



Helps improve **cognitive function and mental performance**, including **learning and memory**

KEY BENEFITS

- ✓ Improves cognitive function and mental performance, including learning and memory
- ✓ Helps reduce mental and physical fatigue
- ✓ Helps relieve mild anxiety
- ✓ Helps to support stress resistance and adaptation
- ✓ Promotes healthy ageing
- ✓ Ideal for students and during periods of prolonged mental activity

PRODUCT FEATURES

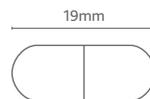
- ✓ Standardised extracts of brahmi and ginkgo plus other herbs traditionally used in Chinese and Western herbal medicine
- ✓ Suitable for adults and children over 6 years

ACTIVE INGREDIENTS

Each tablet contains extracts equivalent to dry:

Brahmi (<i>Bacopa monnieri</i>) whole plant standardised to bacosides as bacoside A	6g 135mg
Ginkgo (<i>Ginkgo biloba</i>) leaf standardised to ginkgo flavonglycosides	2g 9.6mg
Gotu kola (<i>Centella asiatica</i>) leaf	700mg
Siberian ginseng (<i>Eleutherococcus senticosus</i>) root	500mg
Schisandra (<i>Schisandra chinensis</i>) fruit	500mg
Cola nut (<i>Cola acuminata</i>) seed	300mg

Suitable for vegetarians and vegans. NO artificial colours, flavours or preservatives, added yeast, gluten, wheat, nuts, dairy or animal products.



DOSAGE

Adults: Take 2 tablets once or twice daily.
Child 6-12 years: Take 1 tablet once or twice daily.
Child under 6 years: Take as professionally advised.

CAUTIONS/CONTRAINDICATIONS

- Not recommended during pregnancy and breastfeeding

Always read the label. Follow the directions for use. If symptoms persist, worsen or change unexpectedly, talk to your health professional. Made in Australia.

BACKGROUND INFORMATION

MEMORY AND COGNITION

Memory and other cognitive processes naturally decline with age; however, these processes can also be affected by other risk factors such as:

- Poor health
- Genetics
- Stress
- Poor sleep
- Improper diet
- Lack of exercise
- Overconsumption of alcohol
- Smoking
- Minimal social interaction

Altering modifiable risk factors such as diet, exercise as well as smoking and alcohol intake are therefore important. Incorporating lifestyle strategies including relaxation techniques, adequate sleep and reading may also play a role in affecting brain function, especially as we get older.

Herbal ingredients may increase resistance to stress, help relieve mild anxiety, support cerebral (brain) circulation and encourage healthy ageing.

Herbs can also be used to support memory and cognition.

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HERBS TO SUPPORT MEMORY AND LEARNING



Brahmi supports improvements in cognitive function and mental performance including learning and memory and helps to relieve mild anxiety.



Ginkgo supports cerebral (brain) and peripheral circulation, cognitive performance and memory. It can assist in the management of mild dizziness of age-related and vascular origin and promotes healthy ageing.



Siberian ginseng helps to relieve mental and physical fatigue, support stress resistance and energy during physical activity.



Schisandra is used in traditional Chinese medicine as a nervous system tonic and a Qi tonic.

Formula is further supported with gotu cola and cola nut.

COMPANION PRODUCTS



Stress & Anxiety - Contains herbs used to improve stress coping and relieve symptoms of mild anxiety in traditional Chinese and Ayurvedic medicine.



Stress B Multi Advanced - High strength B-complex with green tea and alpha lipoic acid.