



Support for mental acuity, focus and memory performance

APPLICATIONS / BENEFITS

- Supports concentration and focus
- Promotes mental clarity and memory
- Supports neurological function and cognition

OVERVIEW

Patient One Cogni-Sharp™ provides a complementary blend of mushrooms and herbs that support focus, mental acuity and brain function at all ages.

This formula promotes sharp cognition, supporting concentration and attention span, addressing memory difficulties and mild forgetfulness, and promoting a healthy mood.

KEY INGREDIENTS

Brain Performance Blend:

Our comprehensive blend featuring mushrooms Cordyceps and Lion's mane, along with brain-supporting botanicals Ginkgo biloba, Gotu kola, *Bacopa monnieri*, Rhodiola, Rosemary and Turmeric, supports healthy neurological function and can help promote a clear mind and normal memory.

The herbal extracts in Cogni-Sharp are widely used in integrative medicine to assist with cognitive function. *Bacopa monnieri* has shown potent activity at the site of human serotonin (5HT-1a) receptors and has been shown to promote various aspects of cognitive performance, information processing, memory and mood. It may help address fuzzy thinking and forgetfulness.

Gotu kola and ginkgo biloba help to support healthy production of neurotransmitters which contribute to normal mood. Gotu kola has been used to support healthy circulation in the brain. Likewise, ginkgo

promotes enhanced cerebral blood flow and healthy red blood cell and platelet function in the brain. It is a free radical scavenger that provides antioxidant defense.

Curcuminoids (from turmeric) and rosemary are also included for their antioxidant properties. Turmeric curcumin helps protect neurons from oxidative stress and supports healthy vascular tissue in the brain. Rosemary diterpenes have also been shown to inhibit neuronal cell death.

Rhodiola is a brain adaptogen that helps balance the brain chemicals serotonin, norepinephrine and dopamine without causing drowsiness or fatigue. It helps moderate occasional mental and physical stress, promoting a healthy mood. Rhodiola supports learning, focus and memory.

Lion's mane, a nootropic mushroom traditionally used to support nervous system health, promotes mental clarity, focus and memory.

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Supplement Facts

Serving Size: 2 Capsules

Servings Per Container: 30

Amount Per Serving

Brain Performance Blend 1,000 mg**

Cordyceps militaris mycelia[†], lion's mane mycelia and fruiting body[†], ginkgo leaf[†], gotu kola herb[†], bacopa herb[†], rhodiola root[†], rosemary herb[†], turmeric root[†]

** Daily Value not established

[†]Organic

Other Ingredients: vegetable capsule (pullulan), organic myceliated brown rice

Free of: milk, egg, fish, peanuts, crustacean shellfish, soy, tree nuts, wheat, yeast and gluten. Free of ingredients derived from GMOs.

Suggested Use: Take 2 capsules once daily as a dietary supplement, or as directed by a health practitioner. Store in a cool, dry place.

Caution: If you are pregnant, nursing, or taking any medications, consult your health practitioner before use. Discontinue use and consult your health practitioner if any adverse reactions occur. **Keep out of reach of children.** Use only if safety seal is intact.

Vegetarian

Gluten Free

Non-GMO

Vegetable Caps

The statements in this document have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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