Cogniplex
Cognitive Function Enhanced

Improve Your Brain Power:
- Memory
- Concentration & Focus
- Learning performance
- Age-related cognitive decline

Medicinal ingredients:
- Brahmi (Bacopa monnieri - whole plant) 10:1 QCE 750 mg (55% bacosides A & B) 75 mg
- Ginkgo (Ginkgo biloba - leaf) (24% ginkgo flavonoids, 6% terpene lactones) 40 mg
- Vinpocetine 3.75 mg
- Huperzine A (Huperzia serrata) 0.05 mg

Non-medicinal ingredients:
- Microcrystalline cellulose, magnesium stearate, silicon dioxide, hydroxypropyl methylcellulose (capsule shell).

Recommended dose (adults):
Take two capsules two times a day or as directed by a health care practitioner.

Recommended duration of use:
Consult a health care practitioner for use beyond 6 weeks.

Caution/warnings:
Consult a health care practitioner prior to use if you are taking medications for diabetes, high blood pressure, or seizures. Do not use if you are taking health products that affect blood coagulation (e.g. blood thinners, clotting factor replacements, acetylsalicylic acid, ibuprofen, fish oils, vitamin E) as this may increase the risk of spontaneous bleeding. May cause nausea, dry mouth and fatigue. Consult a health care practitioner if gastrointestinal discomfort occurs.

Contraindications:
Do not use if pregnant or breastfeeding. Do not use in individuals with known or suspected sensitivity to the listed ingredients.
Cogniplex

Cogniplex is a combination of herbs as memory and cognitive enhancers (nootropics). These herbs have the ability to increase blood flow to the brain and circulation of blood and oxygen throughout the brain. In addition, enriched neurotransmission and nerve synapsis leads to improved concentration, learning, and memory encoding.

By improving cognitive function and increased neuroprotective properties, Cogniplex is an effective and natural alternative for those suffering with memory impairment or seeking to enhance their performance in learning and memory capability.

Nootropics (noh-a-TROP-iks): a class of supplements that boost brain performance and enhance cognitive function, memory, creativity, and motivation.

Increased Circulation in the Brain
- Blood flow to the brain (vasodilator)
- Blood circulation in the brain (cerebral circulation)
- Tissue oxygenation and utilization

Enhanced Memory & Learning
- Encode new memories
- Boost learning performance & memory
- Improve attention, focus, and concentration
- Enrich neurotransmitter and neuron synapsis

Improve Cognition & Functional Capacity
- Memory impairment
- Age-related cognitive function
- Mental decline & age-related memory loss

Cognitive & Neuroprotection
- Decrease neural inflammation
- Reduce platelet aggregation (stickiness & blood clots)
- Reduce amyloid beta plaquing on the neurons
- Increase nerve growth factor (NGF) in the brain
- Improve blood flow & oxygenation to the brain
- Powerful antioxidant & anti-inflammatory activity
Specialized Herbs for Enhanced Cognition

The human brain contains over 100 million neurons capable of conducting over 100 trillion nerve synapses. Maintaining this volume of neurotransmission within the brain requires immense resources for sustained performance and mental function. For enriched cognitive function throughout all stages of life, the specialized nootropic herbs found within Cogniplex are proven to effectively enhance memory, learning, and cognition.

<table>
<thead>
<tr>
<th>Herbal Ingredient</th>
<th>Traditional Herbal Uses</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ginkgo biloba</strong></td>
<td>Antioxidant (flavonoids), neuroprotective, improve circulation (cerebral and peripheral circulation), increase tissue oxygenation, vasodilation, reduce platelet aggregation (stickiness), improve age-related cognitive function (mental decline) and memory impairment, enhance memory and concentration, anxiety, mood disorders.</td>
</tr>
<tr>
<td><strong>Active constituent:</strong></td>
<td>Ginkgo flavon glycosides (flavonoids), terpenoids</td>
</tr>
<tr>
<td><strong>Bacopa monnieri</strong></td>
<td>Antioxidant (bacosides), anti-inflammatory, vasodilation and improved blood flow, enhance memory, improve attention and concentration, improve speed of processing visual information and rate of learning, reduce cortisol in anxiety and stress (adaptogen).</td>
</tr>
<tr>
<td><strong>Common name:</strong></td>
<td>Brahmi</td>
</tr>
<tr>
<td><strong>Active constituent:</strong></td>
<td>Bacosides A &amp; B</td>
</tr>
<tr>
<td><strong>Huperzia serrata</strong></td>
<td>Antioxidant, neuroprotective, enriches neurotransmitter (acetylcholine) and neuron synapsis in the brain (for encoding memory), facilitate memory and learning, assist memory, improve cognitive function, enhance focus and concentration, boost learning performance.</td>
</tr>
<tr>
<td><strong>Active constituent:</strong></td>
<td>Huperzine A alkaloids</td>
</tr>
<tr>
<td><strong>Vinpocetine</strong></td>
<td>Neuroprotective, reduce neural inflammation, improve cerebral blood circulation and oxygen utilization, reduce platelet aggregation (stickiness), improve cognitive function, enhance focus and improve age-related memory loss.</td>
</tr>
<tr>
<td><strong>Common name:</strong></td>
<td>Lesser Periwinkle</td>
</tr>
<tr>
<td><strong>Active constituent:</strong></td>
<td>Ethyl ester of apovincamine alkaloid</td>
</tr>
</tbody>
</table>
Medicinal ingredients: Each vegetarian capsule contains:
Brahmi (Bacopa monnieri - whole plant) 10:1 QCE
750 mg (55% bacosides A & B) .......................... 75 mg
Ginkgo (Ginkgo biloba - leaf) (24% ginkgo flavonoids, 6% terpene lactones) ......................... 40 mg
Vinpocetine ..................................................... 3.75 mg
Huperzine A (Huperzia serrata) ......................... 0.05 mg

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