



focus

# Clinical Research on BDNF Essentials™



BDNF Essentials™ is a clinically researched comprehensive supplement that supports **neurological health and cognitive function**. This multi-ingredient formula has been shown in research to boost healthy cognition, nurture functional memory, support cytokine and cortisol levels in the brain, and promote neuroplasticity and neurogenesis.

## Research insights

### Objectives

Research indicates that visual memory loss is a predictor of mild cognitive impairment or even a very early symptom of age-related cognitive decline. The objective of this study\* was to investigate the efficacy of BDNF Essentials™ on cognition in healthy adults with self-reported memory complaints.

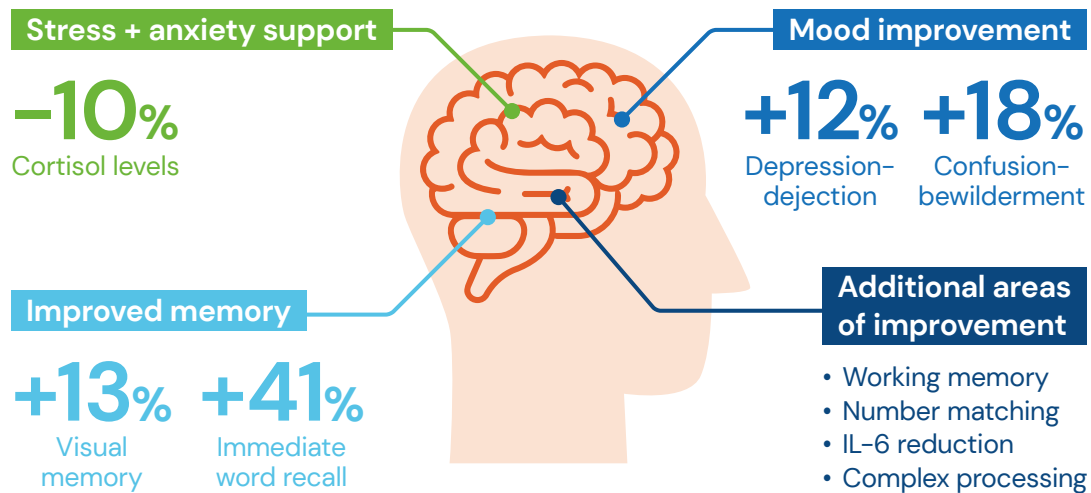
\* Submitted out for peer review

### Researchers conclusions

BDNF Essentials™ significantly **improved reaction time** in measures of working memory, episodic memory (long-term memory of specific events or episodes), and attention, as well as in mood.

Supplementation with BDNF Essentials™ also **reduced salivary cortisol and IL-6**.

These data suggest the use of BDNF Essentials™ to support the age-related decline in cognitive function and memory.



### Mechanisms of action

Promotes healthy:

- Cortisol level
- Cognitive function
- Neuro cytokine activity
- Nrf2 (brain antioxidant) function
- Oxidative stress level
- Cellular membranes & function
- Neuroplasticity function
- Neuronal repair
- BDNF function
- Neurogenesis (formation of new neurons)





# BDNF Essentials<sup>®</sup>

## Neuroplasticity support formula

BDNF Essentials<sup>™</sup> is a clinically researched comprehensive supplement that supports neurological health and cognitive function. This multi-ingredient formula has been shown in research to boost healthy cognition, nurture functional memory, support cytokine and cortisol levels in the brain, and promote neuroplasticity and neurogenesis.

indication	Rebuild neuroplasticity by increasing BDNF Improve cognitive function More tolerance to stress	
dosage	Take 1 – 2 x 2 caps per day with or without food Children under 6 years: take 2 x 1 caps per day	
packaging	120 vegecaps per container	
daily dose (based on 2 vegecaps)	Lions Mane Mushroom ( <i>Hericium erinaceus</i> )	500 mg
	Skullcap ( <i>Scutellaria lateriflora</i> )	200 mg
	Black Rice ( <i>Oryza sativa</i> )	200 mg
	Bacopa ( <i>Bacopa monnieri</i> )	150 mg
	Sensoril <sup>®</sup> Ashwagandha ( <i>Withania somnifera</i> )	125 mg
	CDP Choline	125 mg
	Sharp-PS <sup>®</sup> phosphatidylserine	50 mg

# References

## BDNF Essentials™



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