



Cognelia

Mental Clarity. Focus. Calmness.

An **advanced combination** of **citicoline**, **magnesium L-threonate**, **L-theanine**, and **vitamin B6** provides **targeted support** for **concentration**, **attention**, **cognitive performance**, and the **normal** functioning of the **nervous system**—**without caffeine** or other **stimulants**.



For a mind that stays clear, calm, and focused

Cognelia 30 capsules	One capsule contains:
Citicoline	250 mg
Magnesium L-threonate $\geq 8\%$	150 mg
L-Theanine	100 mg
Vitamin B6 (<i>Pyridoxine hydrochloride</i>)	5 mg

Recommended use:
1-2 capsules daily for adults

Citicoline

Citicoline is a naturally occurring intermediate in the biosynthesis of phosphatidylcholine, one of the most important structural phospholipids of cell membranes. It plays an important role in phospholipid metabolism and contributes to maintaining the integrity and normal function of neuronal membranes.¹

Following oral administration, citicoline is efficiently absorbed and metabolized into choline and cytidine. These metabolites participate in processes involved in the synthesis and restoration of membrane phospholipids, thereby supporting the normal function of nerve cells.^{1, 2}

Scientific evidence indicates that citicoline may provide neuroprotective support by contributing to neuronal membrane function, brain metabolism, and cognitive processes. It is also characterized by good tolerability and a favorable safety profile.^{1, 3}

Magnesium L-Threonate

Magnesium L-threonate is an advanced form of magnesium developed to enhance magnesium delivery to the central nervous system. Thanks to its unique structure, it facilitates increased magnesium levels in the brain, distinguishing it from conventional magnesium salts.⁴ Preclinical studies suggest that magnesium L-threonate supports

synaptic plasticity, promotes learning and memory processes, and may help preserve cognitive function.^{4,5}

Clinical studies further indicate its potential to support mental performance, sleep quality and resilience to everyday mental demands.^{4,5}

As a source of magnesium, it contributes to the normal function of the nervous system, normal psychological function, and the reduction of tiredness and fatigue.

L-Theanine

L-theanine is a naturally occurring amino acid found primarily in green tea leaves. Following oral administration, it is absorbed and crosses the blood–brain barrier, where it may influence neurotransmitter systems involved in the regulation of stress response, attention, and mood.^{7,8}

Available scientific evidence suggests that L-theanine may support a state of calm alertness without causing pronounced sedation. Its potential effects are associated with the modulation of glutamate, GABA, dopamine, and serotonin, as well as with brain activity related to relaxation and sustained attention.^{7,8} Clinical studies further indicate that

L-theanine may support adaptation to everyday stress, sleep quality, and selected aspects of cognitive performance.⁹

Vitamin B6

Vitamin B6 is a water-soluble vitamin that acts as a coenzyme in numerous metabolic processes. It plays an important role in amino acid and protein metabolism, neurotransmitter synthesis, hemoglobin formation, and the normal functioning of the nervous and immune systems.¹⁰

Its role in neurotransmitter synthesis, including GABA, is particularly important, as it contributes to normal psychological function and helps maintain the balance of the nervous system.¹¹

Clinical studies suggest that vitamin B6 supplementation may have a beneficial effect on certain markers associated with anxiety and neuronal inhibition, while the combination of magnesium and vitamin B6 may provide additional support for individuals exposed to stress.^{11,12}

Vitamin B6 contributes to the normal functioning of the nervous system, normal psychological function, and the reduction of tiredness and fatigue.

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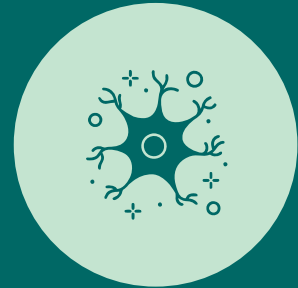
Why Cognelia?

FOUR ACTIVE INGREDIENTS. ONE GOAL.
FOCUS, MENTAL CLARITY AND CALMNESS – WITHOUT CAFFEINE.



L-THEANINE

Promotes calm focus and resilience to everyday stress.



CITICOLINE

Supports attention, memory and the normal function of nerve cells.



VITAMIN B6

Contributes to neurotransmitter synthesis and normal psychological function.



MAGNESIUM L-THREONATE

Supports cognitive performance and the normal function of the nervous system.

Cognelia supports:



Focus & Attention

Helps maintain concentration when it matters most.



Stress Resilience

Provides natural support during periods of increased mental demand.



Normal Nervous System Function

Contributes to the normal function of the nervous system and psychological function.

Mental Clarity

Supports clear thinking and efficient decision-making.



Cognitive Support

Supports memory, learning and cognitive performance.



Caffeine-Free

Focus without caffeine or other stimulants.

