

Bacopa monnieri

Traditional support for mental clarity and relaxation[†]

INDICATIONS

- Ages 18 and up
- Mental clarity, relaxation and mild stress relief[†]

BENEFITS

- Supports the nervous system, cognitive capacity and memory[†]
- Promotes relaxation and mental clarity when under mild stress[†]
- Provides antioxidant protection[†]

FEATURES

- Used for centuries by Ayurvedic medicine
- Made with high-quality ingredients backed by verifiable science

VERIFIABLE SCIENCE

Ayurvedic medicine has utilized *Bacopa monnieri* traditionally for centuries to support the nervous system, cognitive capacity and memory. Over the last thirty years, preliminary clinical trials have suggested encouraging results. A three-month trial conducted by Australian scientists suggests that bacopa may support learning, moderate stress and support memory.¹ An animal study suggests the potential for bacopa to support mental function under stress.² In a double-blind, randomized, placebo-controlled investigation, bacopa supported memory retention in adult subjects.³ The effects of this extract may, in part, be explained by antioxidant protection of important processing centers in the brain, including the frontal cortex, striatum and hippocampus.⁴ Bacopa also may help to promote healthy synaptic activity and neurotransmission in the brain.^{5†}

SUGGESTED USE

As a dietary supplement, take 1 capsule, 1-3 times daily, with meals.

STORAGE

Store in a cool, dry place.

WARNING

If you are pregnant or lactating, have any health condition or taking any medication, consult your health professional before use.

SOURCE

- *Bacopa monnieri* extract is derived from the leaf and standardized to contain 20% bacosides
- Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil
- Hypo-allergenic plant fiber is derived from pine cellulose

NOTES

Size 0 caps

Bottle count 180

Order code BA1

Bottle size 290 cc

REFERENCES

1. Stough C, et al. *Psychopharmacology (Berl)*. 2001 Aug;156(4):481-4.
2. Chowdhuri DK, et al. *Phytother Res*. 2002 Nov;16(7):639-45.
3. Roodenrys S, et al. *Neuropsychopharmacology*. 2002 Aug;27(2):279-81.
4. Bhattacharya SK, et al. *Phytother Res*. 2000 May;14(3):174-9.
5. Simpson T, et al. *Evid Based Complement Alternat Med*. 2015; 2015: 615384.

SUPPLEMENT FACTS

1 capsule, 1-3 times daily, with meals.

Each (size 0) vegetarian capsule contains:

Bacopa (*Bacopa monnieri*) extract (aerial parts) 200 mg
(standardized to contain 20% bacosides)

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



Bacopa monnieri	Quantity	Order Code
	180	BA1

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