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Bacognize® is a proprietary, standardized extract derived from Bacopa monnieri, with scientific research showing benefits on memory, mood, attention, focus, emotional balance and quality of sleep. Bacognize® offers a complete nootropic support without stimulating side effects.



PRODUCT PROFILE SHEET

Backed by thousands of years of traditional use, *Bacopa monnieri*, has been used in Ayurveda for a multitude of purposes, such as its Nootropic effects promoting cognitive health. Bacopa is commonly used as an adaptogen supporting cognitive enhancement, memory, focus, attention, mood and stress.

Clinical research indicates that Bacognize® may offer a broad array of benefits for cognitive health linked to major neuroprotective mechanisms; including neurotransmitter receptor (serotonin) binding activity.

Standardized to the natural fingerprint of serotonin-active bacopa glycosides (SABG), Bacognize® Extract is shown to be active at the 5HT (serotonin) receptors that are a key component to optimal cognitive function.



Product Advantages

- ✔ **Proprietary & Natural Spectrum**
  Standardized to minimum 12% Bacopa Glycosides
- ✔ **Clinically Proven**
  More than six publications supporting cognitive health and adaptogenic properties
- ✔ **Studied in Different Types of Populations**
  Young adults, healthy older adults and older adults (AD subjects)
- ✔ **Multiple Cognitive Benefits**
  Working memory, mood, focus, cognitive well-being, healthy brain ageing, cognitive processing speed, learning, recall, logical memory, concentration, improved sleep quality, language comprehension, spatial memory, attention, improvements in orientation, emotional balance, and more
- ✔ **Sustainability Program in Place**
  Covering responsible sourcing, traceability, and environmental management (see Sustainability Section for details)
- ✔ **100% Natural & Clean Label**
- ✔ **Stimulant-free**
- ✔ **Excellent Safety Profile**
  Backed by own scientific data and thousands of years of traditional use
- ✔ **Third-party Certifications**
  Non-GMO Project Verified (USA), and more
- ✔ **Kosher & Halal Certified**
- ✔ **Vegetarian & Vegan**

Research

Memory, Focus and Attention

In a randomized, placebo-controlled crossover human clinical trial, administration of Bacognize® at 300mg/day to healthy medical students significantly improved ($p<0.05$) several parameters of cognitive function, including memory, focus, and attention. No adverse events were reported in either the Bacognize® or placebo groups (2016).[1]

Two previous randomized, placebo-controlled trials (2012) in older adults, demonstrated positive trends in working memory, attention, and focus in the Bacognize® groups (300 mg/day) compared to placebo groups in both studies.

No adverse events were reported in either the Bacognize® or placebo groups in either study.[2,3]

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Bacognize® Clinical Research Shows:

- **27% increase** in logical memory[1]
- **29% improvement** in spacial and temporal memory[5]
- **33% participants** scored 33% higher in cognitive function[5]
- **2x more active** on 5HT1a receptor site than 5HT2a[6]

Neuroprotective Potential Algorithm

Furthermore, Bacognize® was in the top 12 botanicals in a 2016 study that used a multitude of assays to develop a neuroprotective potential algorithm, highlighting its broad neuroprotective profile across multiple biological pathways associated with cognitive health and healthy ageing. As part of a strategy to help guide the selection and evaluation of medicinal plant candidates for their neuroprotective potential, researchers at the University of Rhode Island developed a Neuroprotective Potential Algorithm (NPA) by evaluating twenty-three plant extracts in a panel of in vitro bioassays, then further testing the top twelve in additional assays targeting oxidative stress, carbonyl stress, protein glycation, amyloid beta (Aß) fibrillation, acetylcholinesterase (AChE) inhibition, and neuroinflammation. This comprehensive approach enabled researchers to identify botanical extracts with the greatest potential to support long-term brain health and neuroprotection. Notably, Bacognize® demonstrated the highest anti-Aß fibrillation activity in both methods evaluated.[4]

Bacognize® and Restorative Sleep



Another published study (2021) with Bacognize®, reported numerous findings in emotional and mental wellbeing, alertness, focus, impact on sleep, stress, and other quality of life markers.[7] The ability of Bacognize® to help with alertness and focus has been seen in previous clinical studies, including when subjects were under stressful test taking circumstances (Kumar et al, 2016).[1] Previous studies also have looked at the mechanistic abilities of Bacognize® to interact on HT1a receptors associated with serotonin uptake. With this knowledge, researchers examined the ability of Bacognize® to act as an adaptogen, modulating the serotonin / melatonin pathways associated with alertness, focus, and a healthy circadian rhythm. Researchers examined administration of 150mg Bacognize® (twice daily) and its impact on quality of life (QOL) measures, including emotional wellbeing, alertness, and quality of sleep.

Eighty-nine healthy men and women aged 18-70 years with self-reported sleep problems showed positive improvements in salivary biomarkers measures with Bacognize® when compared to placebo in all QOL measures (alertness upon awakening, emotional wellbeing, general health, and pain), with positive changes in PM melatonin, decreases in CRP, and trending increase of morning cortisol levels. The ability to improve grogginess was significant. No adverse effects were observed in the Bacognize® group attributed to supplementation.[7]

Longvida® and Bacognize®

The benefits of Bacognize® Bacopa Extract and Longvida® Optimised Curcumin have shown positive improvements to acute and chronic cognitive function, concentration and attention, working memory, mood, and irritability. The combination of Longvida® and Bacognize® may synergistically support against oxidative stress, AGE formation, and free radicals, while regulating serotonergic activity, thus resulting in cognitive support for memory, mood, focus, and energy.

Sustainability

Verdure Sciences integrates environmental, social and traceability initiatives across its Bacopa supply programme. Their flagship initiative, **Verdugration®**, supports plant-based agricultural practices focused on traceability, organic certification pathways and processing methods designed to improve operational efficiency. Furthering its commitment to responsible business practices, Verdure Cares® supports positive relationships with employees, communities and business partners.

Main Bacopa Programme (Bacognize®) Environmental, Social and Traceability Highlights:

- Seasonal employment for 30-80 people supports **50-60 families**.
- Polyhouse drying technology reduces drying time by approximately **50%** and is designed to support improved drying consistency and lower fungal contamination risk.
- A **community farmer group** oversees farming and provides plants, nutrients, packaging and labour support.
- Storage capacity of **250 tonnes** supports supply continuity and inventory management.
- Cultivation follows APEDA (NPOP) and USDA (NOP) **organic programme requirements**. Farms are registered in TraceNet, undergo a 36-month conversion process and are subject to testing and annual audits. Certification is currently in progress.
- In 2025, community **health initiatives** reached more than 80 individuals through health screenings and medical consultations.

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More information can be found in the Sustainability Report.



Product Safety

Bacopa monnieri is backed by thousands of years of traditional use in Ayurveda. In addition to this, no adverse events were reported during the clinical studies performed with Bacognize®.

Traceability and transparency in the supply chain and production ensures full control on pesticides, heavy metals and residuals.

Product Range

Ingredient	Active Content	Grade	Mesh Size
Bacognize	Min 12% Bacopa Glycosides	Powder	NLT 90% thru 80 mesh

Product Pack Size

The standard packing size for Bacognize® is 10kg bags.

Product Applications

Bacognize® can be used in capsules and tablets.

Product Dosage

300-600 mg per day pending indications.

About

Verdure Sciences® is a supplier of plant-based, botanical ingredients with an emphasis on intrinsic synergies and clinically backed, tangible health applications. Bacognize® is a registered trademark of Verdure Sciences Inc.

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