

Cognitive Function

Nowadays, people are very much aware they can live longer. The question is how. Healthy and active ageing has been at the core of our research for the past 40 years.

There is the body, and there is the mind. We may not realize that supplementing a healthy diet is just as important to maintaining mental performance as it is to maintaining six-pack abs.

According to the WHO (World Health Organization) "dementia is the greatest cause of years lost due to disability in adults over 60 in high-income countries". Dementia is a syndrome caused by a variety of brain illnesses that affect memory, behavior, thinking and ability to perform everyday activities.

As a consequence, people are looking at natural, safe and efficacious product solutions. Research has shown Pycnogenol® French maritime pine bark extract improves cognitive function. Studies reveal Pycnogenol® improve both numerical and spatial working memory using a computerized testing system.

Does lifestyle play a role in brain deterioration?

Everyone may face difficulties dealing with nowadays lifestyle and increasing stress. As consequences, we may experience fatigue, anxiety, inability to concentrate and memory problems, among others.

What about younger population?

A younger range of the population, especially students, are now looking at natural supplements to help them stay focus. Pycnogenol® was found to improve memory and test scores in college students. This new clinical trial has shown Pycnogenol® to improve mental performance and decrease test anxiety by 17 %.

In addition, several recent research studies on Pycnogenol® studied the extract's effects on Attention Deficit Disorders including ADHD, and shown to reduce symptoms in children.

