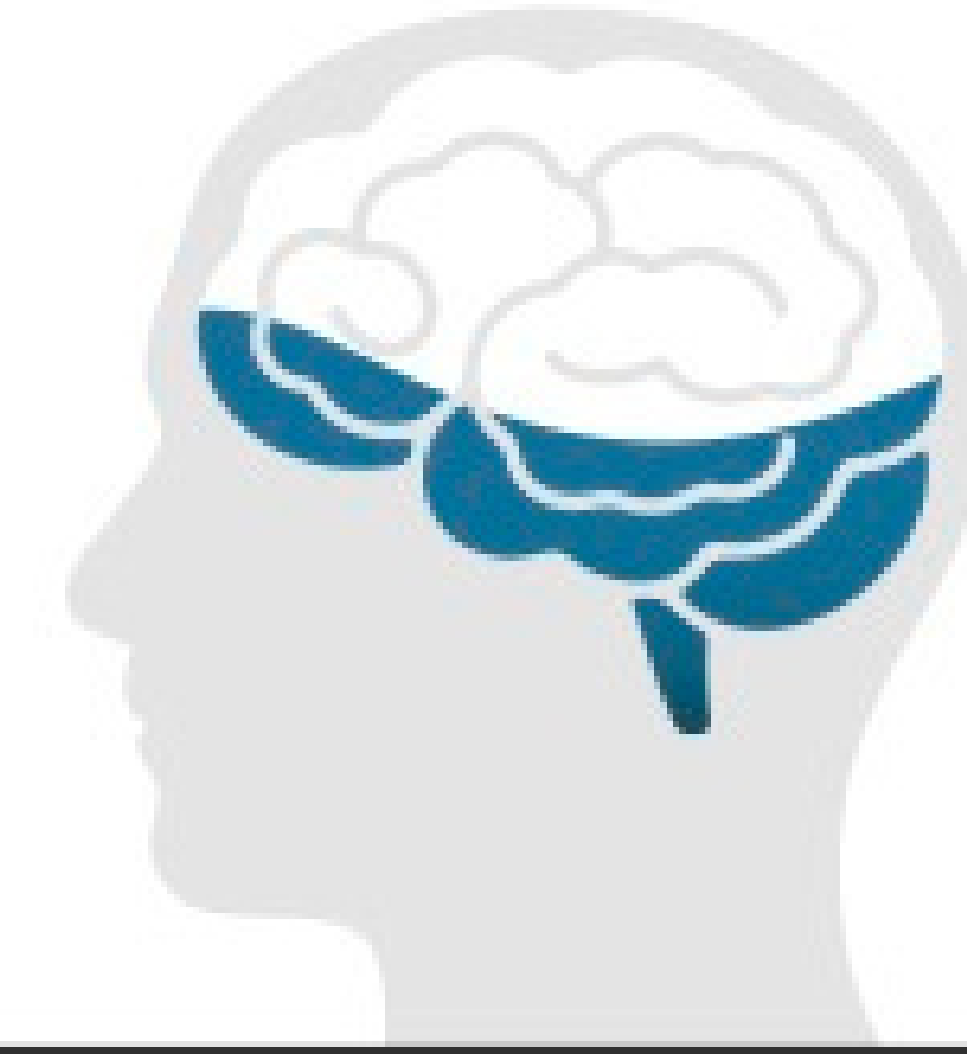


### What is citicoline?



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?



