

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 |

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| 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