

Cogni-flex™
Nutritional support for healthy mental function

DESCRIPTION

Cogni-flex™ is a unique combination of nutrients which work in concert to help maintain and support brain and nervous system functions, including those involved in mental alertness, clarity, and memory retention.† The four ingredients in Cogni-flex™ support neurotransmitter metabolism, vascular circulation to the brain, and help maintain structure and function of nerve cell membranes.†

FUNCTIONS

The four nutrients in Cogni-flex™ support the structure and function of cognitive processes in several ways. They support neurotransmitter metabolism, enhance vascular circulation to the brain, and help maintain structure and function of nerve cell membranes. †

Huperzine A: An extract of the Chinese club moss, *Huperzia serrata*, huperzine A has been used in Chinese medicine for centuries. It is an effective inhibitor of acetylcholinesterase, the enzyme that degrades acetylcholine, the neurotransmitter important for normal memory and learning function. Huperzine A may help maintain cognitive function that has been degraded by a reduction in the brain’s functional levels of the neurotransmitter acetylcholine. †

Ginkgo biloba: Flavonoid compounds and terpene lactones in the ginkgo leaf help regulate the structural tone and elasticity of arteries and capillaries. † As powerful antioxidants, the ginkgo flavonoids counteract the deleterious actions of free radical accumulation which impairs functional cellular energy production and nerve transmission. Ginkgo biloba extract is also reported to inhibit the tendency of red blood cells to stick together (“clumping”), thereby enhancing the functional fluidity of the blood. Improving the functional circulation to the brain and other parts of the body allows for better oxygen and glucose uptake, with subsequent enhancement of memory and mental functions. †

Cell membranes act in part as gatekeepers, regulating the transport of nutrients into and waste products out of a cell. The fluidity and integrity of these cell membranes are essential for proper regulation of transport mechanisms and subsequently of the cell environment. **Phosphatidylserine:** This phospholipid, found in high concentrations in the nervous system, helps maintain functional fluidity of nerve cell membranes, thus providing for optimal transport of nutrients and other compounds across the cell membrane. †

Acetyl-L-Carnitine is an acetylated high energy ester of the amino acid L-carnitine contributes its acetyl groups to the production and release of acetylcholine, the primary neurotransmitter for memory and thought. The carnitine component plays a key role in the transport of fatty acids into the nerve mitochondria where they serve as fuel for cellular energy production.

INDICATIONS

Cogni-flex™ capsules may be a useful dietary supplement for those who wish to support the healthy functioning of their mental processes.

FORMULA (#83915)

Each Capsule Contains:

Huperzine A.....	100 mcg
Ginkgo biloba	20 mg
(standardized to 24% ginkgoflavonglycosides and 6% terpene lactones)	
Phosphatidylserine	10 mg
Acetyl-L-Carnitine	10 mg

Cogni-flex™**Nutritional support for healthy mental function****SUGGESTED USE**

Adults take 1 capsule daily or as directed by physician.

SIDE EFFECTS

No side effects reported.

STORAGE

Store in a cool, dry place, away from direct light. Keep out of reach of children.

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For more information on Cogni-flex visit douglaslabs.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.

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Your patients trust you.**