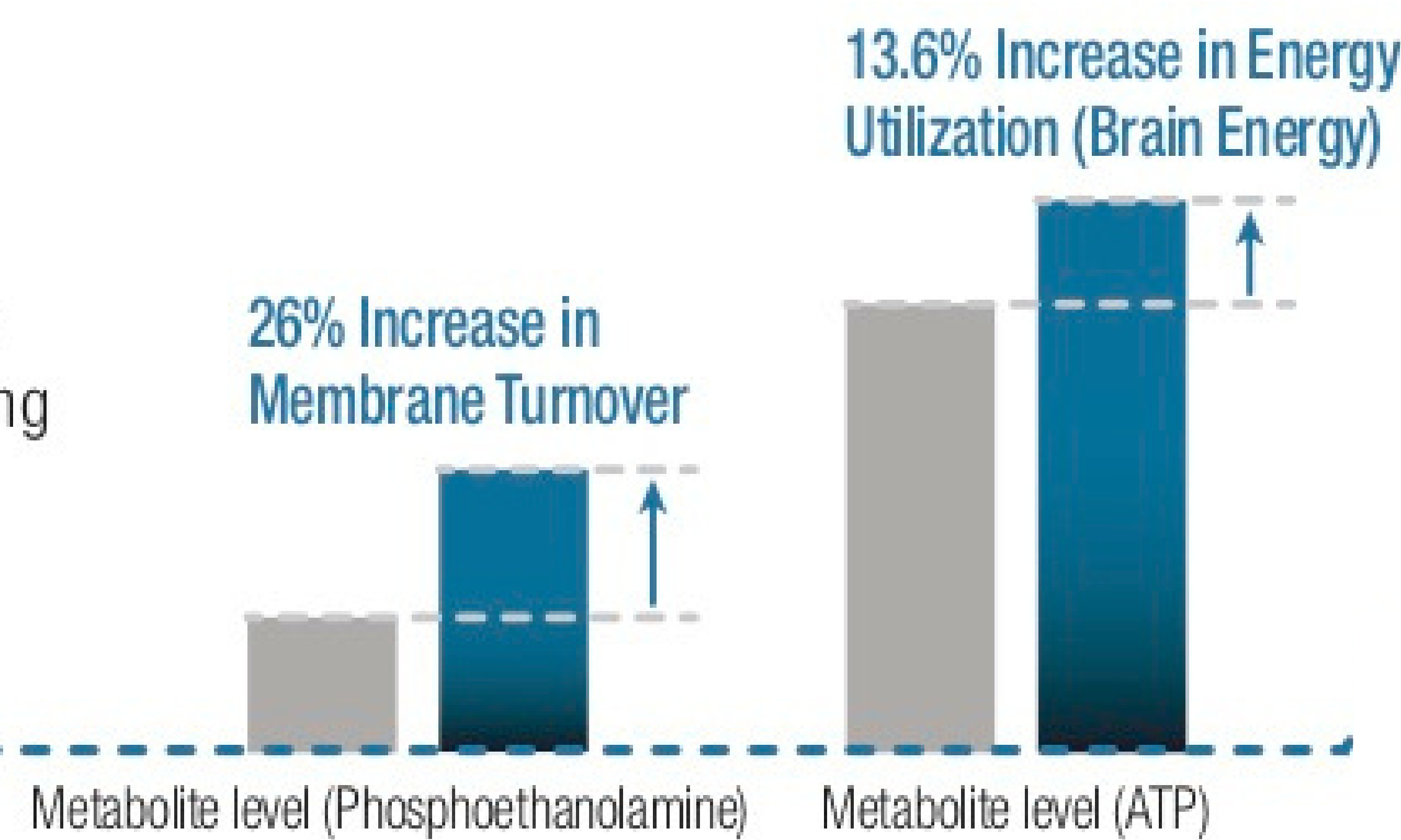
A clinically tested form of citicoline that can supply your brain with the nutrition it needs to stay sharp.

## Key studies that show Cognizin® Citicoline's support of focus & 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\*<sup>1</sup>

