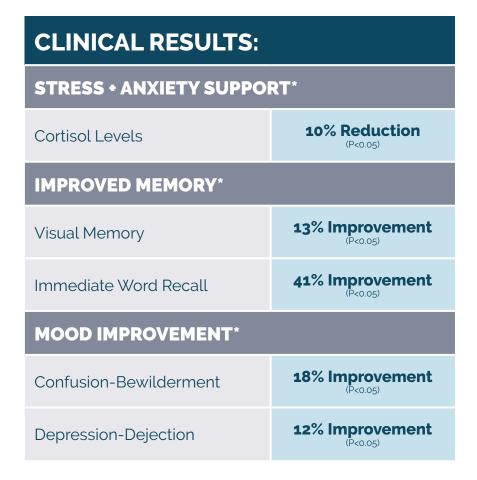
## Research Alert

Clinical Research on BDNF Essentials®



ADDITIONAL AREAS OF IMPROVEMENT*			
· Working Memory	Number Matching		
· IL-6 Reduction	Complex Processing		



#### **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.





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#### Product No. RN162





# **BDNF** Essentials®

## Neuroplasticity Support Formula

## **Supplement Facts**

Serving Size: 2 Capsules Servings Per Container: 60

Amount	Per Se	erving	%Daily Val	ue**
OL 1: -			 0.5	

**Choline** (as Cytidine Diphosphate Choline Sodium Salt)\*\*\*\*

25 mg 5%

Sodium (as Cytidine Diphosphate 5 mg <1% Choline Sodium Salt)\*\*\*

#### NeuroCyto Protect™ Blend 1175 mg

Organic Lion's Mane Mushroom (Hericium erinaceus) Mycelium and Fruiting Body Powder, Skullcap (Scutellaria lateriflora) Herb Powder, Black Rice (Oryza sativa) Seed Extract (25% Anthocyanins), Bacopa (Bacopa monnieri) Herb Extract, Sensoril® Ashwagandha (Withania somnifera) 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.

BDNF Essentials® is a registered trademark of Researched Nutritionals, LLC. All rights reserved.

Each Capsule Includes:				
Features	Constituents/ Actions	Benefits*		
NeuroCyto Protect™ Blend	<ul><li>Skullcap</li><li>Ashwagandha</li><li>Bacopa</li><li>Lion's Mane</li><li>Black Rice</li></ul>	<ul> <li>Promotes healthy BDNF formation</li> <li>Supports normal cytokine levels</li> <li>Nurtures a healthy mood</li> </ul>		
Cognition Blend	<ul><li>Phosphatidylserine</li><li>Citicoline</li></ul>	<ul> <li>Support healthy cognitive function</li> <li>Promote healthy cellular membrane function</li> <li>Promotes healthy cortisol levels</li> </ul>		

#### 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)

### **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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