



A 30 Year Legacy Branded Ingredient with a Rich History of Science that Keeps on Delivering

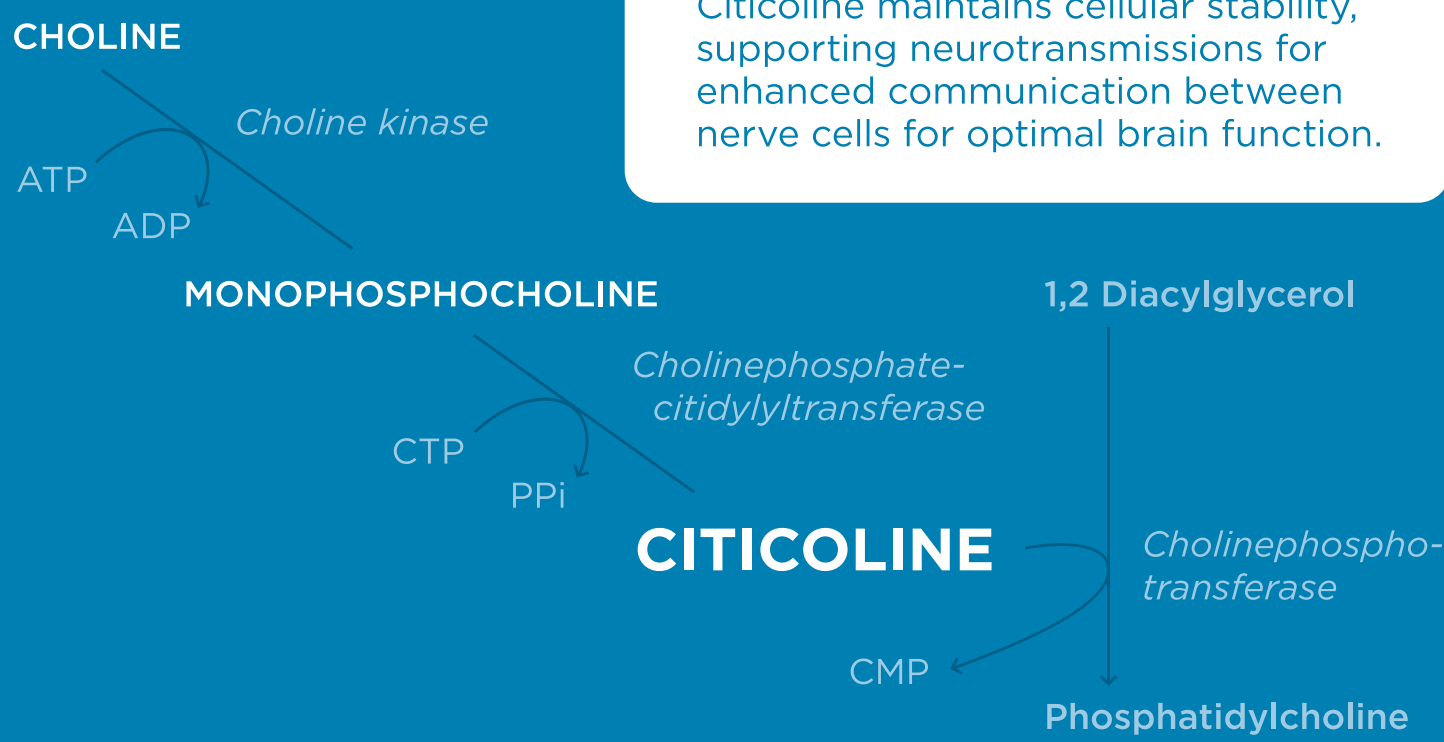
What is Cognizin?

Cognizin® is a patented form of citicoline, a naturally occurring nucleotide found in the brain that stimulates phospholipids.

How is it Made?

Cognizin® is manufactured by Kyowa Hakko, who has a rich history and expertise in the fermentation of amino acids. Cognizin is made by a proprietary fermentation process to produce high-quality citicoline, ensuring purity and bioavailability.

The Science That Makes It Work



Citicoline maintains cellular stability, supporting neurotransmissions for enhanced communication between nerve cells for optimal brain function.

How Cognizin Can Benefit Active Nutrition Users



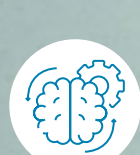
Elevate Focus

Cognizin helps active nutrition users find their focus by supporting attention and mental clarity.



Stay On Task

Cognizin is a source of citicoline which has been shown to aid in motor function and processing speed.



Power Your Brain

Citicoline supports the production of adenosine triphosphate (ATP), a primary energy source of the cells. More ATP mean more readily available energy for the brain cells, which supports overall cognitive function.

Cognizin® as a Non-Stimulant for Mental Energy

	COGNIZIN®	vs	CAFFEINE
MOA Mechanism of Action	A precursor to phosphatidylcholine, a key component of cell membranes. Citicoline increases multiple phospholipids as well as raises acetylcholine, a neurotransmitter know to support optimal cognitive function.		A central nervous system stimulant that works by blocking the action of adenosine to increase alertness and reduce fatigue.
Duration of Effects	Some immediate effect is expected while also consistent supplementation opens additional benefits over time.		15-45 minutes after consumption and lasting several hours. Effects may diminish over time with regular use.
Energy Effects	Citicoline supports a healthy brain function which can contribute to support energy levels.		Stimulating the central nervous system for an immediate boost in energy, which could lead to jitteriness and crash as it wears off.