Pro Memory

Calcium, Citicoline, Ginkgo Biloba, Zinc, Huperzia

Nootropic formula with standardised extracts

	1 unit	3 + 1 free
337 mg / 60 capsules	36,00 €	108,00 €

PRINCIPAL INDICATIONS:
Brain (memory)

The term nootropic comes from the Greek *nóos* (mind, intellect) and *tropos* (to bend or turn), and includes all substances that promote learning and improve cognition and memory (1).

Pro Memory is a product that contains ingredients of the highest quality that contribute to neurotransmission, cognitive function, short-term memory and enhance overall mental function.

Ginkgo biloba (*Gingko biloba* L.) is a plant that helps to sustain mental and cognitive activity (2). Ginkgo also contributes to normal blood circulation, which is linked to **mental performance** and responsiveness. It also **helps to maintain mental well-being** during times of stress and helps to support concentration and short-term working memorys. It can also be used to help counteract age-related deterioration in memory and cognitive function. Finally, ginkgo helps to maintain **mental clarity**, and to retain and remember facts (2). Our extract is standardised to contain 24% flavonol glycosides and 6% terpene lactones, guaranteeing the highest quality.

Huperzia (*Huperzia serrata* (Thunb.) Trevis.) belongs to the Lycopodiaceae family and helps to **enhance overall mental function** (3). The alkaloid huperzina A is extracted from the aerial parts of this plant. This alkaloid has been found to be able to inhibit the enzyme acetylcholesterase, which would cause an increase in concentration of the neurotransmitter acetylcholine in the synaptic space* (4). Our product contains 100 micrograms of Huperzine A per daily dose.

Citicoline is an essential intermediary in the synthesis of phosphatidylcholine (5), a membrane phospholipid that is the principal component of brain tissue. Citicoline is also a precursor to acetylcholine (6), a neurotransmitter that regulates **cognitive function**. Cognizin® has been selected because it is backed by multiple clinical trials and is a citicoline obtained through fermentation.

Calcium is a mineral that contributes to normal **neurotransmission**, since an adequate concentration of calcium within cells and in extracellular fluid is required for neurotransmission to occur (7). This mineral is also important for normal blood coagulation and the process of cell division and specialisation (8).

Finally, zinc has been included to complete the **Pro Memory** formula. Zinc is an essential mineral that contributes to

normal cognitive function and to protecting cells against oxidative stress (8).

*Synaptic space: intermediate space between the transmitting neuron and the recipient or postsynaptic neuron.

BIBLIOGRAPHY

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2. Extracted from the European Commission compilation list, under EFSA validation (ID2261).
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4. Damar, U., Gersner, R., Johnstone, J. T., Schachter, S., & Rotenberg, A. (2017). Huperzine A: A promising anticonvulsant, disease modifying, and memory enhancing treatment option in Alzheimer's disease. Medical hypotheses, 99, 57-62.https://www.ncbi.nlm.nih.gov/pubmed/28110700
5. Silveri, M. M., Dikan, J., Ross, A. J., Jensen, J. E., Kamiya, T., Kawada, Y., ... & Yurgelun-Todd, D. A. (2008). Citicoline enhances frontal lobe bioenergetics as measured by phosphorus magnetic resonance spectroscopy. NMR in Biomedicine: An International Journal Devoted to the Development and Application of Magnetic Resonance In vivo, 21(10), 1066-1075.https://www.ncbi.nlm.nih.gov/pubmed/18816480
6. https://kyowa-usa.com/uploads/brochures/27-Cognizin-Overview-Brochure-pages.pdf
7. https://efsa.onlinelibrary.wiley.com/doi/epdf/10.2903/j.efsa.2009.1210
8. COMMISSION REGULATION (EU) No 432/2012 of 16 May 2012 establishing a list of permitted health claims made on foods, other than those referring to the reduction of disease risk and to children's development and health.

Health claims

Calcium contributes to normal neurotransmission.

Calcium contributes to normal blood clotting.

Calcium has a role in the process of cell division and specialisation.

Zinc contributes to normal cognitive function.

Zinc contributes to the protection of cells from oxidative stress.

Composition

INGREDIENTS:
In 2 capsules: calcium carbonate (120 mg calcium (15% NRVs*)), 250 mg of citicoline (Cognizin®), 80 mg of dry extract of ginkgo leaves (*Ginkgo biloba* L.) standardised to contain 24% in flavonol glycosides (i.e. 19.2 mg) and 6% in terpene lactones (i.e. 4.8 mg), zinc gluconate (5 mg zinc (50% NRVs)), 10 mg of dry extract of huperzia aerial parts (*Huperzia serrata* (Thunb.) Trevis.) standardised to contain 1% in huperzine A (i.e. 100 µg).

*NRVs: Nutrient Reference Values.

OTHER INGREDIENTS: Vegetable-based capsule: hydroxypropyl methylcellulose.

ALLERGENS:
This product does not contain allergens (in accordance with Regulation (EU) No 1169/2011) nor genetically modified organisms.

FABRICATION AND GUARANTEE:
This food supplement is manufactured in accordance with GMPs according to current pharmaceutical standards (GMPs are the Good Manufacturing Practices of the European Pharmaceutical Industry). The active ingredient content is guaranteed through regular analyses that can be viewed online.

Use

DIRECTIONS:
2 capsules per day divided into two doses with half a glass of water, at mealtimes.

WARNINGS:
Consult your doctor in case of simultaneous use of anticoagulants. Not recommended for people undergoing antidepressive treatment. Do not use in case of pregnant or lactating women. Do not exceed the recommended daily dose.

ADVICES:
Does not replace a varied and balanced diet and a healthy lifestyle. If you are undergoing medical treatment, seek your therapist's advice. For adult use only. Keep out of reach of young children.

STORAGE INSTRUCTIONS:
Store in a cool dry place away from sunlight.