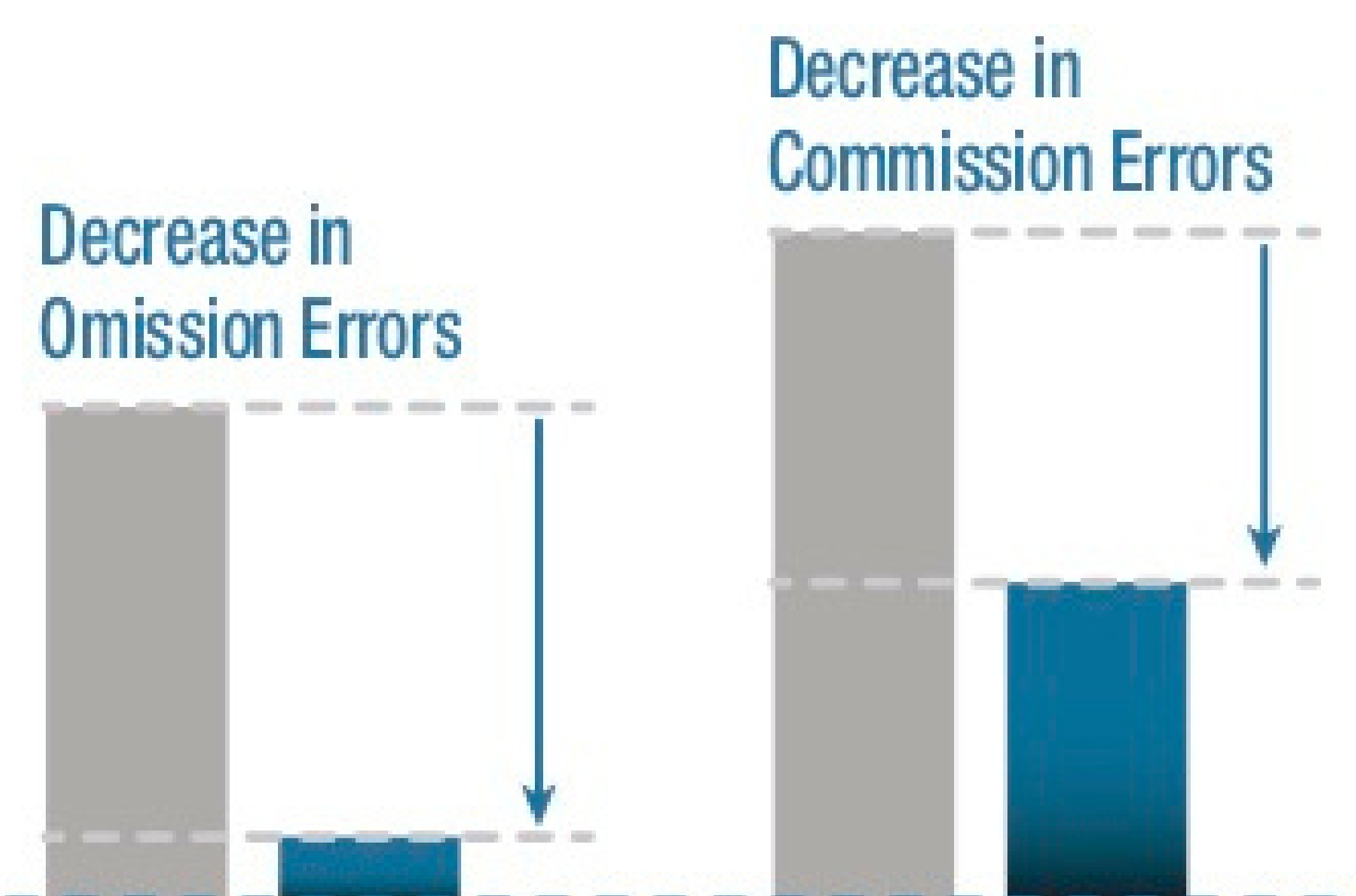
■ Placebo ■ 6 weeks@500 mg/day Cognizin®



### Cognizin® Citicoline's effect on focus and attention

Cognizin® at 250mg / day improves attention and focus in middle-aged women\*<sup>2</sup>

