

Dosages Consistent with Clinical Research

Not all formulas on the market use meaningful dosages of key ingredients. What sets QOL Labs' formulas apart is that we take only clinically researched ingredients for specific health conditions and formulate them into products consistent with suggested dosages.

Ingredient	Daily Dose Used in Human Studies	Daily Dose Used in Cognisol™§
INM®-176	800 mg	800 mg

§Serving size: 2 vegicaps • Daily dose: 4 vegicaps

Supplement Facts

Serving Size: 2 vegicaps

Servings Per Container: 30

Amount Per Serving	% Daily Value
Angelica gigas Nakai (root) extract (INM®-176)	400 mg †
Decursin	40 mg †
Decursinol	.04 mg †

† Daily value not established.

Other ingredients: rice flour, vegetable cellulose, leucine.

This product is suitable for vegetarians and gluten-free.



Our Commitment to Clinical Efficacy

Every ingredient validated by human studies.
Every dosage consistent with clinical research.
No exceptions. No compromises.

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Cognisol™

QOL LABS®

Proprietary Angelica Root Extract (INM®-176)

Improves cognitive function & reduces age-related mild memory decline*

May prevent oxidation of brain cells*

For studies on each ingredient, please visit:

www.humanclinical.org

* 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.

Not as Sharp as You Used to Be?



It's happened again. You can't remember the date of an appointment, or you've forgotten the name of a new acquaintance, just moments after you've been introduced. And those aren't the only troubling signs. Sometimes you struggle to find a simple word, or you spend five minutes looking for your glasses, only to find them on top of your head. Sound familiar? These mild memory problems are an all-too-common part of aging — but that doesn't mean you have to live with them!

What's Going On?

This may come as a surprise, but you lose around 10,000 brain cells every single day. Here's another way to look at it: From the time you're 20 years old until you're blowing out 90 candles on your birthday cake, your brain will lose up to 10 percent of its total weight.

To make matters worse, as you age, you make fewer of the chemicals your brain needs to function properly — including the signaling brain chemical acetylcholine, which helps support memory and cognition. In addition, oxidation (damage from free radicals) also takes its toll on the aging brain. No wonder you can't remember where you put your car keys!

Introducing Cognisol™

Cognisol is a breakthrough nutraceutical for cognitive health.* Widely used in Korea, the active ingredient of Cognisol (INM®-176) is derived from a unique cultivated form of the root of *Angelica gigas* Nakai, a flowering plant that grows in China, Japan, and Korea.

Intrigued by the plant's traditional use, researchers at Hallym University College of Medicine in Seoul, Institute of Natural Medicine, and Scigenic, a Korean phyto-pharmaceutical company, suspected that one particular constituent of *Angelica gigas* had powerful pharmacological activity. Using a proprietary extraction technique, they isolated it and then tested its effects, first in animals and then in humans. Their interest paid off. Scientific studies on their novel extract confirmed its safety and efficacy for treating mild memory problems.* It was patented in 2002.

Original Clinical Research on Cognisol

In a double-blind, placebo-controlled clinical trial conducted by researchers at Sungkyunkwan University School of Medicine in Seoul, INM-176 was shown to support cognitive agility in 80 volunteers with mild memory problems associated with aging.* The group treated with INM-176 saw their total error rate on a cognitive test decrease significantly, while the error rate in the control group increased.* Subjects taking INM-176 also enjoyed a more positive mood and were better able to carry out daily activities.*

How Cognisol Works

Research has identified two important ways that INM-176, the active ingredient in Cognisol, works:

1. It Increases Levels of Acetylcholine*

Acetylcholine is a signaling neurotransmitter necessary for memory and cognition. Animal studies indicate INM-176 may increase brain levels of acetylcholine.* That's important, because a deficit of this neurochemical is associated with mild age-related memory problems.

Cognisol with INM-176 works by inhibiting acetylcholinesterase (the enzyme that breaks down acetylcholine), thus increasing levels of this memory-supporting chemical in the synapses.*

2. It Protects Brain Cells from Oxidation*

Free radicals promote cell death and DNA damage and have been implicated in the aging process. Oxidation in the hippocampus, amygdala, nucleus basalis of Meynert, locus ceruleus, dorsal raphe nucleus, and neocortex in particular may affect memory and cognition.

Cognisol with INM-176 has antioxidant properties that may protect aging brain cells from oxidation (free radical damage).*



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