

# Optimal support for a healthy brain.\*



Cognitive Health Plus\* from EuroMedica® combines clinically studied GMT23™ Greek mountain tea (*Sideritis scardica*) plus bacopa (*Bacopa monnieri*) to support mental acuity, a positive mood, and an incredible range of health benefits for mind and body.\*

Focus and cognitive strength during stress<sup>^</sup>

Accuracy and attention to detail<sup>\*</sup>

Healthy memory<sup>\*</sup>

Positive mood and mindset<sup>\*</sup>



For more information, call EuroMedica at 866.842.7256

<sup>^</sup>Occasional stress.

\*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.

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## Cognitive Health Plus\* from EuroMedica®

Discover Greek Mountain Tea + Bacopa for Healthy Memory and Focus\*

### Why Greek Mountain Tea?

Until recently, Greek mountain tea (*Sideritis scardica*) has only been widely available as a beverage. This highly regarded tea is made from the dried flowers, leaves, and stem of the *Sideritis* plant.

As a warming and energizing drink, Greek mountain tea has been a favorite with anyone who spends long hours doing challenging tasks. With its wealth of beneficial polyphenols, Greek mountain tea is now available in a supplemental form as Cognitive Health Plus by EuroMedica.\*

### Clinically Studied GMT23™ Greek Mountain Tea

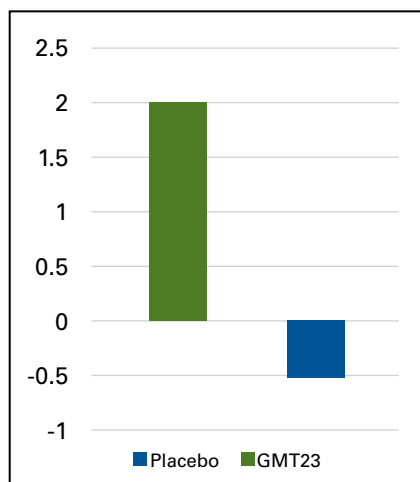
Cognitive Health Plus features GMT23 Greek mountain tea, a potent and clinically studied botanical.

In a month-long, randomized, double-blind, placebo-controlled study, GMT23 Greek mountain tea (in 475 mg and 950 mg dosages) was compared to an active control of ginkgo (240 mg) for comparison's sake, and a placebo.

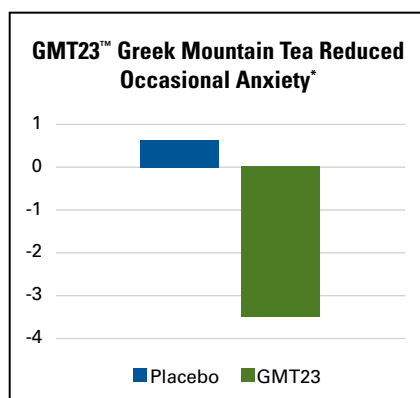
The results were impressive. First, individuals taking Greek mountain tea at both dosage levels scored higher in tests of accuracy, processing visual info at a rapid pace, and while under pressure.\*

Secondly, those in the higher dosage group felt less occasional anxiety, which, as anyone who has had difficulty with final exams or presentations at work knows firsthand, can really interfere with focus and concentration.\*

### Clinical Study Results: Better Accuracy and Visual Processing Scores with GMT23™ Greek Mountain Tea



### Clinical Study Results: Less Occasional Anxiety During Testing



Third, the GMT23™ Greek mountain tea groups showed improved oxygenated red blood cells in the prefrontal cortex, a part of the brain involved in impulse control, learning and plasticity, and working memory. Overall, these results indicate this herb helps the brain operate at better speed and efficiency.\*

Scientific research shows Greek mountain tea supports healthy levels of serotonin, noradrenaline, and dopamine, making it a strong contender for helping promote overall mental well-being, in addition to focus and clarity.\* **In fact, of the plants in the *Sideritis* family, *S. scardica* has shown the strongest support for healthy serotonin levels.\*\***

### GMT23™ Greek Mountain Tea: Clinically Studied for Focus and Clarity Under Pressure

A month-long clinical study tested two dosage levels of GMT23™ Greek mountain tea for comparison's sake, and a placebo. The findings were revealing:

- Greek mountain tea helped individuals score higher in tests of accuracy, processing visual info at a rapid pace, and while under pressure.\*
- In the higher dosage Greek mountain tea group, individuals felt less occasions of anxiety, making it easier to focus and concentrate.\*
- Greek mountain tea supported oxygenated red blood cells levels in the prefrontal cortex of the brain, which is involved in impulse control, learning, and working memory.\*

Other research shows Greek mountain tea may help protect healthy functioning of brain and nerve signals, working through the botanical's concentration of beneficial compounds, including acteoside and other polyphenols.\*

### A Perfect Partner to Bacopa

Greek mountain tea pairs effectively with *Bacopa monnieri*, an herb used in Ayurvedic practice for brain related benefits, which is why we've included it in Cognitive Health Plus. In a clinical study, a combination of Greek mountain tea and bacopa was found to support beta wave activity in the brain, which is associated with memory and focus, and the group taking the two botanicals showed impressive scores in tests of memory, math, and attention.\*

This makes Cognitive Health Plus a positive addition to any daily regimen.\*

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†Occasional inflammation due to exercise or overuse. ^Occasional stress. ††Supports healthy levels already within normal range.

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