

For the *Spirit of* Free Flow



CERENEMIC

Folic Acid 200 mcg, Pyridoxine 2 mg, Riboflavin 2 mg,
Methylcobalamin 1 mcg, Betaine 300 mg, Zinc 12 mg Capsules

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INTRODUCTION:

- Homocysteine is a sulphurous amino acid that is formed as an intermediary product during the conversion of the essential amino acid methionine to cysteine.¹

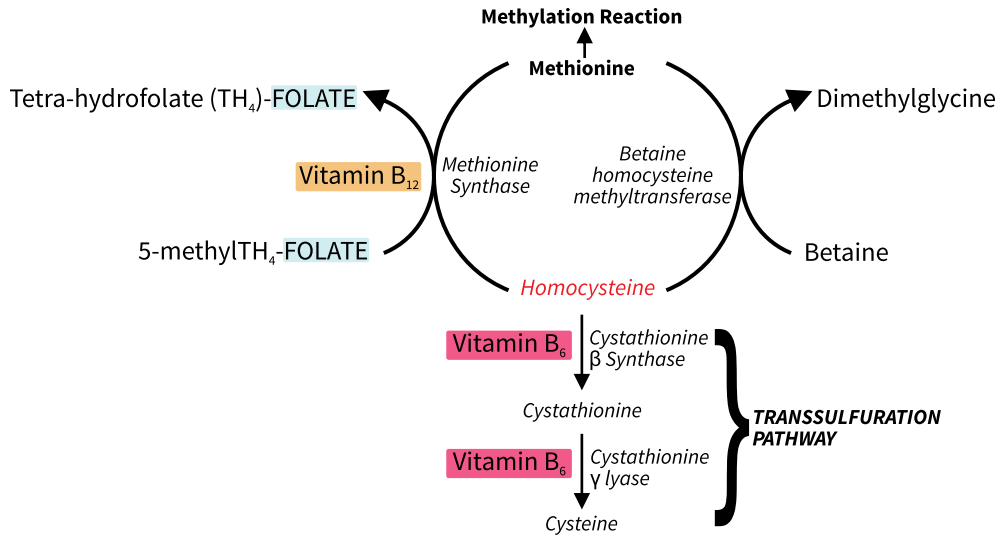


Fig: Homocysteine Metabolism

- Hyperhomocysteinemia (HHcy) originates from a deviation in the methionine-homocysteine metabolism.¹
- Hyperhomocysteinemia (HHcy) causes various neurological disorders.

Hyperhomocysteinemia (HHcy) has been associated with B vitamin deficiencies of folate, B₆, and B₁₂ due to their role as cofactors in the metabolism of Hcy.²

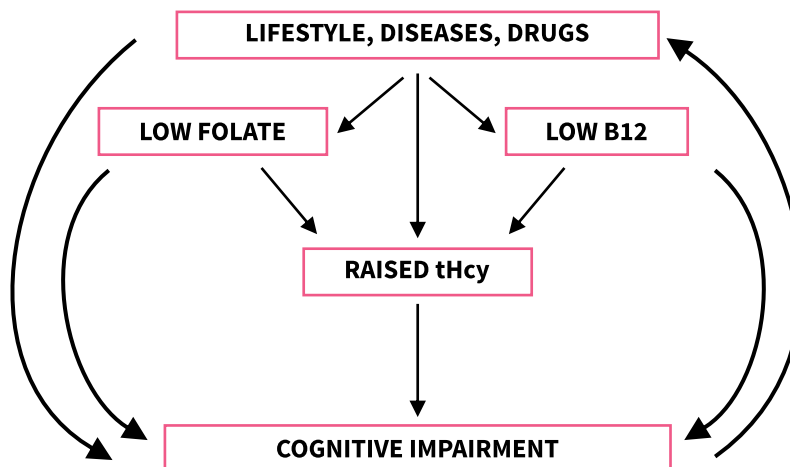


Fig: Low Vit B levels and Cognitive Impairment

References:

- Acta Neurol. Belg., 2009, 109, 181-188
- The Open Neurology Journal, 2015, 9, 9-14

CLINICAL EFFECTIVENESS

A: STROKE

Hyperhomocysteinemia as a risk factor for ischemic stroke: An Indian Scenario

Neurology India, Sep 2005, Vol 53 (3)

- A prospective case control study.
- A total 57 patients with stroke included.

Statistical analysis used: Student's 't' test and chi-square test.

Results: The total homocysteine (tHcy) were significantly high in patients with stroke, high in hypertensive patients compared to normotensive patients and smokers compared to non-smokers.