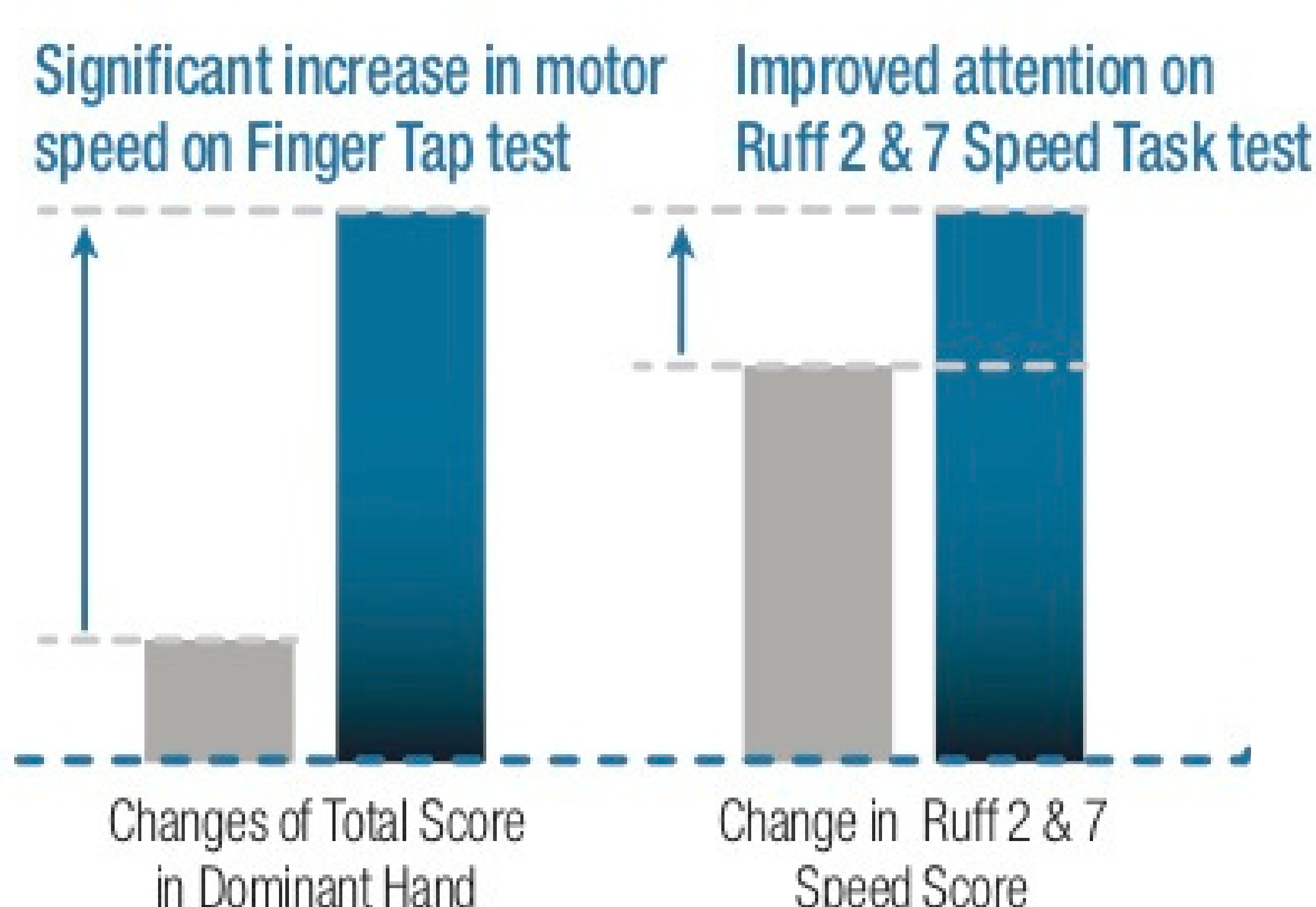
■ Placebo ■ 4 weeks@250 mg/day Cognizin®



