



Manufacturers of
Hypo-allergenic
Nutritional
Supplements



CDP-Choline (Cognizin™ brand)

What Is It?

CDP-Choline (citicoline, cytidine 5' diphosphocholine) is 98% pure citicoline, a highly purified, endogenous, nucleic acid precursor to phosphatidylcholine, an important nutrient for brain cell membrane integrity and fluidity. This highly bioavailable compound also converts to acetylcholine, a critical neurotransmitter essential for healthy cell-to-cell communication as well as for memory storage and recall.*

Uses For CDP-Choline

Memory And Cognitive Support: Used throughout Europe and Japan to help promote neurological function and memory capacity, citicoline has been the focus of multiple studies. A clinical trial held at the Consolidated Department of Psychiatry, Harvard Medical School, reported that oral citicoline supplementation promoted phospholipid biosynthesis. Another study suggested that citicoline promotes the activity of phosphocholine cytidyltransferase (CTP), the rate-limiting enzyme in the phosphatidylcholine synthesis pathway in brain cells. A study conducted at the Department of Neurological Surgery, Cardiovascular Research Center, University of Wisconsin, reported that citicoline attenuates phospholipase A2 (PLA2), which helps to maintain healthy arachidonic acid metabolism. As a result, researchers suggested that citicoline may help to moderate the formation of reactive oxygen species, lipid peroxides, and leukotrienes within cerebral tissue. A randomized, double blind, placebo controlled clinical trial conducted at the Clinical Research Center, Massachusetts Institute of Technology, indicated that citicoline promoted healthy verbal memory function. Another clinical study reported that citicoline helped improve neurological health and was well tolerated. Furthermore, a double blind, placebo-controlled study suggested that citicoline promoted healthy cerebral blood flow and brain bioelectrical activity.*

What Is The Source?

Cognizin™ brand CDP-choline is synthetically derived. Hypo-allergenic plant fiber is derived from pine cellulose. Cognizin™ is a registered trademark of Kyowa HAKKO USA Inc.

Recommendations

Pure Encapsulations recommends 2-4 capsules daily, in divided doses, with or between meals.

Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Sensitive individuals may experience some GI upset or headache when taking this product. Consult your physician for more information.

Are There Any Potential Drug Interactions?

At this time, there are no known adverse reactions when taken in conjunction with medications.

CDP-Choline (Cognizin™ brand)

each vegetable capsule contains



citicoline (cytidine 5' diphosphocholine).....250 mg.
(hypo-allergenic plant fiber added to complete capsule volume requirement)

2-4 capsules per day, in divided doses, with or between meals.

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.