

# Cognikur

with Memovas®



Reserved for professionals. Do not disclose to the general public.

Nutraceutical approach for the management of **Vascular Cognitive Impairment**



**Innovative** Nutraceutical company

# Cognikur with Memovas®

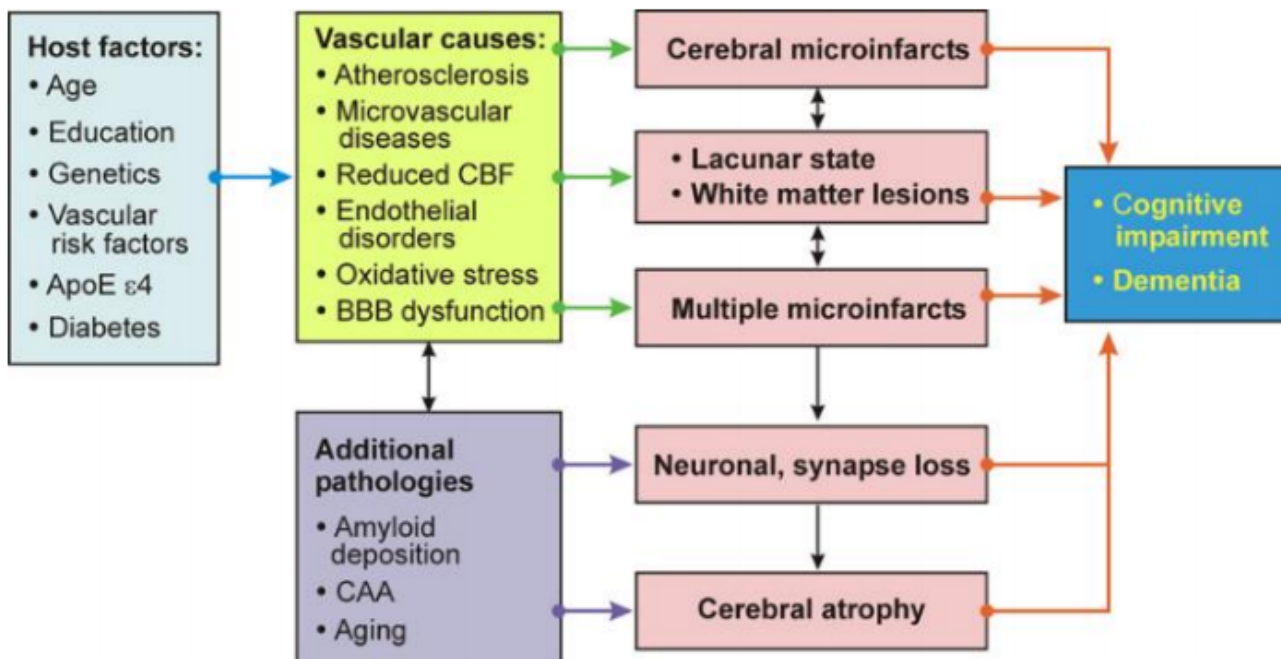
WHO estimates that there are currently around 50 million cases of cognitive decline worldwide. It is estimated that it will double in 2030.

In Italy, according to estimated data from the Higher Institute of Health, there are about 1 million people suffering from dementia.

Vascular dementia is now recognized as the second most common form of dementia after Alzheimer's disease.

## Main CAUSES

- Disease of the microcirculation
- Stroke
- Atherosclerosis
- Toxic factors for nerve cells
- Hypertension



# Cognikur with Memovas®

In the management of **vascular cognitive impairment**, an approach focused on **vascular dysfunction** is required in order to ensure the right **supply of oxygen and nutrients to brain cells**.

This has also been shown as a possible approach for **Alzheimer's dementia**, leading to an improvement in the evolution of the condition.

*(J M López-Arrieta, 2002).*



The **actions** that can **prevent** and **counter** the early stages of vascular **cognitive decline** are:

**Anti-inflammatory**

**Tropism and  
epithelial function**

**Antioxidant**

**Promotion of  
peripheral and  
cerebral  
circulation**

**Support of  
cognitive and  
mnemonic  
functions**

# Cognikur with Memovas®

Useful to support the **well-being** of the **vessels** and **microcirculation**, **cognitive functions**, **memory** and **mood**, **psychological function** and the **functioning** of the **nervous system**.

