




# Cognivia™

Unique natural combination of Sage extracts  
for cognitive performance

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- Innovative formulation with synergistic activity
  - Enhancement of memory & cognition
  - Efficacy from single dose to prolonged use

**Sage** has been used for centuries for its multiple health benefits. **Cognivia™** is a unique synergistic combination of two Sage species specifically developed for people wishing to improve their memory and concentration.

## Clinically proven effects of Sage on cognitive performance

5 published **clinical studies** have established memory and alertness improvements related to the use of 2 Sage species (from 1 to 6 hours after single intake).<sup>(1)(2)(3)(4)(5)</sup>

### Spanish Sage essential oil:

*Salvia lavandulifolia* essential oil improves<sup>(1)</sup>:

- Quality of memory especially long-term memory
- Speed of memory

### Garden Sage leaf:

*Salvia officinalis* leaf improves cognitive performance particularly at achieving attention tasks.<sup>(2)</sup>

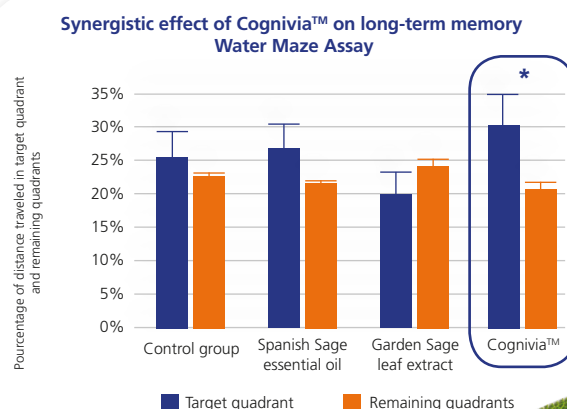
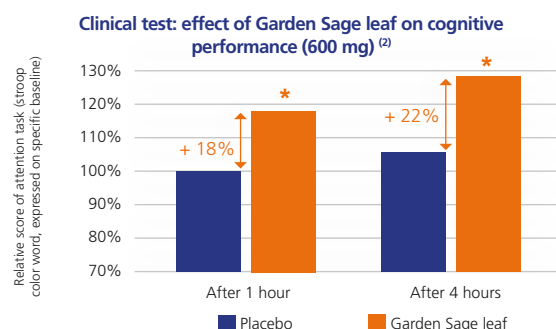
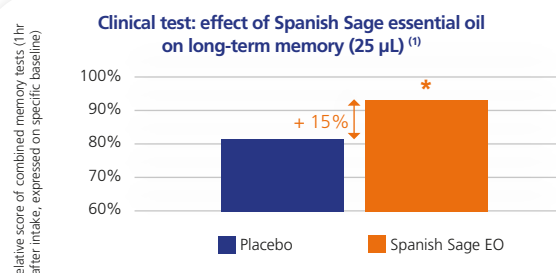
## Cognivia™, innovative synergy for cognitive benefits

**Cognivia™** is the first ingredient to combine Garden Sage leaf extract and Spanish Sage encapsulated essential oil for **an enhanced efficacy**.

Nexira's recent *in vivo* study shows the **beneficial synergistic effect** on **long-term memory**, in both single dose and prolonged use.<sup>(6)</sup> Cognivia™ demonstrated significant results compared to individual Sage sources.

Studies show that these two Sage species act by inhibiting acetylcholinesterase and therefore increase duration and action of acetylcholine neurotransmitter. Following the positive results demonstrated in our *in vivo* study, Nexira is working on additional scientific evidence.

- **Pending claims<sup>(7)</sup>:** « Helps maintaining optimal mental well-being, e.g., maintaining concentration, attention and memory » + « Helps to maintain memory with age decline and to preserve cognitive function »
- **Recommended dosage:** from 400 mg to 600 mg\*\* a day
- **Water-dispersible powder** suitable for a wide range of applications



\*p<0,05 - \*\*equivalent to maximum clinically observed efficacy on both species

(1) N.T.J. TILDESLEY et al. Positive modulation of mood and cognitive performance following administration of acute doses of *Salvia lavandulaefolia* essential oil to healthy young volunteers. *Physiology & Behavior* 83 (2005) 699-709.  
 (2) D.O. KENNEDY et al. Effects of Cholinesterase Inhibiting Sage (*Salvia officinalis*) on Mood, Anxiety, and Performance on a psychological Stressor Battery. *Neuropsychopharmacology* (2006) 31, 845-852.  
 (3) A.B.SCHOLEY et al. An extract of *Salvia* (Sage) with anticholinesterase properties improves memory and attention in healthy older volunteers. *Psychopharmacology* (2008) 198:127-139.  
 (4) N.T.J. TILDESLEY et al. *Salvia lavandulaefolia* (Spanish Sage) enhances memory in healthy young volunteers. *Pharmacology, Biochemistry and Behavior* (2003) 75: 669-674.  
 (5) D.O. KENNEDY et al. Monoterpenoid extract of Sage (*Salvia lavandulaefolia*) with cholinesterase inhibiting properties improves cognitive performance and mood in healthy adults. *Journal of Psychopharmacology*. (2011) 25(08): 1088-1100.  
 (6) NutriBrain research and technology transfert - Bordeaux (France) - (7) European Food Safety Authority pending claim (ID 4144 on *Salvia lavandulaefolia*)

