Weil. Dr. Hedayat is the Medical Director of

Full Spectrum Health Center for Integrative Medicine in San Diego, CA. He is the author of numerous scholarly articles on critical care and clinical aromatherapy, and is an international speaker on integrative medicine and aromatherapy. Dr. Hedayat is available for clinical aromatherapy workshops for health professionals.

**APPLICATIONS**

Memory loss due to stress or depression in otherwise healthy adults:  
*Topical:* as needed 10-30 minutes before tasks requiring rapid recall such as studying, examinations or work related activities  
 Memory loss due to advanced aging issues:  
*Internal:* Maximal effects after 4-6 weeks as directed below  
*Topical:* For best effects, use in conjunction with internal use

**SUGGESTED USAGE**

**INTERNAL:** Ages 16 to adult, 5-20 drops every 8-12 hours daily 30 minutes before meals or 30 minutes before tasks as needed.  
**TOPICAL:** All ages: apply to temples, neck and chest before tasks as needed. For best effect, combine with internal use.  
**BATH:** All ages, 5-20 drops stirred in bath.

**REFERENCES**

1) Akhondzadeh S, Noroozian M, Mohammadi M, Ohadinia S, Jamshidi AH, Khani M. Salvia officinalis extract in the treatment of patients with mild to moderate Alzheimer’s disease: a double blind, randomized and placebo-controlled trial. J Clin Pharm Ther 2003; 28(1):53-9; 2) Perry NS, Bollen C, Perry EK, Ballard C. Salvia for dementia therapy: review of pharmacological activity and pilot tolerability clinical trial. Pharmacol Biochem Behav 2003; 75(3):651-9. 3) Diego MA, Jones NA, Field T, et al. Aromatherapy positively affects mood, EEG patterns of alertness and math computations. Int J Neurosci 1998; 96(3-4):217-24; 4) Perry NS, Houghton PJ, Theobald A, Jenner P, Perry EK. In-vitro inhibition of human erythrocyte acetylcholinesterase by salvia lavandulaefolia essential oil and constituent terpenes. J Pharm Pharmacol 2000; 52(7):895-902; 5) Savelev SU, Okello EJ, Perry EK. Butyryl- and acetyl-cholinesterase inhibitory activities in essential oils of Salvia species and their constituents. Phytother Res 2004; 18(4):315-24; 6) Elisabetsky E, Brum LF, Souza DO. Anticonvulsant properties of linalool in glutamate-related seizure models. Phytomedicine 1999; 6(2):107-13; 7) Tildesley NT, Kennedy DO, Perry EK, Ballard CG, Wesnes KA, Scholey AB. Positive modulation of mood and cognitive performance following administration of acute doses of Salvia lavandulaefolia essential oil to healthy young volunteers. Physiol Behav 2005;83(5):699-709; 8) Tildesley NT, Kennedy DO, Perry EK, et al. Salvia lavandulaefolia (Spanish sage) enhances memory in healthy young volunteers. Pharmacol Biochem Behav 2003; 75(3):669-74; 9) Akhondzadeh S, Kashani L, Fotouhi A, et al. Comparison of Lavandula angustifolia Mill. tincture and imipramine in the treatment of mild to moderate depression: a double-blind, randomized trial. Prog Neuropsychopharmacol Biol Psychiatry 2003; 27(1):123-7; 10) Lee IS, Lee GJ. [Effects of lavender aromatherapy on insomnia and depression in women college students]. Taehan Kanho Hakhoe Chi 2006; 36(1):136-43; 11) Lee KG, Shibamoto T. Determination of antioxidant potential of volatile extracts isolated from various herbs and spices. J Agric Food Chem 2002; 50(17):4947-52; 12) Perry NS, Houghton PJ, Sampson J, et al. In-vitro activity of S. lavandulaefolia (Spanish sage) relevant to treatment of Alzheimer’s disease. J Pharm Pharmacol 2001; 53(10):1347-56; 13) Atsumi T, Tonosaki K. Smelling lavender and rosemary increases free radical scavenging activity and decreases cortisol level in saliva. Psychiatry Res 2007; 150(1):89-96.

For more information on Aroma MD™ products or to order, contact:

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**PRECAUTIONS**

Use as directed. Use with caution if patient is taking seizure medication or sleep aids. Doses of medications may have to be adjusted. Internal use not recommended during pregnancy. If symptoms persist, discontinue internal use after 4 weeks and seek the advice of a healthcare practitioner.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.