

Research Alert

Clinical Research on BDNF Essentials®



Objectives

Research indicates that visual memory loss is a predictor of mild cognitive impairment or even a very early symptom of age-related cognitive decline. The objective of this study was to investigate the efficacy of BDNF Essentials® on cognition in healthy adults with self-reported memory complaints.

Researchers Conclusions

BDNF Essentials® significantly improved reaction time in measures of working memory, episodic memory (long-term memory of specific events or episodes), and attention, as well as in mood.

Supplementation with BDNF Essentials® also reduced salivary cortisol and IL-6.

These data suggest the use of BDNF Essentials® to support the age-related decline in cognitive function and memory.

CLINICAL RESULTS:

STRESS + ANXIETY SUPPORT*

Cortisol Levels	10% Reduction (P<0.05)
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IMPROVED MEMORY*

Visual Memory	13% Improvement (P<0.05)
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Immediate Word Recall	41% Improvement (P<0.05)
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MOOD IMPROVEMENT*

Confusion-Bewilderment	18% Improvement (P<0.05)
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Depression-Dejection	12% Improvement (P<0.05)
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ADDITIONAL AREAS OF IMPROVEMENT*

• Working Memory	• Number Matching
• IL-6 Reduction	• Complex Processing



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Available only through healthcare professionals

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

BDNF Essentials®

Neuroplasticity Support Formula



Product No. RN162



Supplement Facts		
Serving Size: 2 Capsules Servings Per Container: 60		
Amount Per Serving	%Daily Value**	
Choline (as Cytidine Diphosphate Choline Sodium Salt)***	25 mg	5%
Sodium (as Cytidine Diphosphate Choline Sodium Salt)***	5 mg	<1%
NeuroCyto Protect™ Blend	1175 mg	†
Organic Lion's Mane Mushroom (<i>Hericium erinaceus</i>) Mycelium and Fruiting Body Powder, Skullcap (<i>Scutellaria lateriflora</i>) Herb Powder, Black Rice (<i>Oryza sativa</i>) Seed Extract (25% Anthocyanins), Bacopa (<i>Bacopa monnieri</i>) Herb Extract, Sensoril® Ashwagandha (<i>Withania somnifera</i>) Root and Leaf Extract		
Cognition Blend	175 mg	†
CDP Choline Sodium Salt, Sharp-PS® Green Phosphatidylserine		

** Percent Daily Values are based on a 2,000 calorie diet.
† Daily Value not established.

Other Ingredients: Hypromellose (capsule), leucine.

Manufactured without milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy and gluten. Produced in a facility that may process other ingredients containing these allergens.

***Sodium and Choline are from Cognition Blend
Sensoril® is a registered trademark of Natreon, Inc.
Sharp-PS® is a registered trademark of Enzymotec USA, Inc.

Features & Benefits*

BDNF Essentials® is a clinically researched comprehensive supplement that supports neurological health and cognitive function. This multi-ingredient formula has been shown in research to boost healthy cognition, nurture functional memory, support cytokine and cortisol levels in the brain, and promote neuroplasticity and neurogenesis.

Mechanisms of Action*

Promotes healthy:

- Cortisol level
- Cognitive function
- Neuro cytokine activity
- Nrf2 (brain antioxidant) function
- Oxidative stress level
- Cellular membranes & function
- Neuroplasticity function
- Neuronal repair
- BDNF function
- Neurogenesis (formation of new neurons)

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Each Capsule Includes:		
Features	Constituents/ Actions	Benefits*
NeuroCyto Protect™ Blend	<ul style="list-style-type: none"> • Skullcap • Ashwagandha • Bacopa • Lion's Mane • Black Rice 	<ul style="list-style-type: none"> • Promotes healthy BDNF formation • Supports normal cytokine levels • Nurtures a healthy mood
Cognition Blend	<ul style="list-style-type: none"> • Phosphatidylserine • Citicoline 	<ul style="list-style-type: none"> • Support healthy cognitive function • Promote healthy cellular membrane function • Promotes healthy cortisol levels

Suggested Use

As a dietary supplement, take 2 capsules twice daily, with or without meals, or as directed by your healthcare professional.

Cautions

If pregnant or nursing, consult your healthcare professional before use.



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