

Other Ingredients: Hypromellose, Microcrystalline Cellulose, Maltodextrin, Magnesium Stearate, Gelatin (Bovine), Caramel (color), Silicon Dioxide.

Contains: Soy and Fish

Distributed by NATROL LLC
Sherman Oaks, CA 91403, USA
1-800-2-NATROL (800-262-8765) • www.natrol.com

NO: Milk, Egg, Crustacean Shellfish, Tree Nuts, Peanuts, Wheat, Sesame

SUGGESTED USE: Adults, take 1 capsule in the morning and 1 capsule in the afternoon with a meal.

WARNING: Consult a healthcare professional before using this product if you are pregnant, nursing, under the age of 18, are taking medication or have a medical condition; if adverse reactions occur, discontinue use.

KEEP OUT OF REACH OF CHILDREN.

STORE IN A COOL, DRY PLACE.

This product contains 40mg of caffeine per serving.

www.CogniumMind.com

Do not use if safety seal is damaged or missing.

†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.

ITEM: 7773.911 F: 3003410 L: 2010303-23164



APPROX.
FILL LINE

NATROL®

BRAIN HEALTH

COGNIUM®
COMPLETE

Boosts brain health function†

Enhances clarity†

**100%
DRUG
FREE**

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 (400 IU)	50%
Vitamin E (as d-alpha Tocopheryl Succinate)	7.5 mg	50%
Thiamin (as Thiamine HCl)	0.6 mg	50%
Riboflavin	0.7 mg	50%
Niacin (as Niacinamide)	8 mg	50%
Vitamin B6 (as Pyridoxine HCl)	0.9 mg	50%
Folate (118 mcg Folic Acid)	200 mcg DFE	50%
Vitamin B12 (as Cyanocobalamin)	1.2 mcg	50%
Zinc (as Zinc Oxide)	5.5 mg	50%
Selenium (from Selenium yeast)	27.5 mcg	50%
Chromium (as Amino Acid Chelate)	17.5 mcg	50%
Silk Protein Hydrolysate Complex	100 mg	*
Phosphatidylserine (PS)	50 mg	*
Green Coffee Bean Complex (<i>Coffea robusta</i> , <i>Coffea arabica</i>)	57 mg	*
Fish Oil Complex (contains Omega-3 fatty acids, including EPA and DHA)	38 mg	*
Ginkgo Biloba Extract (<i>Ginkgo biloba</i> L.) (Leaf)	25 mg	*

*Daily Value (DV) not established.

LOT/EXP: