

Citistick



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EARLY ACTION

For cognitive well-being

Citicoline, Coenzyme Q10,
Ocimum tenuiflorum extract, SOD



Average contents	Per 1 stick
Citicoline	1000 mg
Coenzyme Q10	50 mg
Ocimum tenuiflorum es	100 mg
SOD (superoxide dismutase)	110 UI

The recommended dose take 1 stick daily in the morning.

Ingredients:

Water dep.; Stabilizer: Sorbitol; Citicoline sodium; Emulsifiers: Sucrose esters of fatty acids, soy lecithin; Acidifier Citric acid; Stabilizer Carboxymethylcellulose; Ocimum tenuiflorum L. leaves es; Aroma; Coenzyme Q10; Preservatives: Potassium sorbate, Sodium benzoate; Carrot (Daucus carota saliva) root eg tit. 11000 IU / g SOD; Sweetener: Sucralose.

References:

https://www.alzdiscovery.org/uploads/cognitive_vitality_media/Citicoline-CDP-choline-Cognitive-Vitality-For-Researchers.pdf

<https://www.sandiegointegratedwellness.com/citicoline-in-alzheimer-disease/>

Marketing Authorisation holder:

PHARMILANO S.R.L Via Carlo Poma no. 32, Milano, Italy

www.pharmilano.it



Made in Italy

10 Stick Packs of 13 ml



Citistick

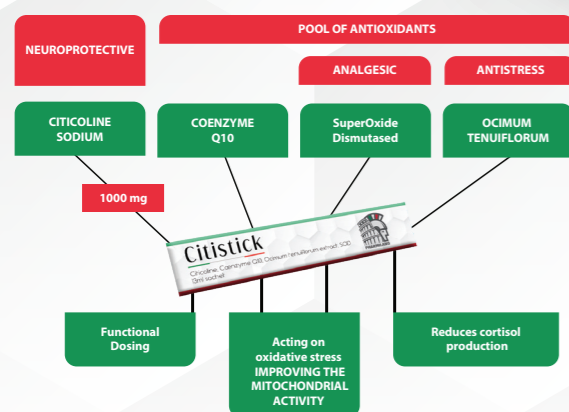
EARLY ACTION

The Brain Protecting Citicoline with Neuro Protective Action

Our unique formula combines the powerful ingredients that Enhance Memory through improving the mitochondrial function.

Cognitive Decline is the self-reported experience of worsening or more frequent confusion or memory loss. It is a form of cognitive impairment and one of the earliest noticeable symptoms of Alzheimer's disease and related dementias.

Several studies show a relationship between Alzheimer's disease, early cognitive decay and mitochondrial activity.



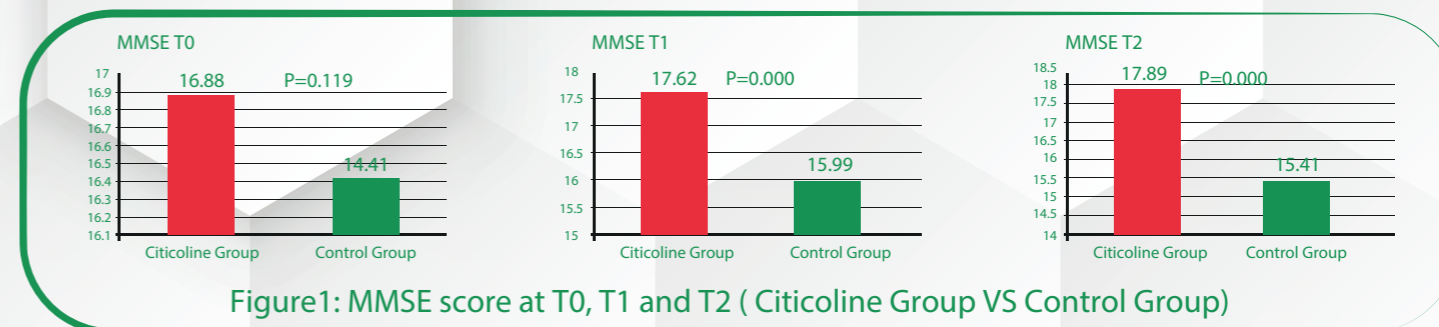
1000mg Citicoline:

is known as a nootropic supplement, or "smart drug", a naturally occurring brain chemical that has neuroprotective effects, meaning it helps protect and repair the cells, structure, and function of your nervous system.

Citicoline is reported to be metabolized in the gut and liver to cytidine and choline. These metabolites may cross the blood brain barrier where they can be used as precursors in the synthesis of acetylcholine or phosphatidylcholine. Acetylcholine and phosphatidylcholine compete for free choline

Citicoline is used for stroke, dementia, and as a nootropic. It may have other neuroprotective properties including acting as an intermediate in the synthesis of sphingomyelin, restoring levels of cardiolipin, preventing apoptosis, and increasing the levels of SIRT1.

Study/In a landmark study conducted in 2013-2015 in Italy on 448 consecutive patients aged 65 years old or older affected with AD, 251 treated with combination therapy vs. 197 treated with the only AchEI, mostly donepezil and rivastigmine. Patients in combined treatment showed a statistically significant increase in MMSE between T0 and T1 (16.88 ± 3.38 versus 17.62 ± 3.64, respectively, p=0.000) and between T1 and T2 (17.62 ± 3.64 versus 17.83.54 respectively, p=0.000). The association citicoline plus donepezil showed to be still better than citicoline plus rivastigmine. Definitely the present study showed that a cholinergic precursor such as citicoline plus an AchEI is able to slow down disease progression in AD patients.



Ocimum Tenuiflorum

All parts of the holy basil plant act as an adaptogen. Scientific research shows that holy basil has pharmacological properties to help your mind cope with many types of stress.

- Inhibits cortisol release
- Acts against the CRH-R1 receptor (corticotropin 1 releasing hormone receptor)
- Inhibits type 1 11-hydroxysteroid dehydrogenase (11-HSD1 activates the stress hormone)
- Inhibits catechol-O-methyltransferase (COMT) (regulates levels of dopamine and noradrenaline)

SOD: is a strong antioxidant

SOD is an extremely effective enzyme acting against Superoxide radicals, the most reactive and radical

species which can damage the lipids of membrane, proteins and DNA.

SOD neutralizes superoxide radicals, reactive molecules that can damage brain cells. In Alzheimer's disease, oxidative stress is a major contributor to neuronal degeneration.

Coenzyme Q10:

CoQ10 protects mitochondria and enhances its abilities. This can help to increase alertness and prevent "brain fog," which impacts the memory as well as many mental functions. Another potential CoQ10 benefit is helping to manage symptoms of mood disorders such as anxiety, depression, and bipolar disorder.



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