Cognizin® Science Snapshot

What is citicoline?

A naturally occurring nutrient found in the brain.

What does it do?

Citicoline increases an important substance in the brain called phosphatidylcholine that is critical for healthy brain function.

What is Cognizin® Citicoline?

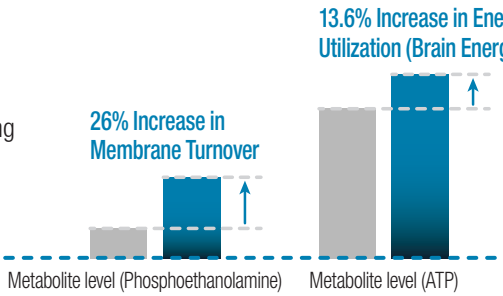
A clinically tested form of citicoline that can supply your brain with the nutrition it needs to stay sharp.

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*[1]

Placebo | 6 weeks@500 mg/day Cognizin®

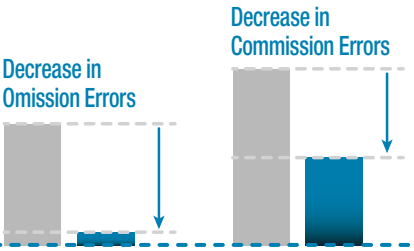


Cognizin® increased the formation of brain membranes by 26% and restored brain energy by 13.6%.*

Cognizin® Citicoline's effect on focus and attention

Cognizin® at 250mg / day improves attention and focus in middle-aged women*[2]

Placebo | 4 weeks@250 mg/day Cognizin®

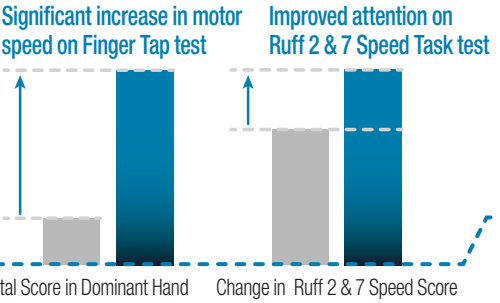


Women taking 250mg of Cognizin® Citicoline experienced fewer omission and commission errors compared to placebo.*

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*[3]

Placebo | 28 days@250 mg or 500 mg/day Cognizin®



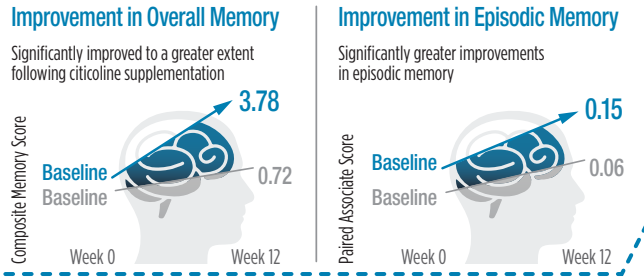
Adolescent males taking 250mg or 500mg of Cognizin® exhibited improved attention and a significant increase in psychomotor speed compared to placebo.*

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).*[4]

Placebo

Cognizin® Citicoline 500 mg/day



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; 1557-1246.
4. Nakazaki E, et al., J Nutr. 2021 Aug 7;151(8):2153-2160.