



Neuro Blue Blend 60 cap

Ingredients: 30Mg Methylene blue, 250mg Quercetin, 200mg Resveratrol, 5mg Bioperine, 150mg Turkey tail extract, 45mg N-Acetylcysteine (NAC), 18mg Vitamin C-Ester

Methylene blue has been shown to induce autophagy, which is a natural process that helps maintain cellular health by removing damaged components and recycling them. This mechanism is believed to contribute to its neuroprotective effects and overall cellular regeneration.

Quercetin is known to regulate autophagy, particularly by modulating the PI3K/Akt/mTOR signaling pathway, which can inhibit excessive autophagy and reduce inflammation in conditions like asthma. This suggests that quercetin may have beneficial effects on cellular health and inflammation through its action on autophagy.

Resveratrol has been shown to induce autophagy, which is a process that helps cells degrade and recycle unnecessary or dysfunctional components. This activation of autophagy may contribute to its protective effects against various diseases.

Turkey tail extract, derived from the mushroom *Trametes versicolor*, helps to activate autophagy, which is a process that helps cells remove damaged components.

Bioperine, a compound derived from black pepper, has been shown to induce autophagy, which is a process that helps cells recycle components, helping to prevent disease conditions including cancer.

N-Acetylcysteine (NAC) can influence autophagy, particularly by reducing oxidative stress and regulating cellular pathways involved in autophagy processes. It has been shown to attenuate autophagy in certain contexts, such as in liver injury models, by affecting specific signaling pathways

Vitamin C-Ester enhances autophagy, which is a process that helps maintain cellular health by degrading and recycling cellular components. This activation contributes to improved skin barrier function and overall cellular homeostasis.