

CogniPhos

Support for cognitive performance, mood and behavior[‡]

INDICATIONS

- Ages 18 and up
- Healthy cognitive function, positive mood and relaxation support[‡]

BENEFITS

- Promotes daily cognitive performance and mental sharpness[‡]
- Supports cellular energy and optimal neuronal function[‡]
- Enhances healthy brain phospholipid composition[‡]

FEATURES

- Contains a blend of clinically researched Cognizen[®] citicoline, acetyl-L-carnitine, Sharp-PS[®] phosphatidylserine, and cofactors
- Part of the PureSYNAPSE[™] product line
- Made with high-quality vegan ingredients backed by verifiable science

VERIFIABLE SCIENCE

Acetyl-L-carnitine (ALC) offers support for cellular energy, mood and neuronal function. A meta-analysis of 21 randomized controlled studies and 1,204 older subjects indicated that ALC offered statistically significant support for memory, performance and higher intellectual function.¹ In other trials involving children, ALC promoted daily mental function and behavior in a subset of subjects.^{2,3} Citicoline and phosphatidylserine support healthy brain phospholipid composition. Phospholipids are essential for neuronal communication and protection. Research indicates that patented Cognizin[®] citicoline increases choline and phospholipid composition in the brain.⁴ Studies in children, middle-aged adults and elderly adults indicate that it supports healthy cognition across a wide age range. In two studies, one involving adolescent boys and another involving middle-aged women, 250-500 mg Cognizin[®] citicoline offered significant support for daily mental task performance.^{5,6} Numerous studies indicate phosphatidylserine promotes healthy mental acuity and behavior in elderly subjects, as well as children.^{7,8} Zinc and vitamin B₆ are important cofactors for neuronal function.^{9,10[‡]}

SUGGESTED USE

As a dietary supplement, take 2 capsules, 1-2 times daily, with meals, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- Sharp-PS[®] GREEN phosphatidylserine is derived from sunflower lecithin
- Cognizen[®] citicoline is derived from fermentation
- Acetyl-L-carnitine and pyridoxyl 5' phosphate (vitamin B6) are synthetic
- Citrate is derived from corn dextrose fermentation
- Hypoallergenic plant fiber is derived from pine cellulose

NOTES

Size 0 caps

Bottle count 120

Order code CGP1

Bottle size 190 cc

REFERENCES

1. Montgomery SA, et al. *Int Clin Psychopharmacol*. 2003 Mar;18(2):61-71.
2. Arnold LE, et al. *J Child Adolesc Psychopharmacol*. 2007 Dec;17(6):791-802.
3. Van Oudheusden LJ, et al. *Prostaglandins Leukot Essent Fatty Acids*. 2002 Jul;67(1):33-8.
4. Silveri MM, et al. *NMR Biomed*. 2008 Nov;21(10):1066-75.
5. McGlade E, et al. *J Atten Disord*. 2015 Jul 15.
6. McGlade E, et al. *Food and Nutrition Sciences*, 2012, 3, 769-773.
7. Kato-Kataoka A, et al. *J Clin Biochem Nutr*. 2010 Nov; 47(3): 246–255.

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8. Hirayama S, et al. *J Hum Nutr Diet*. 2014 Apr;27 Suppl 2:284-91.
9. Zamora J, et al. *Arch Latinoam Nutr*. 2011 Sep;61(3):242-6. Spanish.
10. Deijen JB, et al. *Psychopharmacology (Berl)*. 1992;109(4):489-96.

SUPPLEMENT FACTS

2 capsules, 1-2 times daily, with meals, or as directed by a health professional.

Two (size 0) vegetarian capsules contain:

| | |
|--|--------|
| Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆) | 10 mg |
| Zinc (as zinc citrate) | 5 mg |
| Acetyl-L-carnitine (as Acetyl-L-Carnitine HCl) | 500 mg |
| Cognizin [®] citicoline | 125 mg |
| Sharp-PS [®] GREEN phosphatidylserine (from sunflower lecithin) | 100 mg |
| Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose) | |

Cognizin[®] is a registered trademark of KYOWA HAKKO BIO., LTD.

Sharp-PS[®] is a registered trademark of Enzymotec Ltd.



| CogniPhos | Quantity | Order Code |
|-----------|----------|------------|
| | 120 | CGP1 |

Visit PureEncapsulationsPro.com for more information about our GMO policy.

[†]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.

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