

# COGNITION

JustBeWell Cognition is a comprehensive cognitive and neurologic support formula that contains patented, bioactive plant extracts from turmeric (as Longvida® Optimized Curcumin™), green tea leaves, grape seed (MegaNatural®-BP), bayberry bark, and rosemary leaf. These plant extracts contain key compounds such as gallates, curcuminoids and proanthocyanidins that have supporting benefits in the nervous system.\*

It's key to note that Cognition uses patented forms of turmeric and grape seed extract to ensure your body gets efficacious amounts of curcuminoids, procyanidins and proanthocyanidins. Longvida® Optimized Curcumin™ and MegaNatural®-BP are made under strict standards to make sure the ingredients are pure and potent.

## How Cognition Works

Plant extracts in Cognition work to assist in healthy promotion and support of neurotransmitters.\* Research suggests that an imbalance in certain neurotransmitters (such as acetylcholine and serotonin) throughout the central nervous system can speed brain tissue atrophy and cognitive decline. For example, acetylcholine is generally thought to support cognitive performance and mental acuity, meaning that an imbalance of this neurotransmitter might lead to feelings of brain fog and lethargy.

Moreover, antioxidants found in the plant extracts of Cognition can help support oxidative stress in the brain.\* Green tea leaf extract and grape seed extract in particular have been shown to support relaxation of blood vessels and promote blood flow to the brain.\*

Furthermore, Cognition contains ferulic acid, an antioxidant that has been shown to protect against free radicals in neurons.\* Ferulic acid also appears to increase brain-derived neurotrophic factor/BDNF, which acts on neurons throughout the nervous system to encourage growth and replication — processes that are crucial for supporting long-term memory, learning, and overall cognition.\*

## Cognition Supplementation

Research cited herein suggests the active ingredients found in Cognition help support neurological and cognitive function in several ways.\* Moreover, Cognition contains patented plant extracts such as Longvida® Optimized Curcumin™ and MegaNatural®-BP to ensure proper potency and absorption in the body.

- Support cognitive and neurological function\*
- Support healthy blood and oxygen flow to the brain\*
- Support neurotransmitter balance\*
- Help support oxidative stress\*



**Form:** 120 Capsules

**Serving Size:** 4 Capsules

Ingredients	Amount	%DV
Ferulic Acid	500 mg	*
Turmeric ( <i>Curcuma longa</i> ) Rhizome Extract†	500 mg	*
EGCG (epigallocatechin-3-gallate) [as Green Tea ( <i>Camellia sinensis</i> ) Leaf Extract]	400 mg	*
Grape ( <i>Vitis vinifera</i> ) Seed Extract Powder††	300 mg	*
Myricetin [as Bayberry ( <i>Myrica rubra</i> ) Bark Powder Extract]	300 mg	*
Rosemary ( <i>Rosmarinus officinalis</i> ) Leaf Extract	300 mg	*

### Other Ingredients:

Gelatin (capsule), silicon dioxide, and magnesium stearate (vegetable source).

† as Longvida® Optimized Curcumin™.

Longvida® is a patent protected under EP 1993365, other patents pending, and a registered trademark of Verdure Sciences, Inc.

†† as MegaNatural® -BP

### Directions:

Adults take four capsules daily, preferably with a meal, as a dietary supplement or as directed by your healthcare practitioner.

**Caution:** If you are pregnant, nursing, or taking medication, consult your healthcare practitioner before use. Keep out of reach of children.



\* 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.

For more information, visit: [www.justbewell.info](http://www.justbewell.info)