



Cognizin® citicoline (Kyowa Hakko)

What is it?

Cognizin® is a branded, patented form of citicoline that supports several facets of brain health like focus and memory. Citicoline is important for brain function as it supports brain energy and helps with communication between cells. (<https://cognizin.com/en/about>) Cognizin® is safe, well tolerated, and formulated into several functional beverages, foods, and supplements on the market.

What benefits does it offer?

Citicoline has been widely studied over the last few decades and is shown to help protect the brain and increase its metabolism. In multiple clinical trials conducted over nearly 20 years, Cognizin® has been shown to improve memory, attention, and focus. Cognizin® has been studied in esports participants as well as older adults, both men and women, all showing enhanced brain function. It supports your brain health regardless of age or stage of life, supporting the path toward longevity.

For more information, visit <https://cognizin.com>.