

COGNITIVE FORMULA

Ultimate Support to Improve Memory*



ALCOHOL-FREE CONCENTRATED EXTRACTS OF: FORMULA

	MG EXTRACT PER 2 CAPSULES
Eleuthero root (<i>Eleutherococcus senticosus</i>)	80 mg
Ginkgo leaf (<i>Ginkgo biloba</i>)	40 mg
Gotu Kola herb (<i>Centella asiatica</i>)	40 mg
Fo Ti (<i>Polygonum multiflorum</i>)	26 mg
Wild Oats milky seed (<i>Avena sativa</i>)	22 mg
Peppermint herb (<i>Mentha piperita</i>)	20 mg
Vinpocetine	10 mg
Rosemary leaf, Supercritical CO ₂ Extract (<i>Rosmarinus off.</i>)	8 mg

STANDARDIZED TO FULL SPECTRUM ACTIVITY PROFILE

Ginkgo flavanoid glycosides (from Ginkgo)	4.8 mg
Triterpenoids (from Gotu Kola)	1.0 mg
Eleutherosides B & E (from Eleuthero root)	0.64 mg

DESCRIPTION OF FORMULA

Cognitive Formula enhances mental function, memory and circulation, and aids the body in developing its inherent ability to adapt to temporary stress. The herbs in this formula work together to encourage overall health and stamina, and improve one's natural ability to endure both physical and emotional stress. Several ingredients in Cognitive Formula also provide antioxidant protection from free radical damage to brain cells and tissue.*

Siberian Ginseng root, also referred to as Eleuthero, has been in use in China for over 4,000 years. A popular general tonic, this root serves to promote health and vitality. It contains an assortment of chemical constituents that encourage a healthy brain, immune system and hormonal balance. Used regularly, it functions to enhance the body's natural resistance and adaptation to stressful influences. Likewise, Eleuthero supports mental endurance and promotes overall metabolic efficiency.*

Ginkgo leaf derives the majority of its support from modern science, rather than from established traditional use. Ginkgo leaf helps to enhance blood flow and oxygen to the brain, encourage mental clarity, and provide antioxidant protection. Together, these actions work to support healthy cognitive function.*

Gotu Kola leaf & root contain key constituents that maintain healthy neurotransmitter function, promoting mental alertness and a sound memory. Gotu kola also improves the body's inherent ability to acclimate to temporary stress. As well, this herb supports a healthy circulation by encouraging the elimination of excess fluid.*

Chinese Fo-Ti root supports healthy neurotransmitter function. Accordingly, this root serves as a valuable general tonic for the nervous system and encourages healthy brain chemistry. In

DOSAGE

Liquid Phyto-Caps: 2 capsules, 2 times daily

DURATION OF USE

3-4 months

BEST TAKEN

Between meals, with warm water

addition, Chinese Fo-Ti root may enhance the body's immune system and overall capacity to tolerate occasional environmental stressors. These actions have not been studied in human clinical trials as of yet.*

Wild Oats milky seed contains numerous compounds that promote a vital nervous system and ease temporary nervous stress, weakness, and exhaustion.*

Peppermint has traditionally been used to promote digestive health and maintain healthy smooth muscle tissue. Peppermint also improves the taste of the formula.*

Vinpocetine supports healthy oxygenated blood flow to the brain. Accordingly, this phytochemical promotes mental clarity, focus and concentration.*

Rosemary leaf is a natural antioxidant and a soothing plant. It has been proposed that antioxidants, such as Rosemary, may be useful to help reduce the free-radical damage that occurs with aging. Rosemary has been used for centuries as a tonic and mild stimulant, to support digestion, and to promote nervous system health. Known as the 'herb of remembrance', Rosemary has a long history of supporting a sound memory.*

COMPLEMENTARY HERBS / FORMULAS

Endurance Tonic Elixir, Daily Nutrition Elixir with Elderberry, Hawthorn Supreme, Anti-Oxidant Supreme

SAFETY EVALUATION/CONTRAINDICATIONS

This formula should be avoided in pregnancy and lactation. It may occasionally cause gastrointestinal upset if taken away from food and may increase one's sensitivity to sunlight. Discontinue use during an acute infection or fever. Women with hormone sensitive conditions such as breast, uterine or ovarian cancer, endometriosis, and uterine fibroids should consult a

qualified healthcare professional before using this formula due to its potential hormonal effects. Adverse reactions such as headaches, sleep disturbances, heart palpitations, dizziness, and allergic skin reactions can occur. Also, use with caution and seek the advice of a qualified healthcare professional if you have a blood clotting disorder, hyperlipidemia (high triglyceride and/or cholesterol levels), a psychiatric condition, a seizure disorder, a hiatal hernia, heartburn, heart disease, congestive heart failure, diabetes, gallstones, a kidney disorder, or high/low blood pressure.*

KNOWN DRUG INTERACTIONS

This formula should be used with caution in combination with cholesterol-reducing drugs, and drugs that inhibit blood clotting and platelet aggregation including but not limited to warfarin (Coumadin®). Siberian ginseng, a component herb in this formula, might increase the risk of digoxin (Lanoxin®) side effects. Additionally, Siberian ginseng might interact with hormone therapies such as estradiol (Alora®, Estrace®), estrogen (Premarin®, Prempro®, Cenestin®), Demulen, Loestrin, Lo/Ovral, Alesse, Triphasil, Ortho Tri-Cyclen, and many others. This formula may interact with antihypertension, antidiabetic and diuretic medications. There is also a possibility that this formula might cause further drowsiness if taken with a medication that causes drowsiness, and may reduce the effectiveness of morphine. Some of the herbs in this formula have not been studied extensively to determine their interactions with other medications. Before using this formula, talk with your healthcare professional if you take any medications.*

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*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

Gaia Herbs products: Always packaged in glass to protect potency, the environment, and you.