



# Cognitive & Calming

—pediatric formula—

INTRODUCED 2006

## What Is It?

Cognitive & Calming is a unique blend of nutrients designed to support cognitive health and performance while promoting relaxation and calming.\*

## Uses For Cognitive & Calming

**Cognitive Function:** Lecithin is a source of phospholipids, particularly phosphatidylcholine which is essential for cell signaling, nutrient transport and neural function. One double blind trial involving 80 students indicated that phosphatidylcholine provides cognitive support, particularly for memory. Research suggests l-tyrosine promotes cognitive task performance under stressful conditions and supports memory in a multi-tasking environment. Constituents of *Ginkgo biloba*, ginkgoheterosides and terpene lactones, enhance the flow of oxygen and blood to the brain and support transmission of nerve impulses. Research involving healthy young volunteers suggests that *ginkgo biloba* may enhance information processing speed and mental acuity. Grape seed extract provides powerful antioxidants that help protect healthy nervous system function.\*

**Promotes Relaxation:** Lemon balm has been used traditionally for its relaxing effects. A recent randomized double blind placebo-controlled crossover study recognized its calming properties as well as its ability to support cognitive function. l-Theanine is a unique amino acid associated with the calming properties of tea. In a preliminary study, l-theanine enhanced alpha wave production in the occipital and parietal regions of the brain, an indication of relaxation. l-Tyrosine is a precursor of the catecholamine neurotransmitters, including dopamine, epinephrine, and norepinephrine. These

neurotransmitters are responsible for supporting emotional well-being and mental function. Research suggests lecithin also has the potential to moderate occasional stress.\*

## What Is The Source?

Lecithin is derived from soy and standardized to provide 20% phosphatidylcholine. Lemon balm extract is derived from *Melissa officinalis* and standardized to provide 5% rosmarinic acid. l-Theanine is synthetic. l-Tyrosine is derived from soy. Ginkgo biloba extract (50:1) is standardized to contain 24% ginkgoheterosides and 6% terpene lactose. Grape seed extract is derived from *Vitis vinifera* and standardized to contain 92% polyphenols. Ascorbyl palmitate is derived from corn dextrose fermentation and palm oil.

## Recommendations

Pure Encapsulations recommends:

- Ages 4 to 11, take 1 capsule per day, with or between meals.
- Ages 12 and up, take 2 capsules per day, in divided doses, with or between meals.

## Are There Any Potential Side Effects Or Precautions?

Certain ingredients have been reported to cause nausea, diarrhea, mild headache or stomach upset in a small number of individuals. Rarely, tyrosine can cause headache, fatigue or joint discomfort. If pregnant or lactating, consult your physician before taking this product.


(continued)

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

## Are There Any Potential Drug Interactions?

Tyrosine may interact with L-Dopa or thyroid hormone medications. Ginkgo biloba and grape seed extract may be contraindicated for individuals using aspirin or prescription blood thinners. Consult your physician for more information.

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each vegetable capsule contains  V 2	
Melissa officinalis (lemon balm) extract (leaf).....	40 mg
(standardized to contain 5% rosmarinic acid)	
soy lecithin .....	60 mg
(standardized to contain 20% phosphatidylcholine) .....	
l-theanine .....	20 mg
l-tyrosine (free-form) .....	50 mg
Ginkgo biloba extract (leaf) (50:1).....	20 mg
(standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	
grape (Vitis vinifera) seed extract .....	10 mg
(standardized to contain 92% polyphenols)	
vitamin C (as ascorbyl palmitate) .....	5 mg



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