

BRIGHT MIND COMPLEX™

Ora Bright Mind Complex™ is a powerful cognitive formulation with clinically-evidenced ingredients enXtra™ and BacoMind™ for enhancing mental alertness, cognitive performance and memory and Yerba mate, traditionally used in Western Herbal Medicine to decrease mental fatigue.



enXtra™
Alpina galanga



BacoMind™
Bacopa monnieri



Holy basil (Tulsi)
Ocimum tenuiflorum



Organic Yerba Maté
Ilex paraguariensis

ACTIVE INGREDIENTS	PER CAPSULE	PER DAY
enXtra™ <i>Alpina galanga</i> rhizome ext. Equivalent. dry rhizome	150 mg 1500 mg	300 mg 3000 mg
BacoMind™ <i>Bacopa monnieri</i> whole plant ext. Equiv. dry whole plant Equiv. to bacosides calculated as Bacoside A 67.5 mg per capsule	150 mg 3000 mg	300 mg 6000 mg
<i>Ocimum sanctum</i> (Tulsi) leaf ext. equiv. leaf dry	800 mg	1600 mg
Organic <i>Ilex paraguariensis</i> (Yerba Maté) leaf ext. equiv. dry leaf Total caffeine content 2-3% equiv. to total caffeine content of 5 mg - 7.5 mg per capsule*	1000 mg	2000 mg

- ✓ Suitable for vegetarians and vegans
- ✓ 60 caps (1 month's supply)

*A cup of instant coffee contains approximately 80mg of caffeine.

*Caffeine intake more than 200 mg per day is not recommended during pregnancy or breastfeeding.

enXtra™ is a trademark of OmniActive Health Technologies Ltd.

BacoMind™ is a trademark of Natural Remedies Pvt. Ltd.

Who This Is For

Ora Bright Mind Complex™ is recommended for adults seeking help with:

- Mental alertness
- Attention and concentration
- Clarity and focus
- Cognitive performance
- Memory and recall
- Relief of tiredness and fatigue
- Nervous system support

Co-creating wellness™

Ora recommends a holistic approach in combination with Ora Bright Mind Complex™. Try the following to enhance results:

- L-Acetyl Carnitine to increase oxygen flow to the brain
- Incorporate healthy, unsaturated fats into diet - walnuts, wild salmon, avocado, flaxseed
- Aromatherapy essential oils, e.g. peppermint, basil, rosemary
- Balance circadian rhythm and prioritise good quality sleep
- Regular exercise and movement
- Maximise time spent in green and blue spaces
- Avoid exposure to environmental pollutants

Combines well with:

- Ora Organic Greens Superpowder+™
- Ora Mag³ Mood™



Traceable Ingredients

We take pride in selecting only the highest quality ingredients from all over the world and being transparent about the ingredients we use. The active ingredients in Ora Bright Mind Complex™ are sourced from:

enXtra™ – DNA authenticated and procured from the best quality rhizomes cultivated in the hilly terrains of South India. Grown without any pesticides. The cultivation and collection process are done manually. Rhizomes are dried on natural high altitude, stony land which ensures no fungal plant infection. Extract manufacture occurs in one of India's most established extraction facilities, ISO-22000(2005) and cGMP certified, utilising solvent free extraction processes. NON-GMO and Gluten free tested, vegetarian, vegan, kosher and halal certified.

Traceable Ingredients (cont)

BacoMind™ – Grown as a pure crop in the Sundarbans, the world's largest marshland, located in East India in partnership with a local NGO and farmers trained in eco-friendly, sustainable farming practices. Carbon footprint minimised by cultivating mostly by hand without machinery that uses fossil fuels. Manufacturing of the extract is completed by a dedicated herbal extract facility in Krishnagiri district, Tamilnadu, India which is ISO 22000, ISO9001 and OHSAS 18001 certified from Bureau Veritas, NSF GMP certified and USFDA inspected. The extract is NON-GMO Project verified, kosher and halal certified.

Ocimum sanctum – Cultivated on farms in the Hoshangabad district, in India and the extract manufactured in a state-of art cGMP manufacturing plant in Daman, India with FDA / NABL, India Organic, Kosher, Halal, FSSAI, ISO 9001 and ISO14001 certifications and an in-house research and testing laboratory which acts as a third-party testing lab for over 300 companies across India.

Organic Ilex paraguariensis – Organically cultivated by cooperatives and producer associations within a radius of 100km of the city of Turvo, in the state of Pacaná in South Brazil. Hand harvested with electric scissors, processed utilising hot water and steam and a smoke free drying process. Ensuring only Anthraquinone and PAH free extracts are produced in the dedicated medicinal plants facility in Pacaná, South Brazil. USDA and EU organic, Fair Trade, Fair for Life and HACCP certified.

How We Make It

We use the minimum amount of excipients during our manufacturing processes.

Ora Bright Mind Complex™ contains the following added substances at < 82 mg input/capsule:

Vegan L-Leucine, microcrystalline cellulose and colloidal anhydrous silica – added to aid the manufacturing process, enhance final product stability and support efficacy of the product.

Additional substances related to the capsule and individual ingredients, not added during the product manufacturing process:

Vegetarian Capsule excipients: Hypromellose, water

Find Out More

enXtra™ *Alpinia galanga*

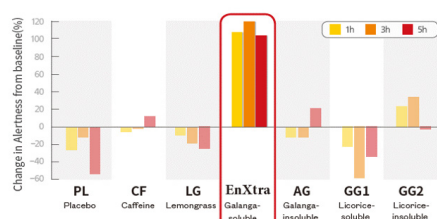
Ora Bright Mind Complex™ contains enXtra™ the clinically-evidenced, proprietary, extract from DNA authenticated *Alpinia galanga* (Galangal) rhizomes.

When taken at two capsules per day the product provides the clinically trialled dose of 300mg of enXtra™ extract. enXtra™ has been the subject of 4 human clinical trials. The clinical trials conducted to date have shown:

Trial 1:

Increased alertness for up to 5 hours

In a double-blind placebo-controlled pilot study the effects of enXtra™ were compared to 4 other plant extracts, caffeine and placebo in 70 caffeine-habituated individuals. enXtra™ significantly increased baseline alertness scores for up to five hours compared to the other plant extracts.



Trial 2:

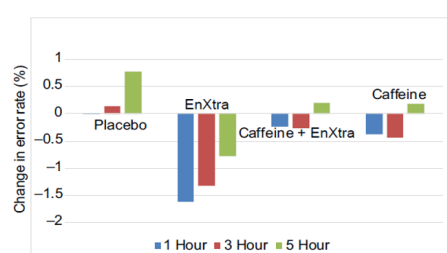
Mental alertness vs caffeine

In a randomized, double-blind, placebo-controlled crossover study, the effect of enXtra™ on mental alertness and sustained attention was compared to caffeine and placebo. Results demonstrated a significant increase in alertness score from baseline at 1, 3 and 5 hours from the enXtra™ group

Trial 3:

Focused attention

A secondary analysis of trial 2 investigated the effect of enXtra™ on focused attention compared to caffeine and placebo. Results showed a higher mean accuracy and a significant reduction in error rate in the enXtra™ group in comparison with the remaining study groups with a trend for enXtra™ to increase focus to a greater extent compared to caffeine and placebo.



Find Out More (cont)

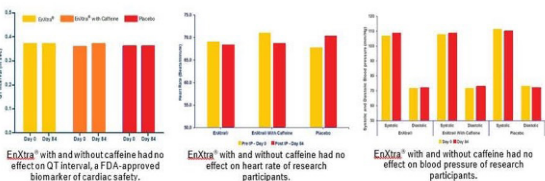
Trial 4:

Mental acuity and long-term safety

A randomised placebo-controlled clinical trial over 12 weeks evaluated the long-term safety and mental acuity benefits of enXtra™ with or without caffeine at 600mg daily. Cardiovascular safety was evaluated by assessing change in QT interval, blood pressure and heart rate. Efficacy variables evaluated were the change in perceived alertness and calmness.

No safety concerns were noted on long-term usage while alertness and calmness scores were significantly increased in the enXtra™ and enXtra™+ caffeine groups.

✓ Safety



BacoMind™ *Bacopa Monnieri*

Ora Bright Mind Complex™ contains BacoMind™ a clinically-evidenced, standardised extract from *Bacopa monnieri*. When taken at 2 capsules per day the product provides the clinically trialled dose of 300mg of BacoMind™ extract.

BacoMind™ is clinically researched to support cognitive performance with four human efficacy clinical trials - two in elderly populations, two in children, and one safety human study.

A randomised double-blind placebo-controlled study in a healthy adult Australians 55 years+ showed that 300mg per day of BacoMind™ over a 12-week period improved memory acquisition and retention.

While the other randomised double-blind placebo-controlled study in a healthy adult Indian population 50-75 years showed that 450mg per day of BacoMind™ over a 12-week period improved verbal memory.

***Ocimum sanctum* (Tulsi / Holy Basil)** is considered one of the most sacred and holiest of plants in Hindu religion. It is considered to contain in itself, every perfection and is historically thought to cure every ill. As such Tulsi has been widely used in traditional Ayurvedic medicine for its many benefits including its adaptogenic properties where it is thought to help protect the body against various physical, chemical, metabolic and psychological stresses. Tulsi is also traditionally used as a mild nervine for heightening awareness and supporting mental clarity.

***Ilex paraguariensis* (Yerba Maté / Paraguay tea)** has a long history of use in both South America and Traditional Western Herbal Medicine with reports of use described back in 1822, as recorded in the The American Journal of Pharmacy of 1883. Maté crops have been cultivated in South America since the 17th century. Traditionally, Yerba Maté has been used for its central nervous system stimulating effects to help relieve mental and physical tiredness which can be best explained by its content of caffeine which is naturally present in the dried leaves at a range of 0.5-2.5%.

Indications For Use

We acknowledge and celebrate the empirical knowledge gained through the elegant use of herbs in Chinese Medicine, Ayurveda and Western Herbal traditions and the evaluation of minerals and vitamins through robust human clinical research in contemporary science.

Ora Bright Mind Complex™ contains the clinically-evidenced extracts enXtra™ and BacoMind™ which have been shown in human research to:

enXtra™

- Enhance mental alertness and wakefulness for up to 5 hours, without any caffeine crash
- Support mental concentration, focus and clarity

BacoMind™

- Improve cognitive performance
- Enhance memory and recall
- Increase attention span

Ora Bright Mind Complex™ also includes Tulsi which has been used in Traditional Ayurvedic Medicine as an adaptogen to:

- Support general health and wellbeing
- Help the body adapt to stress

Ora Bright Mind Complex™ includes an organic Yerba Maté extract used in Traditional Western Herbal Medicine as a mild nerve stimulant to enhance nerve function and to:

- Support general health and wellbeing
- Relieve weariness and feelings of weakness
- Reduce cognitive fatigue
- Enhance mental alertness

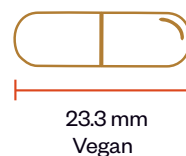
Directions For Use

Take two capsules, once daily with meals, or as recommended by your healthcare practitioner. Always read the label. Follow the directions for use. If symptoms persist, worsen, or change unexpectedly, talk to your healthcare professional.

Pack size: 60 vegan capsules

Product Code: BRIMINGO-ORA

Capsule Size



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