

COGNISOL



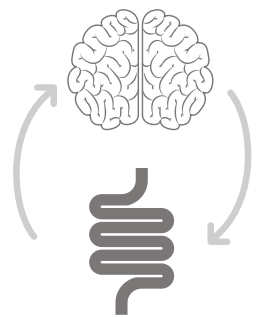
PROBIOTICS FOR OPTIMAL BRAIN HEALTH

Maintaining brain health is the foremost goal in pursuing the health and longevity of a person. The important functions of the brain include interpretation of senses and control of movement; maintenance of cognitive, mental, and emotional processes; and maintenance of normal behavior and social cognition.

Lifestyle has a profound impact on brain health. Food habits, sleeping patterns, and stress management are all critically important to your brain health. Depression, stress, anxiety, and other health disorders may result in mild cognitive impairment and affect mental well-being.

THE LINK BETWEEN BRAIN AND THE GUT MICROBIOTA

The Role of the gut microbiome in maintaining optimal brain health has gained attention in recent years owing to the intricate communication between the gut microbiota and the nervous system mediated by the microbiome-gut-brain (MGB) axis. Hence, modulation of gut microbiota through the consumption of probiotics could be an effective and safe solution for stress management and improved cognitive function.



Millennials experience more depression and anxiety at work compared to any other generation

Fewer than 25% of those with depression worldwide have access to effective treatments

Women are more likely to be diagnosed with depression than men



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HOW EFFECTIVE IS COGNISOL IN MAINTAINING OPTIMAL BRAIN HEALTH?

- The probiotic strains in COGNISOL are chosen based on their ability to produce GABA (Gamma-aminobutyric acid), a neurotransmitter and a natural brain relaxant which makes us feel good
- COGNISOL, in addition, contains L-Glutamine, the precursor of GABA which is essential for brain functioning and mental activity

GABA plays an important role in improving mood, cognition, and the body's response to stress.

BENEFITS OF TAKING COGNISOL



Improves cognitive function



Promotes gut health



Helps relieve anxiety, stress and depression



Helps improve focus

Composition

Each capsule contains:

- Bacillus coagulans Unique IS2 - 2 bn CFU
- Lactobacillus rhamnosus UBLR-58 - 2 bn CFU
- Lactobacillus plantarum UBLP- 40 - 2 bn CFU
- Bifidobacterium lactis UBBLa -70 - 2 bn CFU
- Bifidobacterium infantis UBBI-01 - 1 bn CFU
- Bifidobacterium breve UBBr-01 - 1 bn CFU
- L. glutamine - 250 mg

Dosage

Adults: 1-2 capsules daily

*Pregnant and lactating women should consult a healthcare professional before taking COGNISOL

Storage

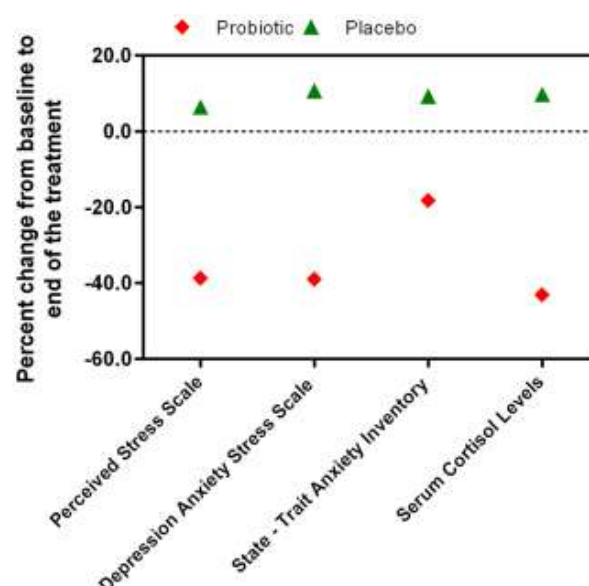
Keep the bottle tightly closed and refrigerated

Shelf life

18 months from the date of manufacture.

Clinically proven to lower stress

In students facing examination stress, a 28-day treatment with COGNISOL significantly reduced the level of stress assessed by using perceived stress scale, depression anxiety stress scale and state trait anxiety inventory.



Ref: Venkataraman, R., Madempudi, R. S., Neelamraju, J., Ahire, J. J., Vinay, H. R., Lal, A., ... & Stephen, S. (2020). Effect of Multi-strain Probiotic Formulation on Students Facing Examination Stress: a Double-Blind, Placebo-Controlled Study. *Probiotics and Antimicrobial Proteins*, 1-7.



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