

Rapid Mental Energy

RAPID-ACTING WORKING MEMORY SUPPORT (IN AS LITTLE AS ONE HOUR)*

Rapid Mental Energy combines two clinically studied extracts, *Alpinia galanga* (enXtra) and American ginseng (Cereboost®), to support alertness and sharpen working memory.¹⁻⁵ While enXtra supports alertness, Cereboost® provides fast-acting support for acute visuospatial and verbal short-term (working) memory.^{1-5†}



Sharpens working memory[†]



Supports alertness[†]



Stimulant free and not known to interfere with sleep[†]



Supports cognitive performance[†]



Supports mental energy[†]



Can be used in combination with caffeine[†]

WHO IS THIS SUPPLEMENT FOR?

- Patients seeking as-needed support for working memory[†]
- Patients seeking a non-stimulant option to support alertness that is not known to interfere with sleep
- Coffee drinkers who need extra support for alertness that's safe to take with caffeine[†]

RESEARCH HIGHLIGHTS[‡]

enXtra enhances alertness.

In a randomized, double-blind, placebo-controlled crossover study of 59 participants, a single 300 mg dose of enXtra (*Alpinia galanga* extract) increased mental alertness scores from baseline over a 5-hour period (all $p < 0.5$ compared to baseline; Figure 1). Mental alertness was significantly greater in the enXtra group compared to placebo ($p = 0.04$) at 3 hours post-dose (Figure 2). enXtra had no impact on heart rate or sleep (data not shown).^{1†}

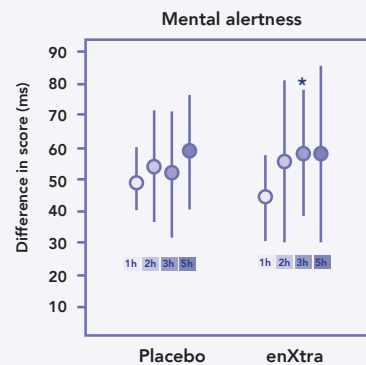


Figure 1. Effects of enXtra (*Alpinia galanga*) on mental alertness scores 3 h after a single 300 mg dose in healthy subjects. * $p = 0.04$ compared to placebo.

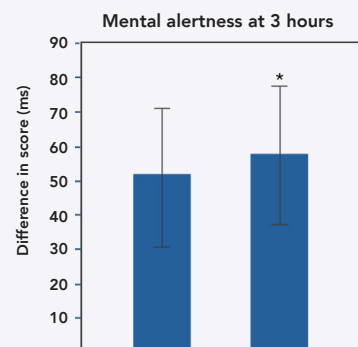


Figure 2. Effect of enXtra (*Alpinia galanga*) on mental alertness scores 3 h after a single 300 mg dose in healthy subjects. * $p = 0.04$ compared to placebo.

†This statement has not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

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Cereboost® supports short-term working memory.[‡]

In a randomized, double-blind placebo controlled crossover trial, 52 healthy middle-aged volunteers (40-60 years old) were randomized to receive a single dose of 200 mg Cereboost® or placebo. Memory was assessed at baseline and at 1, 3 and 6 hours post-dose using the Cognitive Drug Research battery and the Computerized Mental Performance Assessment System. Cereboost® enhanced mean working memory scores at 3 hours compared to placebo ($p=0.022$) with a trend towards improvement at 6 hours ($p=0.058$). Cereboost® also significantly enhanced spatial short-term working memory at 3 hours (Figure 3).^{2†}

