



GENESTRA
BRANDS®

Neurogen Cognition

Research-driven support for cognitive health[†]

- Combines LONGVIDA® Optimized Curcumin with BACOGNIZE® Bacopa and standardized ginger extracts
- Supports brain function and working memory, while maintaining memory performance in older adults[†]
- Helps support energy levels, calmness and contentedness during occasional mental stress in a healthy aging population[†]

Neurogen Cognition was specifically developed to support cognitive health and brain function. It offers LONGVIDA® Optimized Curcumin, which has been demonstrated in clinical research to support cognitive function and working memory; energy levels, calmness and contentedness during occasional mental stress in a healthy aging population; and memory performance in older adults. LONGVIDA® provides curcumin in a solid lipid formulation, which helps to increase its bioavailability. This formula also offers BACOGNIZE® Bacopa, a standardized extract of the plant *Bacopa monnieri*, which has been traditionally used to support memory. BACOGNIZE® Bacopa has been clinically shown to support cognitive health and brain function, increasing performance in a test measuring attention, freedom from distractibility, and working memory. Additionally, Neurogen Cognition provides a standardized extract of ginger, which has been shown to support cognitive health and memory in preclinical research.[†]



Supplement Facts

Serving Size 2 Capsules
Servings per Container 30

	Amount Per Serving	% DV
LONGVIDA® Optimized Curcumin	400 mg	*
Providing		
Curcumin (from <i>Curcuma longa</i> rhizome)	80 mg	*
BACOGNIZE® Bacopa (<i>Bacopa monnieri</i>) Aerial Parts Std. Extract (12% Bacosides)	300 mg	*
Ginger (<i>Zingiber officinale</i>) Rhizome Std. Extract (14.6:1) (5% Gingerols)	100 mg	*

*Daily value (DV) not established

Other ingredients: Hypromellose, cellulose, silica, soy lecithin, stearic acid, maltodextrin, ascorbyl palmitate

Contains: Soy

Longvida® is a trademark of Verdure Sciences, Inc.

Patents: www.vs-corp.com/ip.html

BACOGNIZE® is a registered trademark of Verdure Sciences Inc.

Recommended Dose

Take 2 capsules daily or as recommended by your health professional.

Product Size: 60 Vegetarian Capsules **Product Code:** 07643



Non
GMO



Gluten
Free



Dairy
Free



Vegan

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Neurogen Cognition

Scientific Rationale:

Cognitive function is influenced by a number of factors, such as genetics, diet, lifestyle, medication and aging.¹ Proper brain function during aging depends in part on an equilibrium of free radical production and antioxidant defense (with oxidative damage normally accumulating in the aging brain).¹ Maintaining vascular health during aging is also important, as the brain constantly requires an adequate supply of blood, nutrients and oxygen to capillary beds.² Research suggests that age-related decreases in cognitive function normally occur in healthy individuals, beginning in their late 20s and extending throughout the lifespan.¹

Bacopa has been traditionally used for cognitive health for over 3,000 years.^{3†} It contains a range of phytochemicals that support cognitive health, including bacosides.^{2†} Emerging evidence suggests that bacopa acts by a variety of actions, such as promoting antioxidant defense, increasing cerebral blood flow and regulating neurotransmitter levels.^{2†}

In a randomized, double-blind, placebo-controlled trial, daily supplementation with 300 mg of bacopa for 12 weeks supported cognitive performance in adults aged 65 or older.^{4†} Participants in the bacopa group demonstrated better delayed word recall memory and improved reaction times in a cognitive test when compared to the placebo.^{4†} Similarly, a recent meta-analysis of nine randomized, placebo-controlled trials concluded that bacopa supplementation for at least 12 weeks improved cognitive function, including measures of memory and attention (when taken at 300 mg daily).^{3†}

Neurogen Cognition provides BACOGNIZE[®], a proprietary, clinically researched bacopa extract standardized to total bacosides. Preclinical research has shown that BACOGNIZE[®] can bind to and regulate the activity of serotonin receptor 5HT1a, which plays an important role in neurochemical and mood responses.^{5,6†} BACOGNIZE[®] also contains important flavonoids and polyphenols, which may further contribute to its beneficial effects on health.^{5†} In a randomized, double-blind, placebo-controlled trial involving healthy students in their second year of medical school, twice daily supplementation with 150 mg of BACOGNIZE[®] for 45 days significantly supported cognitive function.^{7†} BACOGNIZE[®] improved performance in a test measuring attention, freedom from distractibility, and working memory, as well as a logical memory test, which measured immediate recall of logical material and language comprehension.^{7†}

Curcumin is the primary bioactive ingredient in turmeric, which has been traditionally used for more than 4,000 years.^{8,9} Research suggests that curcumin may have a role in supporting cognitive health by regulating oxidative stress and cytokine release.^{10†} One of the primary challenges of curcumin supplementation is its low bioavailability and rapid metabolism in the body.¹¹ As a result, scientists have developed LONGVIDA[®], a solid lipid curcumin particle formulation that was shown to achieve greater peak plasma concentrations of free (unconjugated) curcumin (the form that readily crosses the blood-brain barrier) than standard curcumin.^{11,12†}

LONGVIDA[®] has been clinically evaluated for its ability to support cognitive health. In a placebo-controlled trial involving healthy adults aged 40–60, daily administration of LONGVIDA[®] (400 mg for four weeks) significantly promoted antioxidant activities, including increased salivary radical scavenging activity and catalase activity (an antioxidant enzyme).^{13†} LONGVIDA[®] also decreased the activity of salivary amylase, a marker of sympathetic nervous system stress.^{13†}

An additional randomized, placebo-controlled trial reported that the same dose of LONGVIDA[®] significantly increased performance on sustained attention and working memory tasks one hour after intake.^{14†} Following chronic (four-week) intake, improvements were observed for working memory and mood (energy levels and change in calmness and contentedness following a psychological test).^{14†} Additionally, acute-on-chronic administration promoted beneficial effects on alertness and contentedness.^{14†} As working memory decreases in normal aging, LONGVIDA[®] intake may be especially useful for supporting cognitive health and brain function in an aging population.^{14†}

Neurogen Cognition also contains ginger, another plant with a long history of traditional use.^{14†} This ginger extract is standardized to 5% gingerols, the pungent compounds primarily evaluated in scientific research.¹⁴ Animal research has found that ginger supplementation supports learning and memory functions, while mediating acetylcholine levels and neuronal density.^{15-18†} A recent clinical trial also observed that daily supplementation with ginger extract once daily for two months supported cognitive processing abilities and working memory in women aged 50-60.^{19†}

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