



Vinpocetine

INTRODUCED 2005

What Is It?

Vinpocetine was first developed in Europe over 20 years ago to promote healthy cognition and memory by supporting healthy blood flow and oxygen utilization.*

Uses For Vinpocetine

Cognitive Support: Vinpocetine is absorbed in the small intestine and then processed in the liver. Once in systemic circulation, vinpocetine is absorbed by most tissues in the body and crosses the blood brain barrier. Vinpocetine enhances healthy cerebrovascular blood flow, possibly by supporting cyclic GMP phosphodiesterase activity, allowing for healthy oxygen distribution to cells. Vinpocetine may also support oxygen release from hemoglobin, providing cells easier access to the oxygen they need. Furthermore, studies have reported that vinpocetine may provide neuroprotection via its antioxidant properties. In a double blind placebo-controlled clinical trial, 84 elderly subjects were given vinpocetine or a placebo over a period of 90 days. Results indicated that those supplementing with vinpocetine experienced positive cognitive support. An additional placebo-controlled, randomized, double blind, multicenter trial suggests that vinpocetine significantly enhances

cognitive function and other subjective measures. Research also indicates that vinpocetine has the potential to support healthy memory.*

What Is The Source?

Vinpocetine is derived from vincamine, a natural compound extracted from the leaves of periwinkle (*Vinca minor L*). Hypo-allergenic plant fiber is derived from pine cellulose.

Recommendations

Pure Encapsulations recommends 1-3 capsules per day, in divided doses, with or between meals, with 8-12 oz of water.


Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Vinpocetine has been associated with GI upset, nausea, anxiety, dizziness, sleep disturbances or headache. Consult your physician for more information.

Are There Any Potential Drug Interactions?

Vinpocetine may be contra-indicated with blood thinning medications. Consult your physician for more information.

Vinpocetine

each vegetable capsule contains	 v 3
vinpocetine	20 mg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
1-3 capsules per day, in divided doses, with meals.	

*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.