

Directions: Take 1 capsule in the morning and 1 capsule in the afternoon with a meal.

Other Ingredients: Hypromellose, Microcrystalline Cellulose, Maltodextrin, Magnesium Stearate, Gelatin (bovine), Silicon Dioxide, Carrageenan, Dicalcium Phosphate, Ethylcellulose, Rice Flour, Starch.

Contains: Soy and Fish

NO: Milk, Egg, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Artificial Flavors or Synthetic dyes.

This product contains 40mg of naturally occurring caffeine per serving.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

WARNING: Consult your healthcare professional prior to use if you have or suspect a medical condition, are taking prescription drugs, or are pregnant or lactating.

Manufactured by NATROL LLC
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www.CogniumMind.com

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

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NATROL®

BRAIN
HEALTH

COGNIUM® COMPLETE

**Boost Brain Health
Function†**

**60 CAPSULES
DIETARY SUPPLEMENT**

Supplement Facts

Serving Size: 1 Capsule

Amount Per Serving		% DV
Vitamin A (as Retinyl Acetate)	450 mcg RAE	50%
Vitamin D (as Cholecalciferol)	10 mcg	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	7.5 mg	50%
Vitamin B1 (as Thiamine HCL)	0.6 mg	50%
Vitamin B2 (as Riboflavin)	0.65 mg	50%
Vitamin B3 (as Niacinamide)	8 mg	50%
Vitamin B6 (as Pyridoxine HCL)	0.85 mg	50%
Folate	200 mcg DFE (118 mcg Folic Acid)	50%
Vitamin B12 (as Cyanocobalamin)	1.2 mcg	50%
Zinc (as Zinc Oxide)	5.5 mg	50%
Selenium (Selenium yeast)	27.5 mcg	50%
Chromium (as Amino Acid Chelate)	17.5 mcg	50%
Silk Protein Hydrolysate (65%)	100 mg	*
Phosphatidylserine	50 mg	*
Fish Oil Concentrate (contains EPA, DHA and other Omega-3 fatty acids)	38 mg	*
Green Coffee Bean Extract (Coffea robusta and arabica)	57 mg	*
Ginkgo Biloba Extract (leaf) (Standardized Extracts)	25 mg	*

*Daily Value (DV) not established.

LOT/EXP: