

# MEMORIA

Part of ESP Program\*



## Functional

Functionals focus on specific conditions and work to reduce, improve, restore, and assist the body to take or make corrective actions adding elements that can restore balance to the body.

## HELPS TO ENHANCE COGNITIVE FUNCTION, MEMORY & MAINTAIN OPTIMUM BRAIN HEALTH

### THE ENEREX ADVANTAGE

- > Two patented ingredients: Vinpocetine and Bacopa
- > Phosphatidylserine for brain health; cognitive improvements & recall
- > Third party tested for impurities, including heavy metals
- > Green Tea extract is a source of polyphenols, particularly the catechin epigallocatechin gallate (EGCG), which offers powerful antioxidant protection.
- > Vinpocetine (*Vinca minor*) may improve cognitive performance and short-term memory loss that is common with increased stress and aging.
- > Phosphatidylserine (PS) supports the brain's proper response to stress and promotes neuronal communication.
- > Ginkgo Biloba is the oldest known living species of tree, and the extract of its leaves has been used for centuries in traditional medicine. Scientific research has confirmed that Ginkgo Biloba extract enhances blood flow to the brain, promotes neurotransmissions, and improves cognitive function.
- > Bacopa aids in learning and memory functions, but is also regarded for its anti-anxiety and anti-fatigue effects. Recent research shows that bacosides improve mental clarity and learning ability. Bacopa has been used for centuries in Ayurvedic Medicine to enhance clear thinking and support memory function.

### EACH VEGETARIAN CAPSULE CONTAINS:

|   |       |
|---|-------|
| Vinpocetine ( <i>Vinca minor</i> ) Leaf. . . . .                        | 5 mg  |
| Phosphatidylserine (Phosphatidylserine-enriched soya lecithin). . . . . | 50 mg |
| Green Tea Extract ( <i>Camellia sinensis</i> ) Leaf. . . . .            | 50 mg |
| Standardized to max. 80% total Catechins, 3% Caffeine                   |       |
| Ginkgo ( <i>Ginkgo biloba</i> , 50:1, 1000 mg DHE*) Leaf . . . . .      | 20 mg |
| Standardized to 24% Flavone Glycosides & 6% Terpene Lactones            |       |
| Bacopa ( <i>Bacopa monnieri</i> , 20:1, 500 mg DHE*) Whole . . . . .    | 25 mg |
| Standardized to 55% Bacosides A & B                                     |       |

\*Dried Herb Equivalent

**Adults:** Take 1 capsule 2 times daily with food or as directed by a healthcare practitioner.



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# MEMORIA

**Enerex MEMORIA** contains a brain-boosting compound of complementary nutrients and botanicals providing natural co-factors to improve brain performance, attention, and memory.

As we age, our memory skills and cognitive abilities tend to diminish. Chronic stress and oxidative stress also have a detrimental impact on our brain's functions. Many of us notice that we forget names or where we placed our keys. While some people expect a certain amount of cognitive deterioration, many don't realize that the aging process has very little to do with memory loss or other cognitive disorders. Instead, many cognitive issues stem from not getting the right nutrients, often compounded by poor lifestyle choices.

## Tips for Enhancing Memory and Cognitive Abilities:

- Feed your brain the right nutrients. For better memory and cognition, it's important that the right amount of blood and nutrients reach the brain. A diet rich in complex carbohydrates, such as fruits, vegetables, and whole grains, as well as good fats like those found in raw seeds, nuts, and healthy oils can give your brain the fuel it needs.
- Stay away from toxins that affect cognition, including alcohol, drugs, and some prescription medicines.
- Give your brain plenty of exercise. Just like your body, if you don't use it, you lose it. Read every day, do puzzles, and take part in activities that challenge your brain.
- Take the right supplements, like Enerex Memoria, to boost memory and cognitive functions.

\*FOR INFORMATION ABOUT THE ENEREX SUPPLEMENT PROGRAM (ESP) PLEASE VISIT OUR WEBSITE.

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