Valid support for the **WELL-BEING** of  
**MIND** and **MICROVASES**

## ACTION

**neuroprotective**

**antioxidant**

**anti-inflammatory**



# Cognikur with Memovas®

## Memovas

It is a complex designed to **support memory, cognitive functions** and the well-being of the microcirculation, thanks to the combined actions of **ginger, bacopa and resveratrol**.

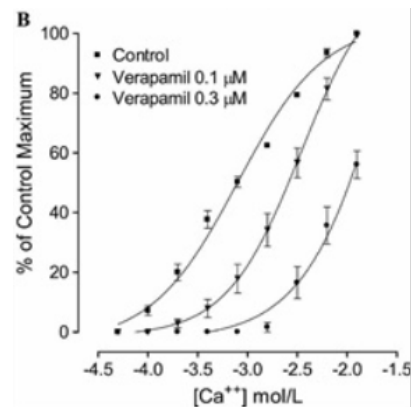
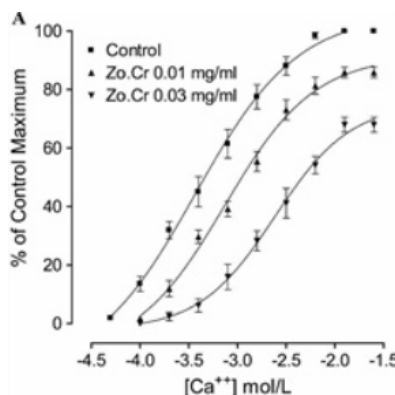
## Ginger

**Anti-inflammatory action**  
**Anti-aggregating platelet action**  
**Blocking action on the Ca<sup>2+</sup> channels**

Acting **positively on circulation**, ginger exerts an important action on vascular dementia since, thanks above all to its antagonistic action on the Ca<sup>2+</sup> channels, it guarantees the right **supply of oxygen** to the **brain** and to the **other parts of body**.

## MECHANISM of action of GINGER

Raw ginger extract has been shown to reduce the strength and speed of vascular contraction on a rabbit thoracic aorta preparation previously induced by K<sup>+</sup>. This effect correlated with the blockade of L-type voltage gated Ca<sup>2+</sup> channels. Results were similar to those obtained with the drug verapamil (a standard calcium antagonist). To confirm this, the dose-response curve for increasing doses of ginger was evaluated and the shift of the curve to the left confirmed the mechanism of action of ginger on calcium channels (Ghayur, Muhammad Nabeel, 2005).



Dose-response curves showing the inhibitory effect of ginger crude extract (Zo.Cr) on (A) mean arterial blood pressure (MABP) in anesthetized rats (n = 3) and (B) on the force (n = 7) and rate (n = 3) of contraction of isolated guinea-pig atria.

# Cognikur with Memovas®

## Resveratrol

Anti-inflammatory action  
Antioxidant action  
Epithelial function

These properties can be of **great benefit to vascular dementia**, since they promote regular blood flow to the brain and to every part of the body.

## Bacopa

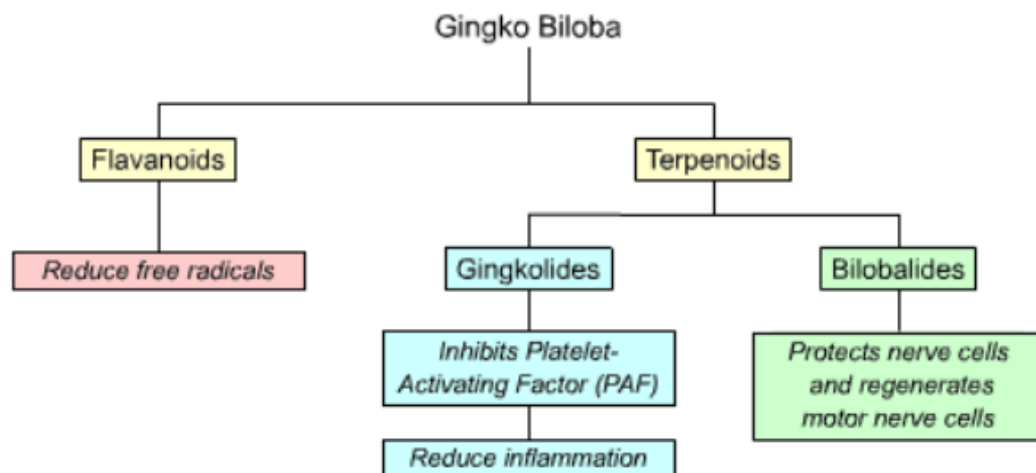
Neuroprotective action  
Antioxidant action  
Improve **cognitive performance**

Bacopa and ginger both contain gingerols and when co-administered they give a real **synergistic effect**.

## Ginko

Antioxidant action  
Neuroprotective action  
Anti-aggregating platelet action

Clinical studies have shown that ginkgo improves **brain perfusion and overall cognitive functions**.



This diagram summarizes the effects of the various components of ginkgo biloba.

# Cognikur with Memovas®

**Vitamin C**  
**Vitamin B2**  
**Vitamin B6**

Antioxidant action  
Support cognitive,  
psychological and  
nervous function

The synergy of these vitamins represents a valid **support** for the **health** of the **microcirculation** and the **circulatory system** and therefore for the **tropism** of the **nervous**.

## Improvement of **BIOAVAILABILITY**

In MEMOVAS, effective substances have been selected in promoting the absorption of active ingredients.

It is a selected **absorption promoter pool** selected for gingerols, bacosides and resveratrol.

## Memovas®

allows **better absorption**  
of **active principles**,  
amplifying their action  
**anti-inflammatory**,  
**neuroprotective** and  
**antioxidant**



# Cognikur with Memovas®



**COGNIKUR** is a food supplement based on Memovas Ginkgo extract and vitamins. Bacopa is able to promote relaxation and mental well-being and, with Ginkgo, support memory and cognitive functions. Ginkgo also has an antioxidant action and contributes to the functionality of the microcirculation. Ginger contributes to the regular function of the cardiovascular system and to normal blood circulation. Vitamin C contributes to the formation of collagen for the correct function of blood vessels and, with vitamin B6, to normal psychological function. Vitamins B2 and B6 contribute to the normal functioning of the nervous system.

**How to use:**

take 1 tablet per day, to be swallowed with a glass of water.

**Pack:**

20 tablets

**Shelf life:**

36 months

NUTRITIONAL VALUES		
INGREDIENTS	Per dose (1 tabs)	%NRV*
Memovas	510 mg	
Ginkgo d.e. tit 24%	40 mg	
Vitamin C	100 mg	125%
Vitamin B2	1,4 mg	100%
Vitamin B6	1,4 mg	100%

