

Cognizin® Citicoline

A brain health ingredient that provides nutritional support for attention, focus and recall*

What is citicoline?



A naturally occurring nutrient found in the brain.

What does it do?



Citicoline increases an important substance in the brain called phosphatidylcholine that is critical for healthy brain function.

What is Cognizin® Citicoline?

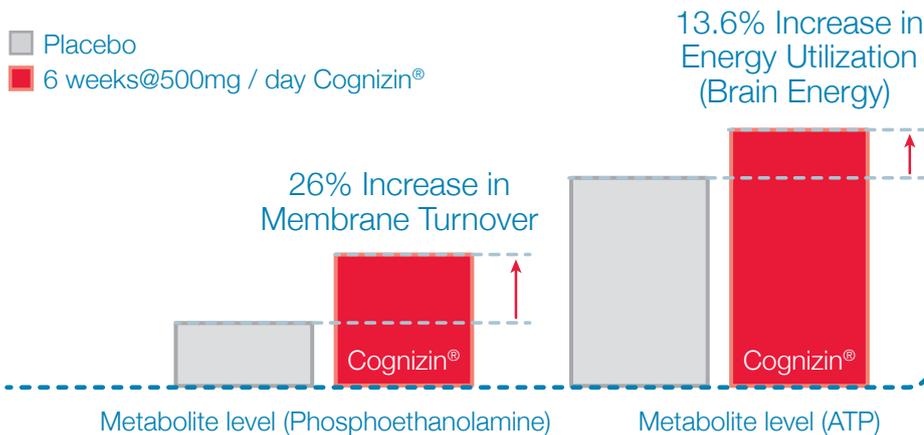


A clinically tested form of citicoline that can supply your brain with the nutrition it needs to stay sharp.

Key studies that show Cognizin® Citicoline's support of focus and attention*:

Cognizin® Citicoline's effect on cellular synthesis and brain energy

Researchers observed an increase in brain activity among middle-aged adults who had taken 500mg Cognizin® for six weeks*¹



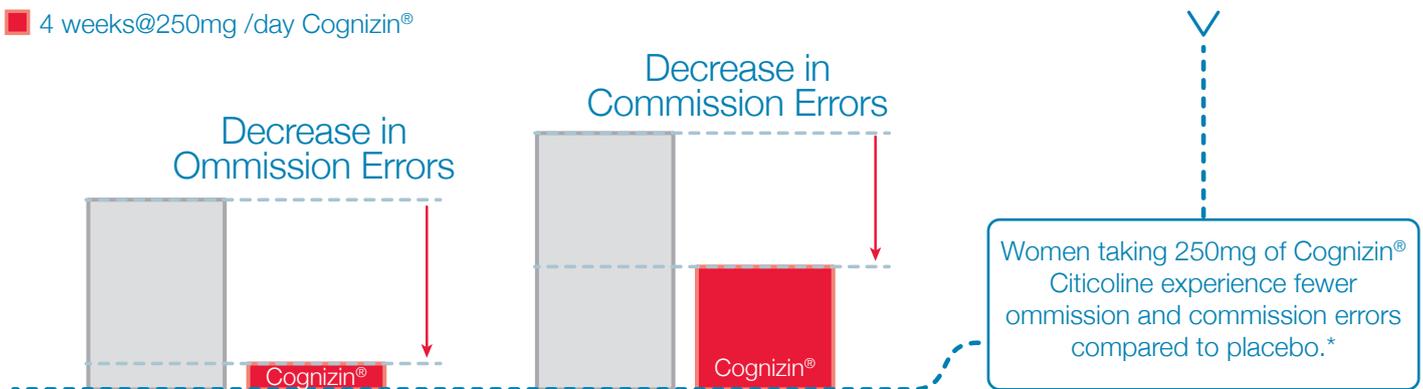
Cognizin® increased the formation of brain membranes by 26% and restored brain energy by 13.6%.*



Cognizin® Citicoline's effect on focus and attention

Cognizin® at 250mg / day improves attention and focus in middle-aged women*²

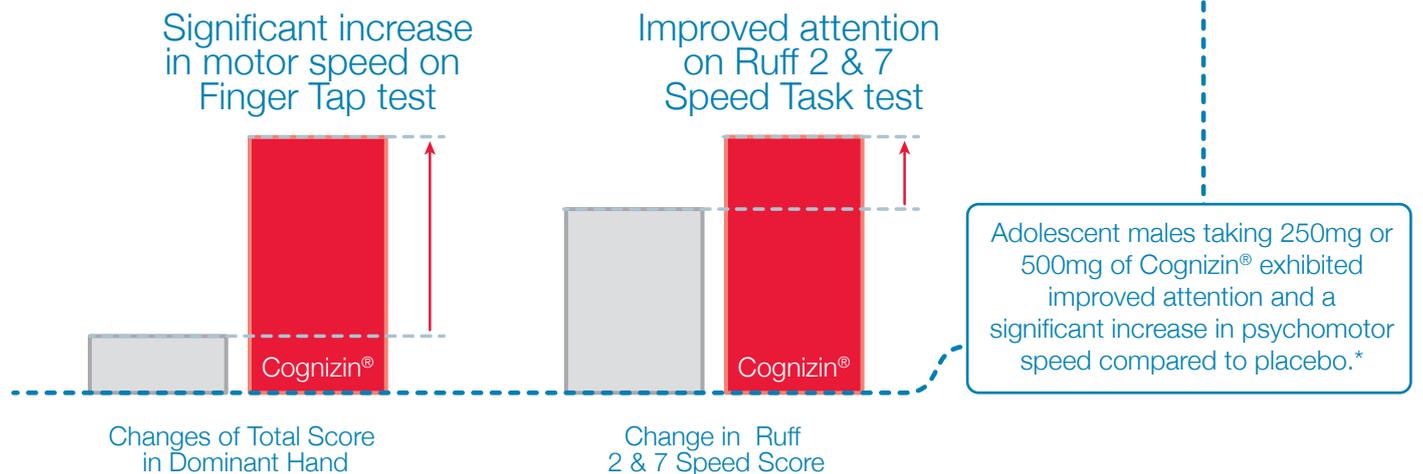
■ Placebo
■ 4 weeks@250mg /day Cognizin®



Cognizin® Citicoline's effect on motor speed and attention in adolescent males

Researchers observed an increase in both attention and psychomotor speed in adolescent males after 28 days of Cognizin® supplementation*³

■ Placebo
■ 28 days@250mg or 500mg / day Cognizin®



To find brands with Cognizin® Citicoline in their formulation or to learn more, visit www.cognizin.com

1. Silveri MM et al. Citicoline enhances frontal lobe bioenergetics as measured by phosphorus magnetic resonance spectroscopy. *NMR Biomed.* 2008; 21(10):1066-75.
2. McGlade E. et al. Improved Attentional Performance Following Citicoline Administration in Healthy Adult Women. *Food and Nutrition Sciences.* 2012;3:769-773.
3. Yurgelun-Todd D et al. The Effect of Citicoline Supplementation on Motor Speed and Attention in Adolescent Males. *Journal of Attention Disorders.* 2015; 1557-1246.



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