WAKE UP ALERT: BACOGNIZE® TO SLEEP SMART



ALERTNESS
18% increase in alertness upon waking with 300mg/day Bacognize®, compared to only 6% in the placebo group, indicating Bacognize's ability to act as a nootropic and reduce morning grogginess / improve alertness[1]

3X

MOOD & MENTAL HEALTH
Rejuvenating sleep with Bacognize® resulted in a 14% improvement in emotional wellbeing compared to baseline, while a 6% improvement was observed with placebo[1]

2.5X

GENERAL HEALTH
Compared to baseline, Bacognize® was associated a 12% improvement in general health compared to a 4% improvement in the placebo group, translating to restorative sleep for improved overall health[1]

3X

QUALITY OF SLEEP
Bacognize® was associated with a 16% decrease in perceived pain & stiffness compared to a 3% decrease with placebo, indicating refreshing, high quality sleep; it is noteworthy that the anti-inflammatory effects of cortisol may elicit a possible mechanism here[1]

5X

WAKEFULNESS
A 13% increase in salivary morning cortisol measures which is required for increased alertness upon waking was observed with only 300mg/day Bacognize® - this was exceptionally exciting as "Even though lowered cortisol is typically viewed as a positive health-related finding, the research indicates that balance is the key."[1] "Cortisol concentrations are significantly influenced by [time of day],"[1] making it complex to assess. "Morning salivary cortisol concentrations are influenced by the cortisol awakening response (CAR) which is typified by an increase of between 38% and 75% in cortisol concentrations 30 to 45 min after awakening."[1] Thus, an increase in cortisol in the morning helps promote wakefulness and alertness.[1]

1 - Lopresti AL et al. J Funct Foods. 2021 Aug 02. 85: 104671. doi: 10.1016/j.jff.2021.104671
Additional references can be found at: vs-corp.com/research/bacognize/

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Please note that the physiological activity of the ingredient(s) described herein is supported by the referenced clinical trial report(s). Marketers of finished products containing the ingredient(s) described herein are responsible for determining whether claims made for such products are lawful and in compliance with the laws of the country in which they will market the products.

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