



**COGNITUNE
SMARTER HEALTH**

60 VEGAN CAPSULES

NuClarity

Nootropic Brain Supplement

Nootropic Supplement

NuClarity is an innovative and effective nootropic supplement designed to enhance cognitive performance and support overall brain health. Its unique blend of natural ingredients helps to improve focus, memory, mental clarity, and mood, while also providing long-term benefits such as improved brain function and protection against cognitive decline.

Whether you're a student looking to improve your academic performance, a busy professional seeking to enhance productivity, or simply someone who wants to maintain optimal brain health, NuClarity is the perfect solution.

Ingredients

Alpha-GPC	200mg
Huperzine A	100mg
Ginkgo Biloba	100mg
Rhodiola Rosea	100mg
Bacopa Monnieri	300mg
Phosphatidylserine	100mg
N-Acetyl-L-Carnitine	150mg



Allergen Free

free from all of the priority allergenic foods: peanuts, tree nuts, milk, eggs, fish, crustaceans/shellfish, soybeans & wheat



Gluten Free

does not contain gluten- protein found in wheat and several other grains



Non-GMO

verified to have been grown and processed without genetic modification



Soy Free

does not contain soybeans and all foods containing by-products of soybeans

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Health Benefits

BACOPA MONNIERI

Bacopa monnieri supplements, studies suggest, have neuroprotective and antioxidant properties, as well as potential benefits for memory, attention, and other aspects of cognitive function. Additionally, some studies suggest that Bacopa monnieri may have anxiolytic effects and may help reduce symptoms of anxiety.

GINKGO BILOBA

Ginkgo biloba supplements contain antioxidant and anti-inflammatory properties, as well as potential benefits for memory, attention, and other aspects of cognitive function. Additionally, Ginkgo biloba may have vasodilatory effects, which means it may improve blood flow to the brain and other parts of the body. Some studies suggest that Ginkgo biloba may have benefits for anxiety, depression, and other mood disorders.

HUPERZINE A

Huperzine A supplements may have potential benefits for memory, attention, and other aspects of cognitive function. Huperzine A works by inhibiting the breakdown of acetylcholine, a neurotransmitter in the brain that is essential for learning and memory. Huperzine A may also have neuroprotective effects, meaning it may help protect the brain from damage and degeneration.

ALPHA-GPC

Alpha-GPC may improve memory and attention. Alpha-GPC may also have potential benefits for athletic performance, including improved power output and muscle endurance.

RHODIOLA ROSEA

Rhodiola Rosea supplements have shown to have potential benefits for mood and cognitive function, including improved memory, concentration, and attention. Additionally, Rhodiola Rosea may help improve physical endurance and reduce fatigue during exercise.

Additional Resources

1. [Stough, et al. \(2001\). The chronic effects of an extract of Bacopa monnieri \(Brahmi\) on cognitive function in healthy human subjects](#)
2. [Calabrese, et al. \(2008\). Effects of a standardized Bacopa monnieri extract on cognitive performance, anxiety, and depression in the elderly: a randomized, double-blind, placebo-controlled trial](#)
3. [Pase, et al. \(2012\). The cognitive-enhancing effects of Bacopa monnieri: a systematic review of randomized, controlled human clinical trials](#)
4. [Darbinyan, et al. \(2007\). Clinical trial of Rhodiola rosea L. extract SHR-5 in the treatment of mild to moderate depression](#)
5. [Hung, et al. \(2011\). The effectiveness and efficacy of Rhodiola rosea L.: a systematic review of randomized clinical trials](#)
6. [Kaschel \(2011\). Specific memory effects of Ginkgo biloba extract Egb 761 in middle-aged healthy volunteers](#)
7. [Zhang, Tang \(2006\). Neuroprotective effects of huperzine A: new therapeutic targets for neurodegenerative disease](#)
8. [Nootropic for Focus & Mental Clarity - How Do They Work?](#)
9. [Best Nootropic Supplement that Will Unlock Your Brain](#)
10. [11 Best Nootropic Supplements for Improving Focus](#)



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NOOTROPIC SUPPLEMENT

NuClarity

For Best Results

CONSISTENCY IS KEY

It is recommended to take it consistently for at least several weeks at an effective dose as part of an overall wellness plan that includes a healthy diet, exercise, and quality sleep.

TAKE AN EFFECTIVE DOSE

Start with one serving and gradually increase as needed. Many individuals find that adding an extra daily serving helps to enhance the results, provided that they tolerate the product well.

OPTIMIZE YOUR DIET

A healthy, balanced diet can enhance the effectiveness of nootropics. Focus on consuming nutrient-dense foods, and avoid processed or sugary foods.

STAY HYDRATED

Adequate hydration is crucial for brain function. Make sure to drink plenty of water throughout the day.

GET ENOUGH SLEEP

Quality sleep is essential for cognitive function and overall health. Aim for seven to eight hours of sleep per night to optimize the effects of nootropics.

EXERCISE REGULARLY

Regular exercise can boost cognitive function and enhance the benefits of nootropics. Aim for at least 30 minutes of physical activity per day.

WHAT TO AVOID

Avoid consuming alcohol while taking nootropics as it can reduce their effectiveness and increase the risk of adverse effects.

Avoid consuming excessive amounts of caffeine, as it can lead to side effects such as jitteriness, anxiety, and insomnia.

Avoid poor sleep habits, such as irregular sleep patterns or insufficient sleep, as it can reduce the effectiveness of nootropics.



Usage Direction

Take one serving daily, two (2) capsules preferably with food or as directed by your healthcare professional. Once tolerance has been assessed, you may supplement an additional serving.