



Manufacturers of  
Hypo-allergenic  
Nutritional  
Supplements



# Cereboost™ 6-hour

INTRODUCED 2011

## What Is It?

Cereboost™ 6-hour combines a clinically studied extract of American ginseng, Cereboost™, with the neural adaptogen, *Rhodiola rosea*, providing fast-acting support for alertness and acute visual, spatial and verbal short-term memory.\*

## Uses For Cereboost™ 6-hour

**Cognitive Performance:** The unique ginsenosides in American ginseng (*Panax quinquefolius L.*) are known to support cholinergic neurotransmission in the hippocampus and prefrontal cortex, key brain regions involved in learning and memory. In a randomized, double-blind crossover trial of 32 healthy volunteers given a single dose of Cereboost™, indices of cognitive performance reached clinical and statistical significance within 1 hour and were sustained over a 3-6 hour testing period. These acute benefits were evident in diverse assessments of executive aspects of cognition, including immediate word recall and visuo-spatial information storage and retrieval. *Rhodiola rosea*, an extensively researched adaptogen, complements Cereboost™ by supporting non-cholinergic neural pathways relevant to cognitive performance, including adrenergic and dopaminergic neurotransmission. *Rhodiola* also helps moderate fatigue under stressful conditions.\*

## What Is The Source?

Cereboost™ American ginseng extract is derived from *Panax quinquefolius L.* root and standardized to contain 10% ginsenosides. *Rhodiola rosea* extract is derived from the root and standardized to contain 3% total rosavins and min. 1% salidosides. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil. Starch is derived from potato.

cereboost™ is a trademark of Naturex Inc.

## Recommendations

Pure Encapsulations recommends 1 capsule daily, as needed, between meals.

## Are There Any Potential Side Effects Or Precautions?

Not to be taken by pregnant or lactating women. American ginseng has had reports of cause gastrointestinal, nervous and cardiovascular system effects, however these are similar to placebo. American ginseng is related to panax ginseng, which has had rare reports of insomnia, palpitations, blood pressure changes, edema, rash, headache and vertigo. Consult your physician for more information.

## Are There Any Potential Drug Interactions?

American ginseng is contra-indicated with blood thinning medications. It may be contra-indicated with MAOI medications. Individuals on anti-diabetes medication may require blood sugar monitoring. Consult your physician for more information.

### Cereboost™ 6-hour

each vegetable capsule contains v 1

Cereboost™ American ginseng (*Panax quinquefolius L.*) extract .... 200 mg (root)  
(standardized to contain 10% ginsenosides)  
Rhodiola rosea extract (root) ..... 100 mg  
(standardized to contain 3% total rosavins and min. 1% salidosides)  
ascorbyl palmitate (fat-soluble vitamin C) ..... 5 mg  
other ingredients: potato starch, silica

1 capsule per day, as needed, between meals.

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.



— Your Trusted Source —

490 Boston Post Road, Sudbury, MA 01776 USA  
P: 800-753-2277 • F: 888-783-2277  
www.PureEncapsulations.com  
csservice@pureencapsulations.com