

# CogniBrain<sup>®</sup>

## Neuro Formula<sup>\*</sup>

**CogniBrain<sup>®</sup>** offers a combination of six unique ingredients that support the brain and nervous system: Neumentix<sup>™</sup> spearmint complex; NeuroFactor<sup>™</sup> coffee plant whole fruit extract; Lion's mane mushroom; American ginseng extract with standardized ginsenoside content; Citicoline, precursor to phosphatidylcholine, and Acetyl-L-carnitine.\*

BRAIN SUPPORT



#57010  
90 vegetarian tablets

### Key Features

- Six superior brain-boosting nutrients, each with unique benefits\*
- Neumentix<sup>™</sup> spearmint may improve sleep, enhance working memory, and boost cognition\*
- NeuroFactor<sup>™</sup> coffee fruit extract supports BDNF levels\*
- Standardized American ginseng extract supports memory and alertness\*
- Lion's mane mushroom strengthens memory and concentration\*
- Citicoline is a precursor to key brain nutrient phosphatidylcholine\*
- Acetyl-L-carnitine positively affects brain chemistry, supporting memory, mood, energy production, and stimulates nerve growth factor\*



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**Neumentix™:** Proprietary spearmint phenolic complex that has been shown to help improve sleep, enhance working memory, and boost cognitive performance in adults.\* This non-GMO spearmint is dried immediately after harvest using state-of-the-art dehydration technology to preserve its full phenolic content. It is then processed using water-based extraction to produce concentrated, standardized levels of water-soluble phenolics and rosmarinic acid.



**NeuroFactor™:** Patented ingredient made from the whole fruit of the coffee plant, *Coffea arabica*, including the seed (coffee bean). It is rich in chlorogenic acids from the bean and it contains unique phytonutrients from the fruit and skin. Traditionally, the coffee bean is harvested for roasting and the fruit around it is discarded. Clinical research has demonstrated that ingesting small amounts of whole coffee fruit concentrate significantly increases levels of brain-derived neurotrophic factor (BDNF) in humans.\* BDNF is a protein growth factor that is active at the nerve cell synapses, helping to regulate synaptic plasticity.\* It can promote the growth and survival of neurons.\* Unlike brewed coffee or green coffee bean, only whole coffee fruit supports neuroprotein levels in humans.\*



**Ginseng:** According to traditional Chinese herbology, American ginseng (*Panax quinquefolius*) improves *qi*, supports yin, and promotes fluids, which may indirectly support normal cognitive function.\* This formula utilizes a special American ginseng extract, with a specific profile of unique ginsenosides that appear to support cholinergic neurotransmission in key brain regions involved in learning and memory.\* In a small study of healthy human volunteers, a single dose resulted in significant improvement in the cognitive areas of working memory and alertness within 1 hour, and sustained up to 6 hours of the testing period.\*



**Lion's mane:** A mushroom long used in traditional Chinese medicine.\* Lion's mane (*Hericium erinaceus*) may strengthen memory and concentration and enhance cognitive abilities.\* A small human study showed that lion's mane reduced irritability and anxiety and supported concentration.\* A recent study using mice confirmed lion's mane has brain protective effects.\* Lion's mane contains antioxidants and beta-glucan, and may stimulate the synthesis of nerve growth factor (NGF), protect from beta-amyloid peptide damage, and support the normal process of myelination.\*



**Acetyl-L-carnitine:** Crucial for the metabolism of protein and carbohydrates, and converting fats into energy.\* It has been shown to positively affect brain chemistry, supporting memory, mood, and energy production.\* It provides antioxidant protection for the nervous system and has been shown to stimulate nerve growth factor.\*

## Supplement Facts

| Serving Size  | 3 Tablets     |
|---|---------------|
| Servings Per Container  | 30            |
| Amount Per Serving  | % Daily Value |
| Spearmint ( <i>Mentha spicata</i> ) (Aerial Parts) Extract (standardized to minimum 24% total phenolics [minimum 14.5% rosmarinic acid]) (Neumentix™) | 900 mg †      |
| Lion's Mane ( <i>Hericium erinaceus</i> ) (Mycelium and fruiting body)  | 600 mg †      |
| Acetyl L-Carnitine (as Hydrochloride)   | 500 mg †      |
| Citicoline (Cognizin®)  | 500 mg †      |
| Coffea arabica (Fruit) Extract (NeuroFactor™)   | 200 mg †      |
| American Ginseng ( <i>Panax quinquefolius</i> ) (Root) Extract (standardized to minimum 10% ginsenosides)   | 200 mg †      |
| † Daily Value not established.  |               |

Other ingredients: Dicalcium phosphate, cellulose, silicon dioxide, stearic acid.

**Suggested Use:** As a dietary supplement, 3 tablets daily, or as directed by a healthcare professional.

**Caution:** If pregnant or nursing, consult your healthcare practitioner before use.

\*\*Caffeine content is approximately 4 mg per three tablet serving.

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