

# BDNF Essentials®

## Neuroplasticity Support Formula



Product No. RN162



Supplement Facts		
Serving Size: 2 Capsules Servings Per Container: 60		
Amount Per Serving	%Daily Value**	
<b>Choline</b> (as Cytidine Diphosphate Choline Sodium Salt)***	<b>25 mg</b>	<b>5%</b>
<b>Sodium</b> (as Cytidine Diphosphate Choline Sodium Salt)***	<b>5 mg</b>	<b>&lt;1%</b>
<b>NeuroCyto Protect™ Blend</b>	<b>1175 mg</b>	<b>†</b>
Organic Lion's Mane Mushroom ( <i>Hericium erinaceus</i> ) Mycelium and Fruiting Body Powder, Skullcap ( <i>Scutellaria lateriflora</i> ) Herb Powder, Black Rice ( <i>Oryza sativa</i> ) Seed Extract (25% Anthocyanins), Bacopa ( <i>Bacopa monnieri</i> ) Herb Extract, Sensoril® Ashwagandha ( <i>Withania somnifera</i> ) Root and Leaf Extract		
<b>Cognition Blend</b>	<b>175 mg</b>	<b>†</b>
CDP Choline Sodium Salt, Sharp-PS® Green Phosphatidylserine		

\*\* Percent Daily Values are based on a 2,000 calorie diet.  
† Daily Value not established.

**Other Ingredients:** Hypromellose (capsule), leucine.

Manufactured without milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soy and gluten. Produced in a facility that may process other ingredients containing these allergens.

\*\*\*Sodium and Choline are from Cognition Blend  
Sensoril® is a registered trademark of Natreon, Inc.  
Sharp-PS® is a registered trademark of Enzymotec USA, Inc.

### Features & Benefits\*

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.

### 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)

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Each Capsule Includes:		
Features	Constituents/ Actions	Benefits*
<b>NeuroCyto Protect™ Blend</b>	<ul style="list-style-type: none"> <li>• Skullcap</li> <li>• Ashwagandha</li> <li>• Bacopa</li> <li>• Lion's Mane</li> <li>• Black Rice</li> </ul>	<ul style="list-style-type: none"> <li>• Promotes healthy BDNF formation</li> <li>• Supports normal cytokine levels</li> <li>• Nurtures a healthy mood</li> </ul>
<b>Cognition Blend</b>	<ul style="list-style-type: none"> <li>• Phosphatidylserine</li> <li>• Citicoline</li> </ul>	<ul style="list-style-type: none"> <li>• Support healthy cognitive function</li> <li>• Promote healthy cellular membrane function</li> <li>• Promotes healthy cortisol levels</li> </ul>

### Suggested Use

As a dietary supplement, take 2 capsules twice daily, with or without meals, or as directed by your healthcare professional.

### Cautions

If pregnant or nursing, consult your healthcare professional before use.



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Available only through healthcare professionals

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

# Research Alert

## Clinical Research on BDNF Essentials®



### 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.

### 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.

## CLINICAL RESULTS:

### STRESS + ANXIETY SUPPORT\*

Cortisol Levels	<b>10% Reduction</b> (P<0.05)
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### IMPROVED MEMORY\*

Visual Memory	<b>13% Improvement</b> (P<0.05)
Immediate Word Recall	<b>41% Improvement</b> (P<0.05)

### MOOD IMPROVEMENT\*

Confusion-Bewilderment	<b>18% Improvement</b> (P<0.05)
Depression-Dejection	<b>12% Improvement</b> (P<0.05)

### ADDITIONAL AREAS OF IMPROVEMENT\*

• Working Memory	• Number Matching
• IL-6 Reduction	• Complex Processing