

Cognicin

For Cognitive Function & Memory | VA-086



Key Features:

- Contains synergistic herbal extracts to improve peripheral blood circulation and tissue perfusion.
- Curcumin isolate** - clinically proven to **reduce beta-amyloid accumulation** in the brain caused by inflammation and aging.
- Phosphatidylserine** - **stabilizes membrane function of neurons** and protects the membrane against oxidative stress.
- Huperzine A** - demonstrates the ability to **slow down the progression of Alzheimer's disease** by enhancing acetylcholine levels in the brain and augmenting activities of endogenous cellular antioxidants.

Description:

Cognicin combines a synergistic blend of Huperzine A, phosphatidylserine and herbal extracts specifically formulated to improve cognitive and memory decline caused by age-related neuro-degeneration.

Cognicin helps to increase the body's peripheral blood circulation; stabilize the membrane function of brain cells and increase its resistance to free radicals; and ensure steady neurotransmitter release and signal transduction.

Moreover, it has been clinically shown that Alzheimer's disease can be alleviated by enhancing acetylcholine secretion. Cognicin contains natural acetylcholinesterase inhibitors that can maintain higher intracellular levels of acetylcholine in the brain and increase brain activity.

Cognicin is suitable for not only cognition-impaired patients but also healthy individuals who wish to enhance and protect their brain health from declined cognitive function and dementia caused by long-term smoking, alcohol intake, and/or genetics.

Ginkgo biloba

Ginkgo biloba extract has long been known to ameliorate cognitive decline associated with aging and dementia.

Other than being a potent antioxidant, ginkgo extract is also a platelet-activating factor (PAF), which increases vascular permeability, benefits the blood circulation and protects cells against hypoxic challenge.

A meta-analysis¹ on the efficacy of Ginkgo biloba on cognitive function in Alzheimer's disease analysed four clinical studies and a total of 212 subjects diagnosed with Alzheimer's disease (AD) in each of the placebo and ginkgo treatment groups. Overall there was a significant average improvement of 3%

Quantity: 56 Vegetarian Capsules

Ingredients (per capsule):

Ginkgo Biloba Extract (50:1) (leaf).....	60 mg (24% ginkgo flavonolignans, 6% terpene lactones) (equivalent to 3000 mg of dried herb)
Phosphatidylserine.....	50 mg (from organic phosphatidylserine-enriched soy lecithin)
Huperzine A (from <i>Huperzia serrata</i> extract).....	100 mcg
Curcumin (<i>Curcuma longa</i>) (isolate).....	133 mg (C3 Complex ®) (root, rhizome)
Rosemary Extract (6:1) (<i>Rosmarinus officinalis</i>).....	60 mg (leaf) (equivalent to 360 mg of dried herb)

Non-medicinal Ingredients: Silicon dioxide, L-Leucine, pullulan/ hypromellose (capsule)

Suggested Use: Adults - Take 2-3 capsules per day, or as directed by a health care practitioner.*Cognicin is better taken during the day, especially for patients suffering from restless sleep or insomnia.

in the Alzheimer Disease Assessment Scale of the treatment group compared with the placebo group.

Phosphatidylserine

Phosphatidylserine is especially abundant in the membranes of brain cells and its action on brain function has been extensively studied. It is capable of enhancing the ion transport via the Na⁺/ K⁺ pumps of the brain cells.²

Phosphatidylserine also increases communication between brain cells by increasing the number of membrane receptor sites for signal reception and modulates the fluidity of cell membranes - essential for brain cells' ability to send and receive chemical communication.

It has been clinically shown that daily phosphatidylserine supplementation can not only provide the general maintenance of the nervous system, but also improve age-associated memory impairment. Elderly patients with moderate to severe cognitive impairment who were treated with phosphatidylserine showed significant improvement in behaviour and cognitive performance after 3 and 6 months.³



Curcumin

Curcumin is an excellent antioxidant that functions to augment activities of endogenous cellular antioxidants like superoxide dismutase (SOD) and reduced glutathione (GSH), and reverse the degeneration of neurons. Curcumin is capable of inhibiting lipid peroxidation and thereby, help to stabilize the cell membrane.⁴

Studies have also shown that curcumin can possibly treat Alzheimer's disease by reducing the formation of beta-amyloid oligomers and fibrils.⁵

Huperzine A

Huperzine A – isolated from *Huperzia serrata* – is a potent, reversible, and **selective inhibitor of acetylcholinesterase (AChE)**. It can help increase both the levels and the duration of action of acetylcholine.⁶

A clinical trial of vascular dementia (n=25) and Alzheimer's disease (n=55) was conducted⁷ where the subjects were randomly assigned to treatment (n=40) or placebo groups (n=40). Huperzine A (60 mcg) significantly yield a memory quotient score increase of 9.37 in intervention group, compared to 1.90 in the placebo group (p<0.01).

Rosemary

Rosemary contains anti-oxidative constituents, which can neutralize free radicals in the circulation. Rosemary is also traditionally used to improve mental clarity and memory, as well as mental fatigue.

Vitamin E

Vitamin E's fat-soluble characteristic makes it an excellent free radical scavenger in the brain where fat is abundant. Vitamin E has also been shown to play a role in immune function, DNA repair, and other metabolic processes.

Research has further revealed vitamin E's potential to treat Alzheimer's disease. A randomized, double-blind, multicenter study involving 341 patients revealed that treatment with vitamin E delayed progression of the Alzheimer's disease, including delays in the deterioration of the performance of daily activities and the need for care.⁸ The study reported that vitamin E increases the levels of brain catecholamines, protects against oxidative damage, and slows the progression of Alzheimer's disease.

Reference:

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6. Bai DL, Tang XC, He XC. Huperzine A, a potential therapeutic agent for treatment of Alzheimer's disease. *Current Medicinal Chemistry* (2000), Vol. 7: 355-374.
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8. Sano M, Ernesto C, Thomas RG, Kauber MR, Schafer K, Grundman M, Woodbury P, Growdon J, Cotman CW, Pfeiffer E, Schneider LS, Thal LJ. A controlled trial of selegiline, alpha-tocopherol, or both as treatment for Alzheimer's disease. *NEJM* (1997), Vol. 336 (17):1216-1222.

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