

CogniAid™

Natural support for cognition, mood and memory*

CogniAid™ is an herbal formula designed to help support healthy cognition, mood and memory.* This product supplies herbs and botanical extracts that work through a variety of mechanisms, including helping to maintain proper levels of the neurotransmitter acetylcholine, a key factor in memory and learning. The ingredients in CogniAid™ also support the function of the central nervous system, healthy neurons and nerve impulse transmission—the way neurons communicate with each other.*

Effective communication between neurons in the brain is crucial for memory, learning, mood and behavior. This product provides compounds that may help neurons send and receive messages properly and protect against the buildup of potentially harmful metabolic byproducts, thus facilitating healthy cognitive function.*

Benefits*:

- Supports cognitive performance and memory
- Promotes balanced mood
- Provides essential nutrients for brain health

Highlights

- **Huperzine A (HupA):** A naturally occurring alkaloid compound found in the moss *Huperzia serrata*, HupA is a natural inhibitor of the enzyme that breaks down acetylcholine. Promoting retention of acetylcholine may help support memory, learning and healthy neurotransmission.*
- **Green tea extract:** EGCg, the most active compound in green tea, is a powerful antioxidant and may work synergistically with HupA to delay the natural degradation of acetylcholine. Its antioxidant effects may help protect neurons from suboptimal function due to oxidative damage.* (The extract in this product is decaffeinated so it is suitable for those who prefer to avoid caffeine.)
- **Wild blueberry complex:** Along with huckleberry and bilberry extract, blueberry extracts are potent antioxidants. Blueberry compounds may help protect neurons from the buildup of toxic metabolic wastes in the brain, thereby supporting healthy cognition and neuronal communication.*
- **Vinpocetine:** This compound helps to relax the smooth muscles that line the blood vessels, thus potentially aiding in blood flow to the brain. Vinpocetine may help protect neurons from harmful and “excitatory” compounds that can cause these cells to become overactive, which may have a negative impact on them.*
- **Bacopa monnieri:** This herb is a well-known and frequently used nerve tonic in Indian Ayurvedic medicine, employed since the 6th Century. It was recognized for enhancing the mind, and modern research verifies bacopa’s role in supporting nerve impulse transmission and healthy neuronal function.*

How to Take: Take two capsules per day with meals, or as directed by your health care practitioner.



Consult with your healthcare practitioner about your specific circumstances and any questions you may have.

*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.

TO CONTACT DESIGNS FOR HEALTH, PLEASE CALL US AT (860) 623-6314, OR VISIT US ON THE WEB AT WWW.DESIGNSFORHEALTH.COM.