

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!”

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

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