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# Neurogen Cognition

## Research-driven support for cognitive health<sup>‡</sup>

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

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.<sup>‡</sup>



### 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, sunflower lecithin, stearic acid, maltodextrin, ascorbyl palmitate

Longvida® is a trademark of Verdure Sciences, Inc.  
Patents: [www.vs-corp.com/ip.html](http://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.

**Size**  
60 Vegetarian Capsules

**Product Code**  
07643



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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.<sup>1</sup> 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).<sup>1</sup> Maintaining vascular health during aging is also important, as the brain constantly requires an adequate supply of blood, nutrients and oxygen to capillary beds.<sup>2</sup> Research suggests that age-related decreases in cognitive function normally occur in healthy individuals, beginning in their late 20s and extending throughout the lifespan.<sup>1</sup>

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

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.<sup>4†</sup> Participants in the bacopa group demonstrated better delayed word recall memory and improved reaction times in a cognitive test when compared to the placebo.<sup>4†</sup> 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).<sup>3†</sup>

Neurogen Cognition provides BACOGNIZE<sup>®</sup>, a proprietary, clinically researched bacopa extract standardized to total bacosides. Preclinical research has shown that BACOGNIZE<sup>®</sup> can bind to and regulate the activity of serotonin receptor 5HT1a, which plays an important role in neurochemical and mood responses.<sup>5,6†</sup> BACOGNIZE<sup>®</sup> also contains important flavonoids and polyphenols, which may further contribute to its beneficial effects on health.<sup>5†</sup> 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<sup>®</sup> for 45 days significantly supported cognitive function.<sup>7†</sup> BACOGNIZE<sup>®</sup> 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.<sup>7†</sup>

Curcumin is the primary bioactive ingredient in turmeric, which has been traditionally used for more than 4,000 years.<sup>8,9</sup> Research suggests that curcumin may have a role in supporting cognitive health by regulating oxidative stress and cytokine release.<sup>10†</sup> One of the primary challenges of curcumin supplementation is its low bioavailability and rapid metabolism in the body.<sup>11</sup> As a result, scientists have developed LONGVIDA<sup>®</sup>, 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.<sup>11,12†</sup>

LONGVIDA<sup>®</sup> 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<sup>®</sup> (400 mg for four weeks) significantly promoted antioxidant activities, including increased salivary radical scavenging activity and catalase activity (an antioxidant enzyme).<sup>13†</sup> LONGVIDA<sup>®</sup> also decreased the activity of salivary amylase, a marker of sympathetic nervous system stress.<sup>13†</sup>

An additional randomized, placebo-controlled trial reported that the same dose of LONGVIDA<sup>®</sup> significantly increased performance on sustained attention and working memory tasks one hour after intake.<sup>11†</sup> 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).<sup>11†</sup> Additionally, acute-on-chronic administration promoted beneficial effects on alertness and contentedness.<sup>11†</sup> As working memory decreases in normal aging, LONGVIDA<sup>®</sup> intake may be especially useful for supporting cognitive health and brain function in an aging population.<sup>11†</sup>

Neurogen Cognition also contains ginger, another plant with a long history of traditional use.<sup>14†</sup> This ginger extract is standardized to 5% gingerols, the pungent compounds primarily evaluated in scientific research.<sup>14</sup> Animal research has found that ginger supplementation supports learning and memory functions, while mediating acetylcholine levels and neuronal density.<sup>15-18†</sup> 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.<sup>19†</sup>

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