

NEW



Cognition Performance⁺

Enhances mental alertness
Supports focus & energy levels

CAFFEINE-FREE
Nootropic

TRIPLE
ACTION BRAIN
FORMULA

ONCE-A-DAY
DOSE

Features



enXtra®, water-soluble
Alpinia galanga extract,
300 mg per daily dose



Bacopa monnieri (Brahmi)
standardised to >55%
total bacosides, 320 mg
per daily dose



Nicotinamide riboside
300 mg per daily dose



Benefits

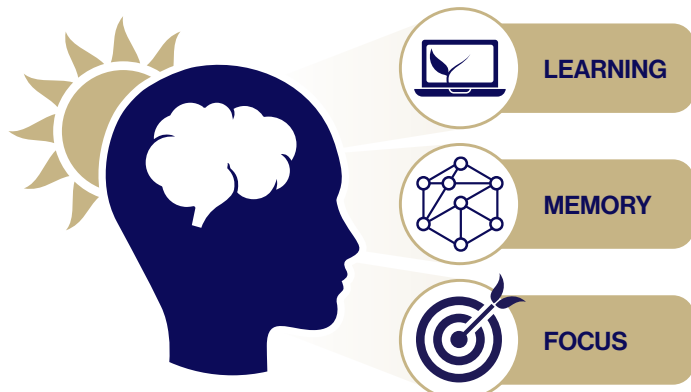
Supports focus, learning,
information processing and
memory

Enhances mental alertness
and supports concentration

Supports energy levels, NAD
production and reduces free
radicals formed in the body

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Triple-Action Formula to Boost Your Brain Game



Prescribing Insights

Cognition Performance+ may be prescribed to adults who want:

- A caffeine-free option for sustained cognitive performance
- Support for mental fatigue including factors such as brain fog and poor sleep
- To enhance learning, focus and information processing for work, study or gaming
- Energy and mental alertness for the day ahead
- A caffeine alternative to take after lunch to support afternoon energy
- To maintain memory and recall

Cognition Performance⁺

ACTIVE INGREDIENTS

Each capsule contains:

<i>Alpinia galanga</i> (enXtra™) extract dry conc. equiv. dry rhizome 1.5 g	150 mg
<i>Bacopa monnieri</i> (brahmi) extract dry conc. equiv. dry whole plant 3.2 g std. to contain: bacosides 88 mg	160 mg
Nicotinamide riboside chloride (ribose 77.47 mg)	150 mg



VEGETARIAN
FRIENDLY

SIZE:

60 hard capsules

DOSE:

Adults: Take 2 capsules once a day, or as professionally prescribed. Take with food.

WARNINGS:

Do not use in pregnancy or breastfeeding.

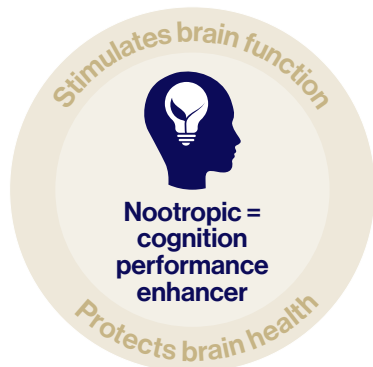


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What is a nootropic?

Nootropics improve cognitive function.³⁰⁻³¹

- ✓ Thinking
- ✓ Attention
- ✓ Memory
- ✓ Learning



EDUCATION



58% of Australians are concerned about their brain health¹

enXtra®, caffeine-free alertness

enXtra® is a caffeine-free extract of *Alpinia galanga* which stimulates the central nervous system to enhance mental alertness, maintain mental focus and support cognitive function.⁶⁻⁸ enXtra® has been shown to sustain mental alertness for longer than caffeine and without the caffeine crash and the nervous system stimulating side effects of caffeine.

Research shows water-soluble *Alpinia galanga* extracts are more effective for cognitive support than water-insoluble extracts.³² To overcome this, the key constituents of alpinia are extracted to produce water-soluble enXtra®, with preserved bioactive components for improved bioavailability.³⁵

Key bioactive constituents of enXtra® cross the blood-brain-barrier¹⁰ and are thought to work by enhancing the availability and activity of dopamine and acetylcholine in the alertness centres of the brain. Dopamine increases alertness by blocking the adenosine receptors.⁵ This is also a known action of caffeine. See Table 1.


		Caffeine ^{3,4,7}	enXtra® (300 mg) ^{3-7,32}
	Alertness, focus, attention and cognition	YES	YES

Table 1. The effects of caffeine and enXtra® compared.

Caffeine, the short-acting nootropic

Caffeine is the most widely used nootropic, yet its consumption can have unwanted effects and a short-lasting action which may make it less suitable for some people.

Bacopa, the calming nootropic

The whole bacopa plant contains complex constituents that enhance cognitive performance and improve learning and information processing, making it a potent nootropic.^{13,15}

A collection of bioactive saponins called bacosides are likely responsible for bacopa's therapeutic effects. The most pharmacologically active of these is bacoside A which has a potent antioxidant action to support brain health.¹⁴⁻¹⁷ Standardisation of bacosides to 40%-55% has been shown to be important for favourable clinical outcomes.¹⁸

Bacopa increases cerebral blood flow and modulates the levels and activity of neurochemicals important for learning and memory.^{19,14} These include brain-derived neurotrophic factor (BDNF), serotonin, dopamine, acetylcholine, and gamma-aminobutyric acid (GABA).^{15,20-24}

Research shows that 300-320 mg daily of standardised bacopa can improve cognitive performance, especially when engaged in cognitively challenging or stressful situations.^{25,26}



Bacopa's active constituents, **bacosides**, cross the blood brain barrier through a lipid (fat) diffusion process.¹⁹
This is important for nootropic effects.³⁰

Nicotinamide riboside (NR), for energy support & NAD⁺ production

NR is a member of the vitamin B3 family and precursor for nicotinamide adenine dinucleotide (NAD⁺), a coenzyme, or helper molecule, found in every cell in the body.²⁷ NAD⁺ acts as an electron carrier for mitochondrial energy production and is essential in redox reactions, where it alternates between its oxidised (NAD⁺) and reduced (NADH) forms to reduce damaging free radical formation.²⁸

As NAD⁺ concentrations may be 10-80% lower with advancing age, oral NR supplementation can also be used to increase NAD⁺ production in the body and support brain health in aging individuals.²⁹

References available upon request.

Prescribing information

For comprehensive prescribing information and drug-nutrient interactions involving ingredients contained within this product, please see the BioCeuticals website:
www.bioceuticals.com.au

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