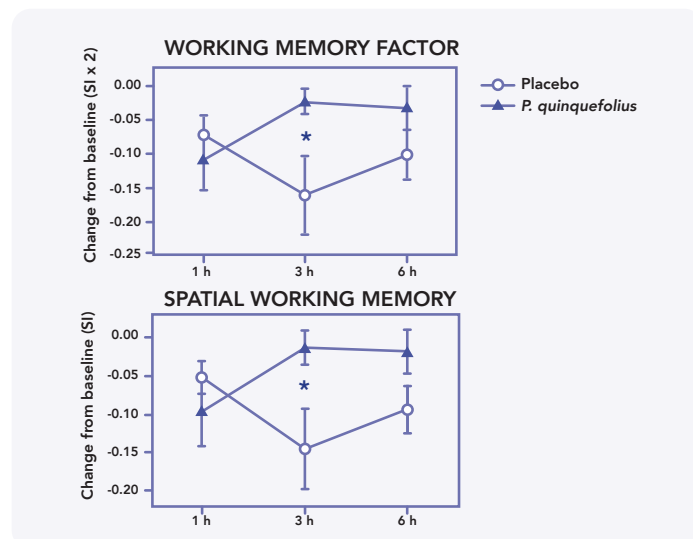


Figure 3. Effect of Cereboost® (*Panax quinquefolius*) on mean working memory and spatial working memory scores 1, 3 and 6 h after a single 200 mg dose in healthy middle-aged subjects.²

Cereboost® supports short-term verbal recall and spatial memory within 1 hour, and up to 6 hours after a single dose.[‡]

In a randomized, double-blind, placebo-controlled, crossover trial, 32 healthy, young adult volunteers received a single dose of Cereboost® or placebo. Memory was assessed at baseline and at 1, 3 and 6 hours post-dose. Cereboost® (200 mg) improved working memory (immediate word recall) and visuo-spatial information retrieval (Corsi block score) at 1 hour post-dose. These memory improvements were sustained over a 6 hour testing period (Figure 4).^{3†}

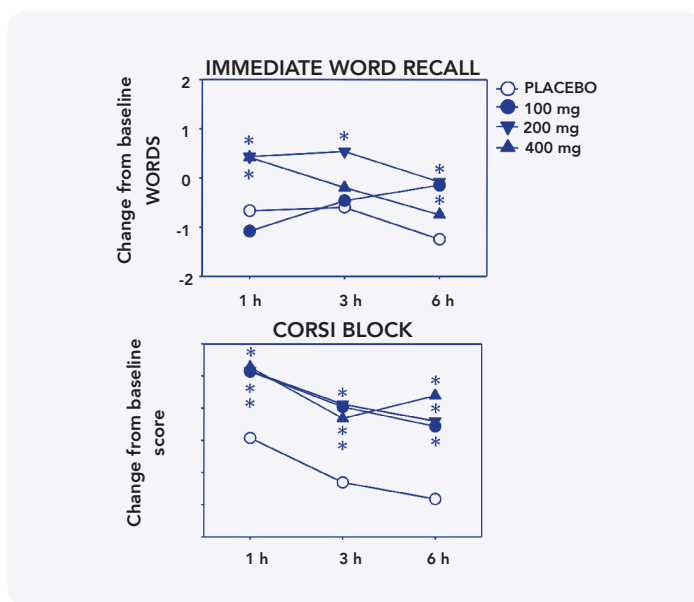


Figure 4. Effects of Cereboost® on cognitive function. Significant differences from placebo are shown (* $p<0.05$). Data represent mean change-from-baseline scores following 100, 200 and 400 mg.³

Cereboost® supports attention network test (ANT) performance.[‡]

In a randomized controlled trial of 59 subjects, a single 200 mg dose of Cereboost® improved attention network test performance, which reflects the ability to direct mental resources to a specific task (Figure 5).[†]

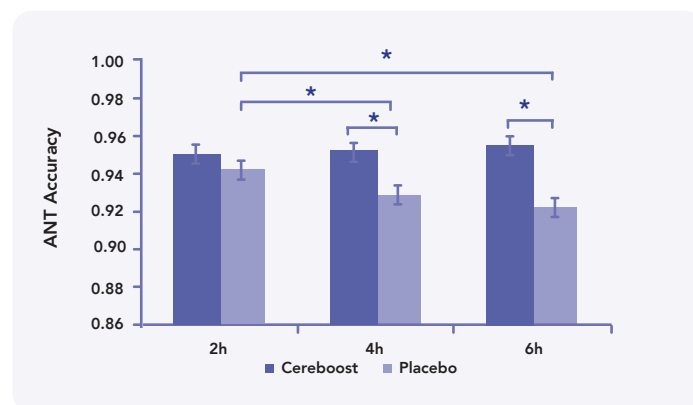


Figure 5. Effect of a single dose of Cereboost® on attention network test (ANT) accuracy over a 6 hour testing period. Significant differences are noted (* $p<0.05$).⁴

