



Bacopa monniera

INTRODUCED 2004

What Is It?

Bacopa monniera is a prized Ayurvedic herb supporting nervous system health, mental acuity, memory, and cognitive function under stress.*

Uses For Bacopa monniera

Cognitive Support: Over the last thirty years, preliminary clinical trials involving *Bacopa monniera* have suggested encouraging results for memory and mental performance. A three-month trial conducted by Australian scientists suggests that it may support learning, moderate stress, and promote memory. An animal study suggests the potential for bacopa to support mental function under stress. In a double-blind, randomized, placebo-controlled investigation, bacopa supported memory retention in adult subjects. The effects of this extract may, in part, be explained by antioxidant protection of important processing centers in the brain, including the frontal cortex, striatum and hippocampus. Bacopa may also help to promote healthy synaptic activity and neurotransmission in the brain.*

What Is The Source?

Bacopa monniera extract is derived from the leaf and standardized to contain 20% bacosides. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1-3 capsules per day, in divided doses, with meals.

Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. Bacopa has been associated with nausea, dry mouth or fatigue. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Use cautiously with individuals on thyroid medications. Consult your physician for more information.

Bacopa monniera

each vegetable capsule contains	  3
Bacopa monniera extract (leaf).....	200 mg (standardized to contain 20% bacosides)
ascorbyl palmitate (fat-soluble vitamin C)	5 mg (hypo-allergenic plant fiber added to complete capsule volume requirement)

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*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.

