

Product Information Sheet



Brain & Nervous System Support

CogniFit

Phosphatidylserine & L-Carnitine Complex

CogniFit supports cellular health, especially in the brain. Containing an array of targeted nutrients, this product couples well with Eskimo Brainsharp.

Ingredients:

Each capsule typically contains:

Choline bitartrate	150 mg
Asian Ginseng (Panax Ginseng)	100 mg
Phosphatidylserine	100 mg
Acetyl-L-Carnitine	50 mg
Ginkgo biloba	25 mg

Encapsulated with:

Gelatin
Dicalcium phosphate
Silicon dioxide
Magnesium stearate

Features:

Phosphatidylserine is the major phospholipid in the brain, essential for the fluidity and integrity of cell membranes.

Acetyl-L-Carnitine is important for cellular energy production and neurotransmitter production.

Choline helps to protect the lipid layer of neuronal cell membranes. Deficiency is known to impair memory and brain activity.

Ginkgo biloba helps to support blood flow to the brain.

Supports all-round brain fitness.

Recommendation: 1-3 capsules daily, or as directed.

Caution: Consult with a medical doctor if on anti-coagulant medication.

Product Code: 3292

Package Size: 90