\*NRV: Nutrient reference values

**BIBLIOGRAPHY**

- O'Brien JT, Thomas A. Vascular dementia. *Lancet*. 2015 Oct 24;386(10004):1698-706
- Corrigan, D. (1997). Zingiber officinale. In *Adverse effects of herbal drugs* (pp. 215-228). Springer, Berlin, Heidelberg.
- Singletary K. (2010). Ginger: An Overview of Health Benefits, *Nutrition today*, 45(4), 171-183
- Mashhadi, N. S., Ghiasvand, R., Askari, G., Hariri, M., Darvishi, L., & Mofid, M. R. (2013). Antioxidative and anti-inflammatory effects of ginger in health and physical activity: review of current evidence. *International journal of preventive medicine*, 4(Suppl 1), S36.
- Ghayur, Muhammad Nabeel MPhil; Gilani, Anwarul Hassan PhD. Ginger Lowers Blood Pressure Through Blockade of Voltage-Dependent Calcium Channels, *Journal of Cardiovascular Pharmacology*: January 2005 - Volume 45 - Issue 1 - p 74-80
- J M López-Arrieta, J Birk. Nimodipine for primary degenerative, mixed and vascular dementia. *Cochrane Database Syst. Rev.* 2002;(3):CD000147
- Kishore K. Singh M. Effect of bacosides, alcoholic extract of Bacopa monniera Linn. (brahmi), on experimental amnesia in mice. *Indian J Exp Biol*. 2005).
- Russo A, Izzo AA, Borrelli F, et al. Free radical scavenging capacity and protective effect of Bacopa monniera L. on DNA damage. *Phytother Res* 2003; 17:870-875
- Dhanasekaran M, Tharakan B, Holcomb LA, Hitt AR, Young KA, Manyam BV. Neuroprotective mechanisms of ayurvedic antidementia botanical Bacopa monniera.)
- Peth-Nui T, Wattanathorn J, Muchimapura S, Tong-Un T, Piyavhatkul N, Rangseekajee P, Ingkaninan K, Vittaya-Areekul S. Effects of 12-Week Bacopa monnieri Consumption on Attention, Cognitive Processing, Working Memory, and Functions of Both Cholinergic and Monoaminergic Systems in Healthy Elderly Volunteers. *Evid Based Complement Alternat Med*. 2012;2012:606424. doi: 10.1155/2012/606424. Epub 2012 Dec 18.
- Frank, Kurtis, Patel, Kamal e Lopez, Gregory, Ginkgo biloba Research Analysis, in *Examine.com*, 5 settembre 2017
- Sasaki, K. (2003). [Studies in Natural Products Chemistry] Bioactive Natural Products (Part I) Volume 28 || Chemistry and Biological Activities of Ginkgo Biloba.
- Sierpina VS, Wollschlaeger B, Blumenthal M. Ginkgo biloba. *Am Fam Physician*. 2003 Sep 1;68(5):923-6 ).
- Kleijnen J, Knipschild P. Ginkgo biloba for cerebral insufficiency. *Br J Clin Pharmacol*. 1992 Oct;34(4):352-8)
- [Santos RF, Galduróz JC, Barbieri A, Castiglioni ML, Ytaya LY, Bueno OF. Cognitive performance, SPECT, and blood viscosity in elderly non-demented people using Ginkgo biloba. *Pharmacopsychiatry*. 2003 Jul;36(4):127-33].
- Drago, Filippo; Floriddia, Maria Luisa; Cro, Melina; Giuffrida, Sebastiano (2002). Pharmacokinetics and Bioavailability of a Ginkgo Biloba Extract. *Journal of Ocular Pharmacology and Therapeutics*, 18(2), 197-202.
- L'integratore nutrizionale 16(3), 9-14.
- Martinez J. et al.: "Effect of resveratrol, a natural polyphenolic compound, on reactive oxygen species and prostaglandin production", *Biochem Pharmacol* 59 (7): 865-70. aprile 2000
- Gibson GE, Hirsch JA, Fonzetti P, Jordan BD, Cirio RT, Elder J. Vitamin B1 (thiamine) and dementia. *Annals of the New York Academy of Sciences*. 2016 Mar;1367(1):21
- Gibson GE, Hirsch JA, Cirio RT, Jordan BD, Fonzetti P, Elder J. Abnormal thiamine-dependent processes in Alzheimer's Disease. Lessons from diabetes. *Molecular and Cellular Neuroscience*. 2013 Jul 1;55:17-25.
- Suwannasom, N., Kao, I., Pruß, A., Georgieva, R., & Bäuml, H. (2020). Riboflavin: The Health Benefits of a Forgotten Natural Vitamin. *International Journal of Molecular Sciences*, 21(3), 950
- Ebbing, M., Bønaa, K. H., Arnesen, E., Ueland, P. M., Nordrehaug, J. E., Rasmussen, K., ... & Vollset, S. E. (2010). Combined analyses and extended follow-up of two randomized controlled homocysteine-lowering B-vitamin trials. *Journal of internal medicine*, 268(4), 367-382.
- Boyera N, Galey I, Bernard BA. Effect of vitamin C and its derivatives on collagen synthesis and cross-linking by normal human fibroblasts. *Int J Cosmet Sci*. 1998 Jun;20(3):151-8
- Li, W. Z., Wu, W. Y., Huang, H., Wu, Y. Y., & Yin, Y. Y. (2013). Protective effect of bilobalide on learning and memory impairment in rats with vascular dementia. *Molecular medicine reports*, 8(3), 935-941.

Date of last review: 2/05/2024

**Grica Chemical S.r.l.**

Via San Giuseppe, 18/20, 20861 Brugherio (MB)

[www.gricar.net](http://www.gricar.net)



**Innovative** Nutraceutical company