

Cognition Table

Ingredient	Cognitive Support	Mechanism/s of Action	Products with these ingredients
Acetyl-L-Carnitine	Alertness. Memory. Concentration.	Enhances nerve cell function, acetylcholine production. Antioxidant. Supports mitochondrial capacity and cellular energy production. ¹⁻⁵	Acetyl-L-Carnitine Brain Vibrance Supreme NeuroThera
Alpha Lipoic Acid	Cognition. Neuroprotection. Healthy aging.	Antioxidant. Supports healthy inflammation modulation and blood flow. Promotes cellular energy production. Supports healthy acetylcholine and glutathione levels. ⁶⁻¹⁰	MitoThera
Ashwagandha	Healthy stress response. Focus.	Adaptogen. Neuroprotective. Healthy inflammation modulation. Supports cellular health and energy production. ¹¹⁻¹⁴	NeuroThera
Alph-GPC / Glycerophosphocholine (GPC)	Cognition. Learning. Memory formation.	Supports membrane phospholipids and nerve sheath structure. Supports healthy acetylcholine levels. ¹⁵⁻¹⁷	Brain Vibrance Supreme CDP Choline NeuroThera
Bacopa monnieri	Memory formation and retention. Calm focus. Healthy stress response.	Nootropic. Antioxidant. Adaptogen. Healthy inflammation modulation. Supports healthy acetylcholine, dopamine, glutamine, and serotonin levels. ¹⁸⁻²⁰	Acumen
Benfotiamine	Cognition. Healthy aging.	Antioxidant. Healthy inflammation modulation. Supports nerve structure and function. ²¹⁻²³	Active B Complex
Blueberry / Bilberry concentrate	Memory. Learning. Healthy aging.	Anthocyanin antioxidant. Supports healthy neurotransmission. Supports vascular integrity, blood flow, cellular health, and neural response. ²⁴⁻²⁸	MitoThera NeuroThera
Citrus Bioflavonoid Complex	Memory. Healthy aging. Cognition. Executive function and psychomotor speed.	Antioxidant. Supports healthy cerebral blood flow. Supports executive function and psychomotor speed. Neuroprotective. Healthy inflammation modulation. Supports arterial structure integrity and cellular health. ²⁹⁻³⁵	Theraflavone
Coenzyme Q10	Learning. Memory. Recall.	Antioxidant. Supports healthy tissue oxygenation and integrity. Supports mitochondrial energy production. Supports blood vessel integrity and flow. ³⁶⁻⁴⁰	MitoThera
Creatine Monohydrate	Learning. Memory. Mood regulation. Alertness.	Antioxidant. Supports Healthy inflammation modulation, brain energy metabolism, blood flow, and oxygen utilization. Supports ATP production, neuronal membrane conductivity, and blood flow. ⁴¹⁻⁴³	MitoThera
DHA	Neurological development and function. Healthy stress response. Healthy aging.	Healthy inflammation modulation. Supports cellular structure integrity and function. Supports healthy lipid balance, and provides essential nutrients for neurological, endothelial, and immune system function. ⁴⁴⁻⁵²	PhosSerine-DHA Supreme
DMAE (dimethylaminoethanol bitartrate)	Cognition.	Antioxidant. Supports healthy nerve activity and acetyl choline levels. ⁵³⁻⁵⁵	NeuroThera
Eleuthero root (Siberian ginseng)	Mental endurance and performance. Healthy stress response. Cognition. Healthy aging.	Adaptogen. Antioxidant. Supports healthy levels of neurotransmitters serotonin, noradrenaline, and dopamine through catecholaminergic pathways. Supports healthy immunity, nerve cell signaling and function. ⁵⁶⁻⁶²	NeuroThera
Folate	Cognition. Balanced mood. Healthy aging.	Supports healthy methylation and homocysteine metabolism. Supports healthy mood and inflammation modulation. ⁶³⁻⁶⁹	Active B Complex Active B Trio
Ginkgo Biloba	Attention. Cognition. Working memory. Mental processing accuracy. Healthy sleep. Healthy aging.	Antioxidant. Supports blood flow to neurological tissues, and tone of blood vessels. ⁷⁰⁻⁷⁶	Ginkgo Biloba NeuroThera Theraflavone
Glutamine	Cognition.	Supports neural function. Supports healthy glutathione production, acid/base balance, nucleotide synthesis, and healthy blood sugar balance. Supports production and balance of neurotransmitters glutamate and gamma-aminobutyric acid (GABA). ⁷⁷⁻⁸⁰	NeuroThera

