

Live long. Age well.

Directions for using Berkeley Life Foundation and Cognitive 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.

Why a Cognitive Support product?

People of all ages have trouble with different areas of cognitive performance. We know adequate levels of Nitric Oxide help open the "highway" of the body delivering blood and oxygen from head to toes. This provided us the perfect pathway to load on key ingredients that offer additional support for the brain.

Can I take more than one capsule per day?

The clinically-effective dose of this product is one capsule a day. However, you may work with your provider to titrate the dose up to three per day.

What is the best time to take the Cognitive Support product?

The ingredients in the Cognitive Support product show wonderful results when taken in the morning. We recommend taking it alongside your Nitric Oxide Foundation supplement, but you may also take it after lunch to avoid an afternoon slump!

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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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Better Together: Cognitive Support and Nitric Oxide Foundation

Leverage the Power of Nitric Oxide and Key Cognitive Ingredients for Ultimate Brain Support*



Nitric Oxide's Role in Supporting 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 flow 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.*

Meet Your Brain's New Best Friend

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.

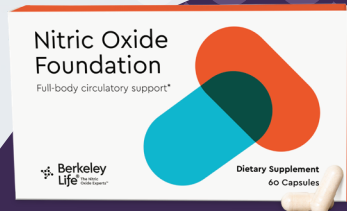
For patients interested in maintaining optimal brain health and function at any age, Berkeley Life Cognitive Support delivers key ingredients where it matters most, helping to:

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

Give Your Brain a Boost

Nitric Oxide shuttles blood, oxygen, and nutrients like the ones in our cognitive support product to the brain. But as a signaling molecule, Nitric Oxide also has several other responsibilities pertaining to the brain:

- NO crosses cell membranes and acts as a neurotransmitter.
- NO regulates hormone release in the hypothalamic pituitary axis (more to do with mood than strictly cognitive function, but it's all related!).
- NO is neuroprotective against oxidative stress.
- NO in the hypothalamus and cerebral cortex is intimately connected to the learning process and memory formulation.
- NO plays a critical role in the gut/brain axis through its role in reducing inflammation and fortifying the mucosal barrier. Happy gut = happy brain.



Nitric Oxide Foundation: A plant-equivalent dietary nitrate to support adequate Nitric Oxide levels.



Cognitive Support: Builds on the benefits of Nitric Oxide and delivers brain-beneficial ingredients like: Alpinina galanga, Sulforophane, and Lutein.