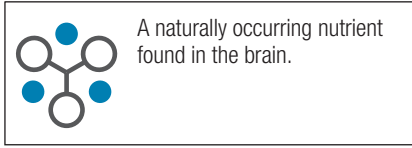
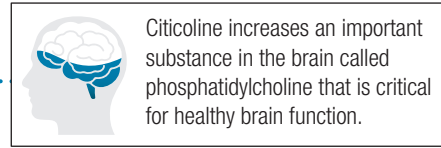


# Cognizin® Science Snapshot

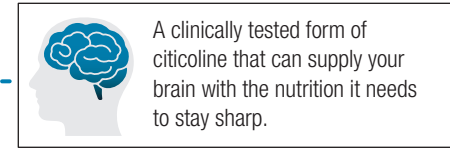
## What is citicoline?



## What does it do?



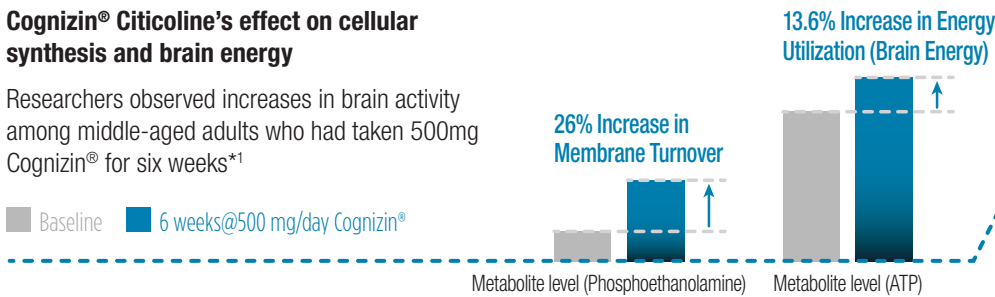
## What is Cognizin® Citicoline?



## Key studies that show Cognizin® Citicoline's support of focus and attention\*

### Cognizin® Citicoline's effect on cellular synthesis and brain energy

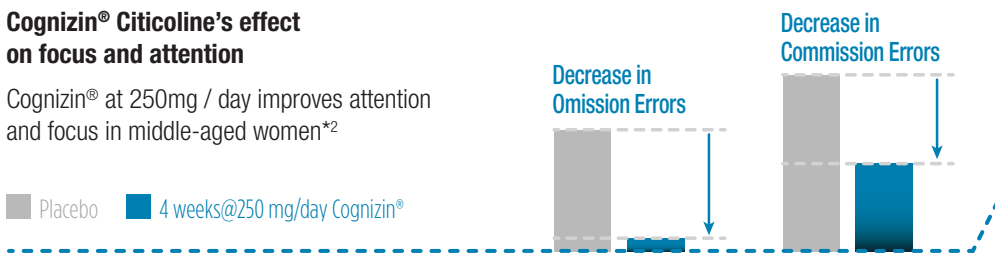
Researchers observed increases in brain activity among middle-aged adults who had taken 500mg Cognizin® for six weeks\*<sup>1</sup>



Cognizin® increased the formation of brain membranes by 26% and restored brain energy by 13.6%.\*

### Cognizin® Citicoline's effect on focus and attention

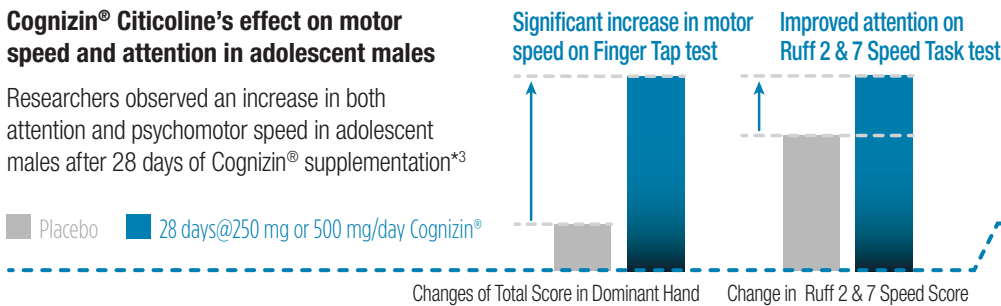
Cognizin® at 250mg / day improves attention and focus in middle-aged women\*<sup>2</sup>



Women taking 250mg of Cognizin® Citicoline experienced fewer omission and commission errors compared to placebo.\*

### Cognizin® Citicoline's effect on motor speed and attention in adolescent males

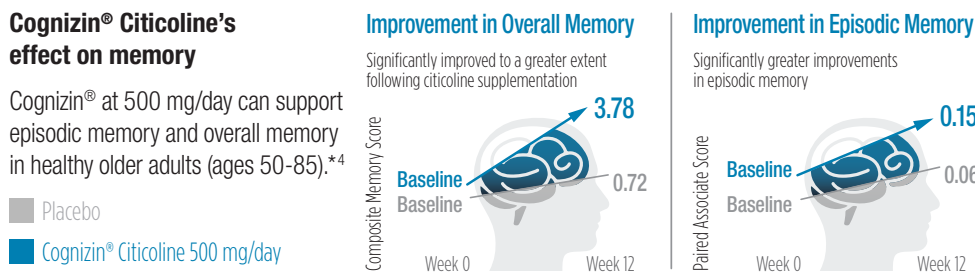
Researchers observed an increase in both attention and psychomotor speed in adolescent males after 28 days of Cognizin® supplementation\*<sup>3</sup>



Adolescent males taking 250mg or 500mg of Cognizin® exhibited improved attention and a significant increase in psychomotor speed compared to placebo.\*

### Cognizin® Citicoline's effect on memory

Cognizin® at 500 mg/day can support episodic memory and overall memory in healthy older adults (ages 50-85).\*<sup>4</sup>



Assessed using globally-renowned Cambridge Brain Sciences standardized test, men and women taking Cognizin® experienced statistically significant increases in the score for episodic (recalling events) memory and overall memory.\*

1. Silveri MM et al. Citicoline enhances frontal lobe bioenergetics as measured by phosphorus magnetic resonance spectroscopy. NMR Biomed. 2008; 21(10):1066-75.  
 2. McGlade E, et al. Improved Attentional Performance Following Citicoline Administration in Healthy Adult Women. Food and Nutrition Sciences. 2012;3:769-773.  
 3. McGlade E, et al. The Effect of Citicoline Supplementation on Motor Speed and Attention in Adolescent Males. Journal of Attention Disorders. 2015; 15:57-1246.  
 4. Nakazaki E, et al., J Nutr. 2021 Aug 7;151(8):2153-2160.

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



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