Ingredient	Cognitive Support	Mechanism/s of Action	Products with these ingredients
Green Tea Extract	Cognition. Balanced mood. Healthy stress response.	Antioxidant. Healthy inflammation modulation. ⁸¹⁻⁸⁶	Theraflavone
L-Pyroglutamic Acid	Cognition. Memory.	Supports healthy acetylcholine and GABA neurotransmitter levels. Facilitates communication between the left and right hemispheres of the brain. ⁸⁷⁻⁸⁹	NeuroThera
L-Tyrosine	Working memory. Cognition. Healthy stress response.	A precursor to catecholamine synthesis (norepinephrine, epinephrine and dopamine). ⁹⁰⁻⁹³	NeuroThera
Magnesium	Balanced mood. Healthy stress response. Healthy sleep.	Electrolyte and mineral cofactor in over 300 enzymatic reactions, including adenosine triphosphate (ATP) metabolism, DNA and RNA synthesis, and protein synthesis. Supports healthy mood and sleep patterns. Supports healthy tissue oxygenation, blood pressure, insulin metabolism, vasomotor tone, nerve transmission and neuromuscular conduction. ⁹⁴⁻⁹⁸	Brain Vibrance Supreme Magnesium Glycinate Complex MitoThera
Milk Thistle	Detoxification support.	Antioxidant and anti-inflammatory. Neuroprotective. Supports healthy detox and metabolic function. ⁹⁹⁻¹⁰²	MitoThera
N-Acetyl-L-Cysteine	Balanced mood. Healthy stress response.	Antioxidant. Neuroprotective. Healthy inflammation modulation. Supports immune system function and vascular integrity. Supports mitochondrial function, recovery. ¹⁰³⁻¹¹¹	MitoThera
Niacin	Detoxification support. Healthy aging.	Precursor for cellular REDOX reactions. Antioxidant. Supports healthy nicotinamide adenine dinucleotide (NAD+) levels and healthy inflammation modulation. ¹¹²⁻¹¹⁵	Active B Complex
Phosphatidylserine	Cognition. Working memory. Healthy stress response.	Contributes to cellular fluidity and supports healthy neurotransmission and brain cell-to-cell communication. ¹¹⁶⁻¹¹⁹	Brain Vibrance Supreme NeuroThera Phosphatidyl Serine SF PhosSerine-DHA Supreme
Pycnogenol Pine Bark	Cognition. Attention and concentration. Healthy aging. Jet lag recovery.	Antioxidant. Healthy inflammation modulation. Supports healthy circulation, and endothelium relaxation via Nitric Oxide (NO) levels. ¹²⁰⁻¹²⁵	Theraflavone
Quercetin	Neuroprotective.	Antioxidant. Supports healthy histamine levels, and healthy inflammation modulation. Supports mitochondrial health. ¹²⁶⁻¹²⁹	MitoThera
Red Grape (resveratrol)	Cognition. Memory.	Antioxidant. Supports healthy inflammation metabolism. Supports cerebral blood flow and reduces mitochondrial lipid peroxidation. Supports glucose metabolism and hippocampal connectivity. ¹³⁰⁻¹³⁴	MitoThera Theraflavone
Vitamin B5 (Pantothenic Acid)	General Health.	Support healthy detoxification. Supports neurotransmitter and coenzyme A synthesis. Supports cellular energy production. ¹³⁵⁻¹³⁷	Active B Complex
Vitamin B6 (pyridoxine)	Balanced mood. Memory and recall. Healthy sleep.	Supports healthy oxidation modulation and healthy neurotransmitter levels. Important cofactor for healthy inflammation modulation. ¹³⁸⁻¹⁴⁴	Active B Complex Active B Trio
Vitamin B12 (cobalamin)	Cognition. Healthy sleep.	Supports nerve cell activity, DNA replication, and production of SAMe. Acts with folic acid and vitamin B6 to control homocysteine metabolism. Supports mitochondrial energy production and nerve function. ¹⁴⁵⁻¹⁴⁸	Active B Complex Active B Trio
Vitamin C	General health. Healthy stress response.	Antioxidant. Supports healthy inflammation metabolism in neurological tissues. Stimulates nitric oxide production, cerebral blood flow and reduces mitochondrial lipid peroxidation. Supports healthy catecholamine synthesis, iron, tyrosine, and L-carnitine metabolism, and synthesis of lipids and proteins. ¹⁴⁹⁻¹⁵³	Brain Vibrance Supreme

*References available on back cover