



CogniPhos

Introduced 2018



What Is It?

CogniPhos offers a blend of clinically researched phospholipids with cofactors to promote cognitive function, positive mood and behavior.*

Features:

- Part of the PureSYNAPSE™ product line
- Contains a blend of clinically researched Cognizen® citicoline, acetyl-L-carnitine, Sharp-PS® phosphatidylserine, and cofactors
- Promotes daily cognitive function and mental sharpness*

Uses For CogniPhos

Cognitive Support: Acetyl-L-carnitine (ALC) is the acetylated form of L-carnitine, offering support for cellular energy and neuronal function. Research has shown ALC promotes cognitive performance and mood. A meta-analysis of 21 randomized controlled studies and 1,204 older subjects indicated that it offered statistically significant support for memory, performance, and higher intellectual function, indicated as improved scores on psychometric tests. In another two trials involving children, ALC promoted daily mental function and behavior in a subset of subjects. Citicoline and phosphatidylserine support healthy brain phospholipid composition. Phospholipids are essential for neuronal communication and protection. Research indicates that patented Cognizen® citicoline increases choline and phospholipid composition in the brain. Studies in children, middle-aged adults and elderly adults indicate that it supports healthy cognition across a wide age range. In two 28-day studies, one involving 75 adolescent boys and another involving middle-aged women, 250-500 mg Cognizen® citicoline offered significant support for daily mental task performance. Numerous studies indicate phosphatidylserine promotes healthy mental acuity and behavior in elderly subjects, as well as children. In two randomized controlled trials involving 24 and 21 children, 200 mg of phosphatidylserine promoted daily cognitive function and mental sharpness, as well as short-term auditory memory. Zinc and vitamin B₆ are important cofactors for neuronal function. Optimal serum zinc concentrations have been associated with relaxation and cognitive performance.*

What Is The Source?

Sharp-PS® GREEN phosphatidylserine is derived from sunflower lecithin. Cognizen® citicoline is derived from fermentation. Acetyl-L-Carnitine and pyridoxyl 5' phosphate (vitamin B₆) are synthetic. Citrate is derived from corn dextrose fermentation. Hypoallergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations® recommends 2 capsules, 1-2 times daily, with meals, or as directed by a health professional.





Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Phosphatidylserine has been associated with G.I. upset or insomnia in some sensitive individuals. There are rare reports of nausea, vomiting, diarrhea, bradycardia and/or tachycardia, and hypotension with use of citicoline. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Individuals on cholinergic or acetylcholinesterase medications may require monitoring. Consult your physician for more information.

CogniPhos

two vegetarian capsules contain    

Vitamin B ₆ (as pyridoxal 5' phosphate) (activated B ₆).....	10 mg
Zinc (as zinc citrate)	5 mg
Acetyl-L-Carnitine (as Acetyl-L-Carnitine HCl)	500 mg
Cognizin® citicoline.....	125 mg
Sharp-PS® GREEN Phosphatidylserine.....	100 mg (from sunflower lecithin)

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose)

2 capsule, 1-2 times daily, with meals.

Cognizin® is a registered trademark of KYOWA HAKKO BIO., LTD.
Sharp-PS® is a registered trademark of Enzymotec Ltd.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease. 800-753-2277 | PureEncapsulations.com