

## Live long. Age well.

**Directions for Berkeley Life Cognitive Support: Take 1 capsule in the morning.**

### **Better Together: Berkeley Life Nitric Oxide Foundation and Cognitive Support**

Supplementing your diet with a consistent, quality source of dietary nitrates is an easy and effective way to support your Nitric Oxide levels, circulation, and cognitive function daily. The Berkeley Life Nitric Oxide Foundation supplement provides adequate NO to help prime your body's vascular pathways for better blood flow to the brain. Pair it with our proprietary Berkeley Life Cognitive supplement for additional, targeted brain-health support.\*

2 capsules once a day of Berkeley Life Foundation, and 1 capsule once a day of Berkeley Life Cognitive, provide a day of Nitric Oxide and cognitive function support.

#### **FAQ:**

##### **Does the Cognitive Support product contain Nitric Oxide?**

No. However, pairing Berkeley Life Nitric Oxide Foundation with Berkeley Life Cognitive Support primes the body's pathway for delivery of the key ingredients within the cognitive formulation.

##### **Best time of day to take the supplement?**

In clinical studies most subjects took the cognitive supplement in the morning. Best results were achieved after taking post lunch to impact the afternoon slump.

##### **What happens if you take it on an empty stomach?**

Taking on an empty stomach is not known to cause issue. Ingredient studies were done under fasting state where fasting blood was collected in morning.

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\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

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## **Supporting Your Brain's Lifelong Potential: A Path to Cognitive Health**

**Stimulant-free support for key cognitive functions:**

- ✓ Processing speed\*
- ✓ Psychomotor speed\*
- ✓ Sustained attention\*
- ✓ Composite & verbal memory\*



# Optimal Brain Health for All Ages

**Cognitive overwhelm can be problematic:** Cognitive overload can affect an individual's ability to handle daily workload, work efficiently, and interact with others.

**Inability to cognitively perform at youthful levels limits freedom:** Cognitive decline can be difficult to experience, as it contributes to a loss of identity and sense of independence. Many individuals, old and young, struggle with forgetfulness, inability to multitask, loss of processing speed, and more.

**Life gets hard, fast.** Patients of all ages experience cognitive overwhelm. Growing amounts of stress in young adults is felt as school, multiple jobs, extracurriculars and life responsibilities are managed.

## Introducing Berkeley Life Cognitive Support

For patients interested in maintaining optimal brain health and function at any age, Berkeley Life Cognitive Support delivers key ingredients where it matters most, helping to:

- Maximize cognitive processing speed\*
- Sustain cognitive attention\*
- Improve psychomotor speed\*
- Optimize working and verbal memory\*

## Nitric Oxide's Role in Cognitive Function

Nitric Oxide (NO) is a signaling molecule and natural vasodilator responsible for relaxing the walls of our arteries and vessels. By opening the body's vascular highways, NO

ensures that blood carrying precious oxygen and nutrients flows to all the organs, including the brain. NO also acts as an important neurotransmitter, supporting cognitive function and more.

Diminished NO levels and blood flow to the brain may contribute to brain fog and other signs of age-related cognitive impairment — whereas improving NO levels and blood flow is shown to reduce cognitive decline.

Once the body's internal highway has been opened through Berkeley Life Nitric Oxide Foundation, Berkeley Life Cognitive Support is a perfect ingredient to layer in and can amplify cognitive function.\*



## A Path to Improving Cognitive Function

Existing market solutions often include caffeine which is well known to disrupt the sleep/wake cycle or cause jitteriness. Berkeley Life Cognitive Support formulation is different by including key ingredients backed by clinical data:

- **Alpinina galanga** has the ability to support healthy levels of acetylcholine by reducing the activity of the enzyme that breaks it down. This promotes functioning of the brain and nervous system.\*
- **Sulforophane** is a natural compound found in cruciferous vegetables. It helps manage oxidative stress, reduce inflammation, and support mood by influencing neurotransmitters.\*
- **Lutein** provides powerful antioxidants to protect the brain from oxidative stress.\*