



# Bacopa

## Health Benefits:

- 🌿 Bacopa provides cognitive benefits by supporting working memory and information-processing speed.
- 🌿 May support feelings of wellbeing.
- 🌿 Promotes focus, mental clarity and sustained attention for children and adults.
- 🌿 May modulate neurotransmitters, including acetylcholine, dopamine, and serotonin.
- 🌿 Exhibits adaptogenic properties that support stress resilience in children and adults.

## Formulation Features:

- 🌿 Restorative Formulations Bacopa offers 400 mg Bacopa per capsule, with a 3:1 combination of organic whole-herb bacopa plus bacopa extract to achieve optimal benefits from a variety of phytochemicals.
- 🌿 Each capsule provides over 35 mg bacoside total, whole herb and extract combined. The standardized extract is measured using HPLC- the highest standard of testing.



RF-1071

<b>Supplement Facts</b>		
Serving Size: 1 Capsule		
Servings Per Container: 90		
	Amount Per Serving	% DV
Organic Bacopa Herb ( <i>Bacopa monnieri</i> )	300 mg	†
Bacopa Herb Extract	100 mg	†
Bacosides 20 mg		

† Daily Value (DV) not established

**Other ingredients:** Vegetable Cellulose  
All Organic Herbs are Certified Organic



PHYSICIAN OWNED  
& OPERATED



CERTIFIED  
ORGANIC



VIRTUAL  
DISPENSARY



EDUCATIONAL  
WEBINARS



THIRD PARTY  
TESTING



FREE PRACTITIONER  
CONSULTS



HIGHEST  
POTENCY



1 PERCENT  
DONATIONS

The statements on this page have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent disease.

Bacopa provides a variety of cognitive benefits for both children and adults.

## Key Ingredients

### Bacopa

*Bacopa monnieri* is a traditional Ayurvedic herb that has been used for centuries to support mental performance and healthy stress responses. Its key active compounds, called bacosides, have been studied for their ability to:

- Support neurotransmitter activity by helping maintain healthy communication between brain cells.
- Encourage brain connectivity by helping maintain efficient signaling pathways that are important for learning and memory.
- Promote healthy stress adaptation by supporting balanced cortisol levels and a calm mood, as shown in human studies.
- Support circulation in the brain which may contribute to overall cognitive function and clarity. One clinical trial in Australia showed that Bacopa significantly improved memory acquisition and retention in healthy older adults.

Bacopa has been studied for cognitive support, specifically in children exhibiting signs of inattention or focus challenges. In a 16-week randomized, double-blind, placebo controlled study, bacopa was shown to improve executive function, interpersonal problems, and cognitive flexibility. In addition, it had a significant benefit over conventional therapies because bacopa does not have stimulant effects.

### Supplementation

Adults take 1 capsule 1-3 times per day, or as directed by your health care practitioner.

### Also Recommended

Neuro-Protect Px pairs well with Bacopa to help support cognitive function and neurotransmitter balance.