



NeuroPerform

STAY SHARP!



**All New Roots Herbal Products Are Tested
in Our ISO 17025–Accredited Laboratory**

Healthy living relies upon keeping a sound mind in a healthy body. A well-balanced diet and regular exercise are well within reach for most of us. Maintaining cognitive functions—such as attention and focus, memory and learning, language, as well as calculation abilities—is more complex, but not out of reach.

The brain relies upon two compounds produced by the body—acetylcholine and phosphatidylcholine—both crucial for cognitive performance. Their production relies on choline, a water-soluble essential nutrient. Although naturally produced by the body, the amount is insufficient for our needs, thus our bodies rely on its intake via food or supplementation.

Given a diet rich in organ meats, dairy, eggs, and poultry, our youthful bodies should have adequate amounts of choline to produce acetylcholine and phosphatidylcholine. But as we age,



brain choline uptake is decreased. Vegetarians and vegans, endurance athletes, and those with certain genetic variations or specific conditions can also be prone to a deficiency of this critical nutrient.

Adding foods rich in choline to your diet is a smart move to lessen the risk of choline deficiency. However, most dietary choline is inefficient in crossing the blood-brain barrier. Citicoline is a preferred form of choline supplementation due to its increased bioavailability for the brain.

Randomized, double-blind, placebo-controlled trials have shown regular consumption

NeuroPerform



of citicoline to be potentially beneficial for combatting age-related memory loss.

NeuroPerform is formulated with 250 mg of citicoline and 14 mg of choline sourced from choline bitartrate. NeuroPerform can be your ally for the maintenance of a sharp mind.



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Each vegetable capsule contains:

Citicoline (cytidine-5'-diphosphocholine)..... 250 mg
Choline (choline bitartrate)..... 14 mg

Other ingredients:

Microcrystalline cellulose, vegetable magnesium stearate, and silicon dioxide in a non-GMO vegetable capsule composed of vegetable carbohydrate gum and purified water.

V0744-R1 · NPN 80110011

Directions of use:

Adults 19 years and older: Take 2 capsules once or twice daily or as directed by your health care practitioner.

Manufactured under strict GMP (Good Manufacturing Practices).

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