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MECHANISMS OF ACTION

Preliminary data suggest that some of the phytoconstituents of *Alpinia galanga* may interact with acetylcholinesterase, the enzyme that degrades acetylcholine, but more research is needed.

Preliminary data suggest that the ginsenosides in Cereboost® support cholinergic (acetylcholine-mediated) neurotransmission in the hippocampus and prefrontal cortex, key brain regions involved in learning and memory (Figure 6).^{5†}

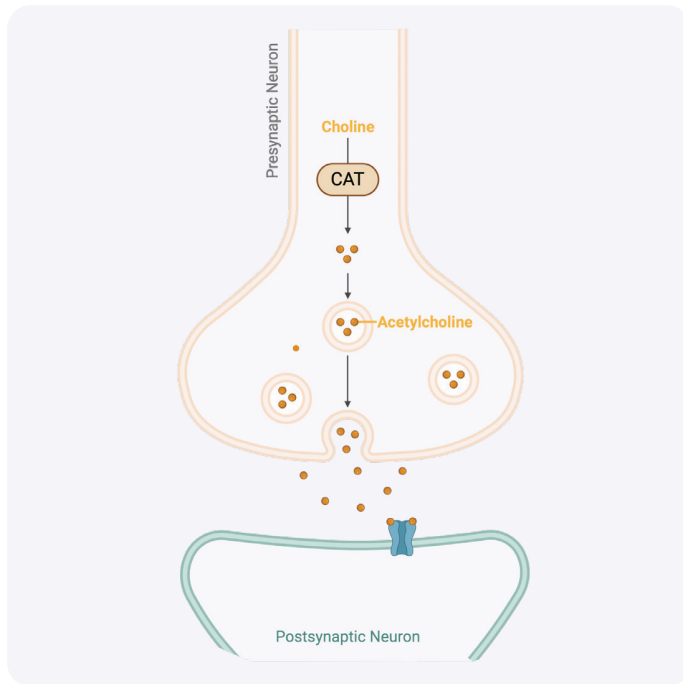


Image created with BioRender.com

Figure 6. While the mechanism of action is unclear, preliminary data suggests that Cereboost® may enhance cholinergic (acetylcholine-mediated) neurotransmission by supporting choline acetyltransferase (CAT), the enzyme that synthesizes acetylcholine.

Help your patients overcome a lack of focus and power through the midday slump with **Rapid Mental Energy**. This formula delivers two clinically studied extracts, *Alpinia galanga* and American ginseng, to support **alertness, cognitive performance and sharpen working memory** without known impacts on sleep.*



Supplement Facts

1 capsule as needed, with or between meals.

One (size 00) capsule contains:

enXtra greater galangal (<i>Alpinia galanga</i>) extract (rhizome)	300 mg
Cereboost® American ginseng (<i>Panax quinquefolius</i> L.) extract (root) (standardized to contain 10% ginsenosides)	200 mg
Ginkgo (<i>Ginkgo biloba</i>) extract (leaf) (standardized to contain 24% ginkgoheterosides and 6% terpene lactones)	80 mg

Other ingredients: vegetarian capsule (cellulose, water), hypoallergenic plant fiber (cellulose), hydroxypropyl cellulose

Cereboost® is used under license from Givaudan Flavors Corporation.

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Mental Health & Stress Support



Rapid Mental Energy	Quantity	Order Code
	30	RME3

REFERENCES

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4. Bell L, Whyte A, Duysburgh C, et al. Eur J Nutr. 2022 Feb;61(1):413-428.
5. Shin K, Guo H, Cha Y, et al. Regul Toxicol Pharmacol. 2016 Jul;78:53-8.

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