### 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\*<sup>3</sup>

■ Placebo ■ 28 days@250 mg or 500 mg/day Cognizin®



# Cognizin®

For the evolution of your mind®

## Science Snapshot

### Cognizin® Citicoline's effect on memory

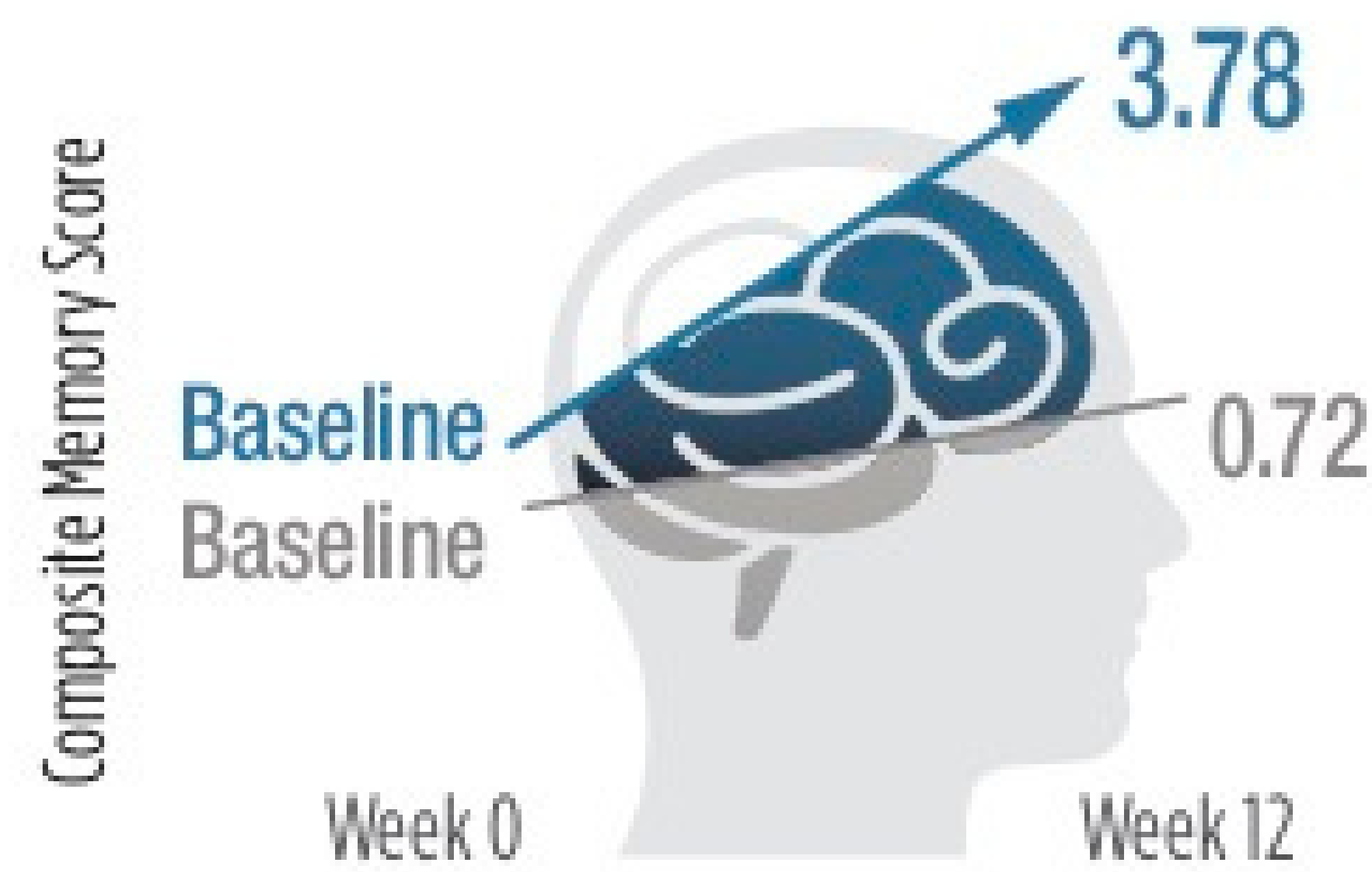
Cognizin® at 500 mg/day can support episodic memory and overall memory in healthy older adults (ages 50-85).<sup>\*4</sup>

■ Placebo

■ Cognizin® Citicoline 500 mg/day

### Improvement in Overall Memory

Significantly improved to a greater extent following citicoline supplementation



### Improvement in Episodic Memory

Significantly greater improvements in episodic memory

