Cognizin® Citicoline

A brain health ingredient that provides nutritional support for attention, focus and recall*

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**

- 26% Increase in Membrane Turnover
- 13.6% Increase in Energy Utilization (Brain Energy)

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


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


To find brands with Cognizin® Citicoline in their formulation or to learn more, visit: www.cognizin.com

*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.