

Rapid Mental Energy

Rapid-acting working memory support (in as little as one hour)[†]

INDICATIONS

- Ages 18 and up
- As-needed support for alertness and working memory[†]

BENEFITS

- Sharpens working memory[†]
- Supports alertness[†]
- Supports cognitive performance[†]

FEATURES

- Two clinically backed ingredients
- Not known to interfere with sleep
- Can be safely used with caffeine

VERIFIABLE SCIENCE

Rapid Mental Energy combines clinically studied extracts, *Alpinia galanga* (enXtra) and American ginseng (Cereboost®), to support alertness and sharpen working memory.¹⁻⁵ In a randomized, double-blind, placebo-controlled crossover study, enXtra significantly increased alertness scores from baseline values at 1 hour, 3 hours and 5 hours after a single 300 mg dose.¹ Alertness scores were significantly greater in the enXtra group compared to placebo ($p=0.04$) at 3 hours post-dose. While enXtra supports alertness and attention network function (the ability to direct mental resources to a specific task), Cereboost® provides fast-acting support for acute visuospatial and verbal short-term (working) memory.¹⁻⁵ In a study of 52 healthy middle-aged adults, Cereboost® (200 mg) improved working memory 3 hours after a single dose.² In a randomized controlled clinical trial of 61 healthy young adults, daily use of Cereboost® (200 mg) improved working memory and attention.³ In a randomized, double-blind crossover trial of 32 healthy volunteers, a single dose of Cereboost® (200 mg) improved working memory (immediate word recall and visuo-spatial information retrieval) at 1 hour post-dose and was sustained over a 6 hour testing period.⁴ The ginsenosides in Cereboost® support cholinergic neurotransmission in the hippocampus and prefrontal cortex, key brain regions involved in learning and memory.^{5†}

SUGGESTED USE

As a dietary supplement, take 1 capsule as needed, with or between meals, or as directed by a health professional.

STORAGE

Store in a cool, dry place.

WARNING

Not to be taken by pregnant or lactating women. If have any health condition or are taking any medication, consult your health professional before use.

SOURCE

- *Alpinia galanga* extract is derived from the rhizome
- American ginseng is derived from *Panax quinquefolius* L. root extract and standardized for ginsenosides
- Ginkgo is derived from *Ginkgo biloba* leaf extract and standardized for ginkgoheterosides and terpene lactones

NOTES

Size 00 caps

Bottle count 30

Order code RME3

Bottle size 75cc

REFERENCES

1. Srivastava S, Mennemeier M, Pimple S. *J Am Coll Nutr.* 2017 Nov-Dec;36(8):631-639. doi: 10.1080/07315724.2017.1342576.
2. Bell L, Whyte A, Duysburgh C, et al. *Eur J Nutr.* 2022 Feb;61(1):413-428.
3. Ossoukhova A, Owen L, Savage K, et al. *Human Psychopharmacol.* 2015;30(2):108-122.
4. Scholey A, Ossoukhova A, Owen L, et al. *Psychopharmacology.* 2010;212(3):345-356.
5. Shin K, Guo H, Cha Y, et al. *Regul Toxicol Pharmacol.* 2016 Jul;78:53-8.

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SUPPLEMENT FACTS

1 capsule as needed, with or between meals.

One (size 00) capsule contains:

enXtra greater galangal (<i>Alpinia galanga</i>) extract (rhizome)	300 mg
Cereboost® American ginseng (<i>Panax quinquefolius</i> L.) extract (root) (standardized to contain 10% ginsenosides)	200 mg
Ginkgo (<i>Ginkgo biloba</i>) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	80 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), hydroxypropyl cellulose

Cereboost® is used under license from Givaudan Flavors Corporation.

enXtra is a licensed trademark of OmniActive Health Technologies Ltd.



Rapid Mental Energy	Quantity	Order Code
	30	RME3

[†]Visit PureEncapsulations.com for more information about our GMO policy.

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



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