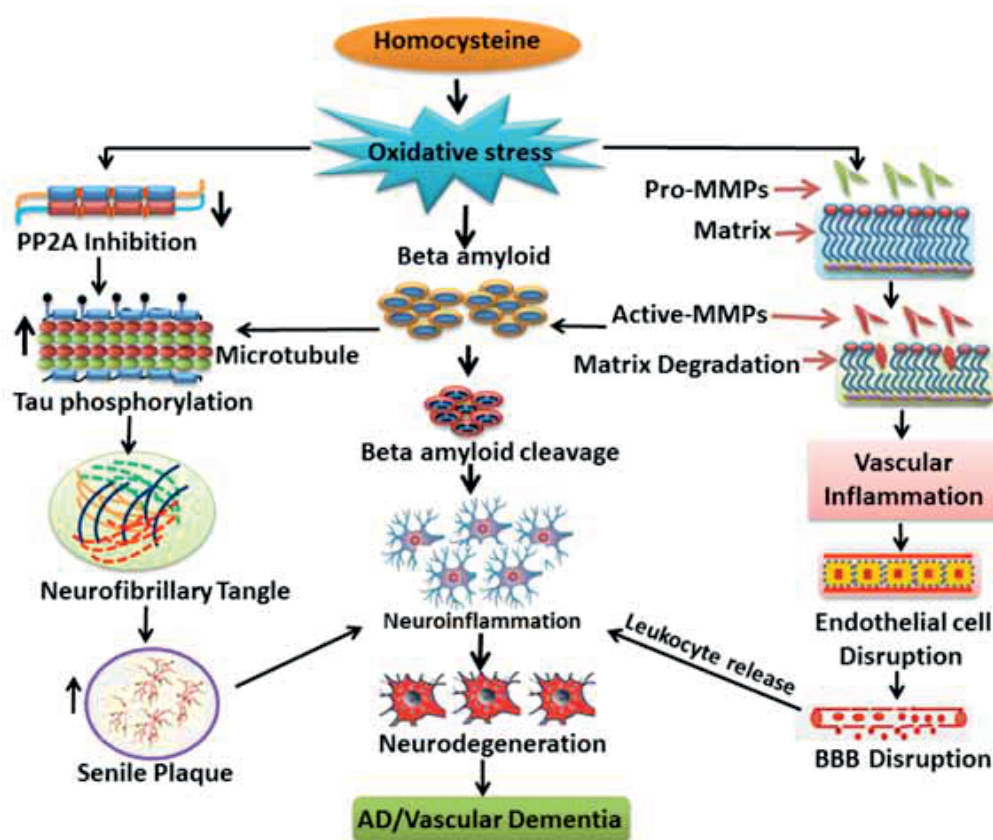
Conclusion: Hyperhomocysteinemia emerged as an important independent risk factor for ischemic stroke.

B: NEURO-DEGENERATIVE DISEASE

Homocysteine Induced Cerebrovascular Dysfunction: A Link to Alzheimer's Disease Etiology.

The Open Neurology Journal, 2015, 9, 9-14

- An elevated plasma level of Hcy ($>14 \mu\text{M}$) is termed as Hyperhomocysteinemia (HHcy), which has emerged as an independent risk factor for several Neurodegenerative diseases such as **Alzheimer's disease (AD)**, **stroke** and **vascular dementia**.



Conclusion:

- One known condition to affect the cerebrovascular homeostasis is HHcy.
- Evidence suggests HHcy may promote dementia by more than one mechanism, including cerebral microangiopathy, endothelial dysfunction, oxidative stress, neuronal damage, enhancement of beta-amyloid peptide-mediated vascular toxicity, neurotoxicity, and apoptosis.

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DESCRIPTION:

CERENEMIC is a multivitamin capsule that helps manage homocysteine level.

INDICATION:

Cognitive impairment, Neuro-Degenerative disorders – Stroke, Alzheimer's and co-Morbid Condition.

FEATURES:

- Methylcobalamin is the essential cofactor for methionine synthase.¹
- Folic acid alone or in combination is associated with a 25% lower risks of future stroke.²
- The principal physiologic role of betaine is as an osmolyte and methyl donor (transmethylation).³
- Betaine has been shown to protect internal organs, improve vascular risk factors, and enhance performance.³
- Lower levels of Vit B6 is associated with risk of ischaemic stroke.⁴
- Supplementation with 5 mg of riboflavin immediately post-infarct significantly improved riboflavin status in stroke patients.⁵
- Low zinc level is a risk factor for stroke.⁶

DOSAGE:

One capsule a day or as suggested by healthcare professional.

PRESENTATION:

It comes as a strip of 10 capsules.

STORAGE:




Store in a cool and dark place at a temperature not exceeding 25°C.

Reference:

1. *Rev Assoc Med Bras* 2018; 64(5):428-432
2. *Journal of Stroke* 2018;20(1):99-109
3. *Am J Clin Nutr* 2004;80:539-49
4. *Stroke*. 2004;35:12-15

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