

# Ingredients for Better Brain Health: Rooted in Nature, Supported by Science

neuriva

**Coffee fruit extract** is made from the whole fruit of the common *Coffea arabica* plant, known as the coffee cherry. The coffee cherry surrounds and protects the coffee beans, which are roasted and processed to produce coffee.



Unlike coffee beans, coffee fruit extract contains a unique profile of polyphenols that have been shown in clinical studies to stimulate the production of **Brain-Derived Neurotrophic Factor (BDNF)**.

Coffee cherries are sourced from farms, reinforcing a commitment to sustainability and better opportunities for farmers, their families and our planet.

**Phosphatidylserine (PS)** is a phospholipid nutrient present throughout the body, but especially concentrated in the brain's nerve cells.

PS has been heavily researched and is known to support **proper functioning of the nerve cells in the brain** and the communication between them.\*



PS is derived from natural sources, including soybeans.

BDNF has an important role in maintaining the health of existing brain cells, inducing the growth of new neurons and synapses, and **supporting overall cognitive function, including memory and learning**.\*



Over 6000 articles on BDNF

2-3 coffee cherries produce enough extract for 100 mg. Clinical studies have shown that coffee cherries increase BDNF levels in 90 minutes.

Dietary supplementation with soybean-derived PS has shown **cognitive function benefits in humans of various age groups**.

One clinical study showed that taking 100 mg/day of soy-derived PS supported memory functions, such as memorizing names and faces.\*

\*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.

## Expert Tips



**Nigel Denby, RD**  
Registered Dietitian  
& Author

“When choosing a supplement be sure to look for those with research-backed ingredients. Choose a product that has demonstrated cognitive benefits in well-designed human clinical trials.”

“There's no such thing as a silver bullet. In addition to supplementation, sleep, diet, and exercises for the body and brain are all important to keeping your brain fit!”

Reyes-Izquierdo, T., Argumedo, R., Shu C., Nemzer B., & Pietrkowski, Z. (2013) Stimulatory Effect of Whole Coffee Fruit Concentrate Powder on Plasma Levels of Total and Exosomal Brain-Derived Neurotrophic Factor in Healthy Subjects: An Acute Within-Subject Clinical Study. Food and Nutrition Sciences, 2013, 4, 984-990.

<https://www.futureceuticals.com/coffeeberry>

Reyes-Izquierdo, T., Nemzer, B., Shu, C., Huynh, L., Argumedo, R., Keller, R., & Pietrkowski, Z. (2013). Modulatory effect of coffee fruit extract on plasma levels of brain-derived neurotrophic factor in healthy subjects. British Journal of Nutrition, 110(3), 420-425.

Crook T. Treatment of age-related decline in cognitive capacities The effects of phosphatidylserine. In: Katz, RM, Goldman, eds. Anti-Aging Medical Therapeutics., 1998:20-28.

Kim, H. Y., Huang, B. X., & Spector, A. A. (2014). Phosphatidylserine in the brain: metabolism and function. Progress in lipid research, 56, 1-18.