

Acumen

Clinically demonstrated to support spatial working memory¹, new information retention², stress management, and mood^{3†}

Introduction

Bacopa monnieri, commonly known as Brahmi, is an adaptogen with a long history of traditional use for memory, cognitive function, and stress management. Each capsule of Klaire Labs' Acumen contains 320 mg of clinically studied *Bacopa monnieri* extract CDRI 08®.

Product features

- CDRI 08 is an extensively researched *Bacopa monnieri* extract, including six human clinical trials
- Supports neuronal cell health, neurotransmitter balance, intraneuronal communication, and enhanced microcirculation[†]
- Well-tolerated by adults and children 7 years and older, with no stimulant effects

Mechanisms of action

- Supports neural connections related to memory[†]
- Supports free radical scavenging activity in the brain[†]
- Supports cerebral blood flow in the brain[†]
- Supports synaptic plasticity[†]
- Supports Brain-Derived Neurotrophic Factor (BDNF) and Serotonin[†]

Research

In a double-blind, placebo-controlled trial, subjects were randomly allocated to receive either *B. monnieri* CDRI 08 (300 mg) or placebo.³ Neuropsychological testing was conducted at induction, 5 weeks, and 12 weeks. The group receiving CDRI 08 showed significantly improved speed of visual information processing (IT Task), learning rate, and memory consolidation (AVLT) with maximal effects evident after 12 weeks.

Another double-blind, placebo-controlled study enrolled 107 health participants with 62 completing the study at 80% treatment compliance.¹ After 90 days (2x 150 mg CDRI 08 or placebo), the *Bacopa monnieri* recipients demonstrated significantly improved spatial working memory as assessed by the Cognitive Drug Research cognitive assessment system.

Two separate double-blind, placebo-controlled trials were published in 2013. The first was a crossover study of 24 healthy volunteers, in which subjects completed six repetitions of the Cognitive Demand Battery after consuming 320 mg or 640 mg of CDRI 08 *B. monnieri*, or a matching placebo.⁴ Investigators found a significant shift from baseline scores indicating that the 320 mg group had improved performance at the first, second, and fourth repetition post-dosing. The second study in 2013 was also a crossover study, with 17 healthy volunteers, designed to assess the acute effects of CDRI 08.³ Each participant completed a multitasking framework at baseline, 1 hour, and 2 hours after consuming a placebo, 320 mg, and 640 mg of the *Bacopa monnieri* extract. Treatments were separated by a 7-day washout period. Change from baseline scores indicated positive cognitive effects, most notably on the Letter Search and Stroop tasks at both 1 hour and 2 hours post consumption. These findings suggest an earlier nootropic effect than previously investigated. Increase in positive mood and reduction in cortisol levels were also indicative of a physiological mechanism for stress reduction associated with consumption of CDRI 08.

Conclusion

Klaire Labs' Acumen offers the robustly studied, high potency CDRI 08 extract of *Bacopa monnieri* documented to improve learning, memory, and mood.[†]

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

Formula

SUGGESTED USE: Adults: 2 capsules daily with food, preferably in the morning with breakfast, or as directed by a healthcare professional. Children over 7 years: 1 capsule daily with food, preferably in the morning with breakfast. Children 4-7 years: Consult a healthcare professional.

| Supplement Facts | | |
|---|---------------|---|
| Serving Size 2 Capsules | | |
| Amount Per 2 Capsules | % Daily Value | |
| Bacopa Extract (<i>Bacopa monnieri</i>) (whole plant: aerial) CDRI08*† | 320 mg | * |

*Daily Value not established.



Other ingredients: Microcrystalline cellulose, vegetarian capsule (hydroxypropyl methylcellulose, water), and silicon dioxide.

†CDRI 08® is a registered trademark of Soho Flordis International Pty Ltd.

ACU 60 vegetarian capsules

How supplied

60 vegetarian capsules per bottle.

Storage

Store in a cool, dry place (59°F to 85°F) away from direct light. Keep out of reach of children.

References

1. Stough C, Downey LA, Lloyd, J et al. Examining the nootropic effects of a special extract of *Bacopa monniera* on human cognitive functioning: 90 day double-blind placebo-controlled randomized trial. *Phytother Res*. 2008 Dec;22(12):1629-34
2. Roodenrys S, Booth D, Bulzomi S. Chronic effects of Brahmi (*Bacopa monnieri*) on human memory. *Neuropsychopharmacology*. 2002 Aug;27(2):279-81.
3. Stough C, Lloyd, J, Clarke J, et al. The chronic effects of an extract of *Bacopa monnieri* (Brahmi) on cognitive function in healthy human subjects. *Psychopharmacology*. 2001 Aug;156(4):481-4.
4. Downey, LA, Kean J, Nemeh F, et al. An acute, double-blind, placebo-controlled crossover study of 320 mg and 640 mg doses of a special extract of *Bacopa monnieri* (CDRI 08) on sustained cognitive performance. *Phytother Res*. 2013 Sep;27(9):1407-13.

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

klair.com | 888 488 2488

©Copyright 2018 SFI USA. All rights reserved. No part of this publication may be reproduced, stored, or transmitted in any form by any means, including electronic, mechanical, photocopying, or otherwise, without prior written permission of the copyright owner.

ACUTDS180905.01