

RECOMMENDATIONS

Helion Nutraceuticals recommends (for adults): 4 capsules daily, in divided doses.



Four vegetable capsules contain:

Citicoline cytidine 5'diphosphocholine	500 mg
Phosphatidylserine	300 mg
Vinpocetine	60 mg
Ginko Biloba	200 mg
(50:1; 24% ginkoheterosides, 6% terpene lactones)	
Acetyl-L-Carnitine	500 mg
Taurine	500 mg
L-Tyrosine	500 mg



REFERENCES

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*This is a statement of nutritional support. This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. For educational purposes only. Consult your physician for any health problems.

COGNIMEND™

Neurologic
Regeneration
Support
Formula

FEATURES INCLUDE

Cognizin®:

CDP-Choline (citicoline, cytidine 5' diphosphocholine) 98% pure citicoline, a highly purified, endogenous, nucleic acid precursor to phosphatidylcholine, is an important nutrient for brain cell membrane integrity and fluidity. This highly bioavailable compound also converts to acetylcholine, a critical neurotransmitter essential for healthy cell-to-cell communication as well as for memory storage and recall.*

Phosphatidylserine:

Clinical studies suggest that PS helps improve cognitive functions that decline with age, including memory, learning, concentration and vocabulary skills.*

Vinpocetine:

Increases blood supply to the brain, boosts ATP production and delivery of oxygen promoting healthy blood flow, glucose transport and healthy red blood cell function in the brain. These mechanisms help maintain optimal cognitive ability. Vinpocetine helps modulate sodium and calcium levels in nerve cells and exerts additional neuroprotective actions.*

Ginko Biloba:

Supports cerebral microcirculation and helps prevent cellular damage. Ginko Biloba provides time-tested nutritional support, enhancing the flow of oxygen and blood to the brain and promoting healthy transmission of nerve impulses. It has the ability to support healthy capillaries and blood vessels, promote proper platelet function, and act as a free radical scavenger.*

Acetyl-L-Carnitine:

One of the most effective nutrients used to enhance mental quickness. Studies suggest ALC can improve memory and learning, improve cerebral blood flow and elevate mood.*

Taurine:

Taurine is considered an inhibitory amino acid, helping to modulate levels of excitatory amino acids such as glutamate in the brain. This provides neuroprotective action important for maintaining proper brain cell health.*

Tyrosine:

L-Tyrosine is an amino acid naturally synthesized in the body. It is the precursor of the neurotransmitters l-dopa, dopamine, norepinephrine and epinephrine, supporting mood and mental clarity.*