BMI
Bio-Med Ingredients
Where Quality Matters...

Bacopa monnieri

The herb of grace

Used for centuries for a variety of purposes, including anxiety, poor cognitive abilities, and lack of concentration

A class of powerful compounds called bacosides in Bacopa monnieri is believed to be responsible for therapeutic benefits

Bacopa monnieri

May boost brain function

·One study in mice showed that supplementing with Bacopa monnieri improved their spatial learning and ability to retain information

·Increases dendritic length and branching, that are closely linked to learning and memory

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12-week study in 46 healthy adults observed that taking 300 mg of Bacopa monnieri daily significantly improved the speed of processing visual information, learning rate, and memory, compared with the placebo treatment

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12-week study in 60 older adults found that taking either 300 mg or 600 mg of Bacopa monnieri extract daily improved memory, attention, and the ability to process information, compared with the placebo treatment

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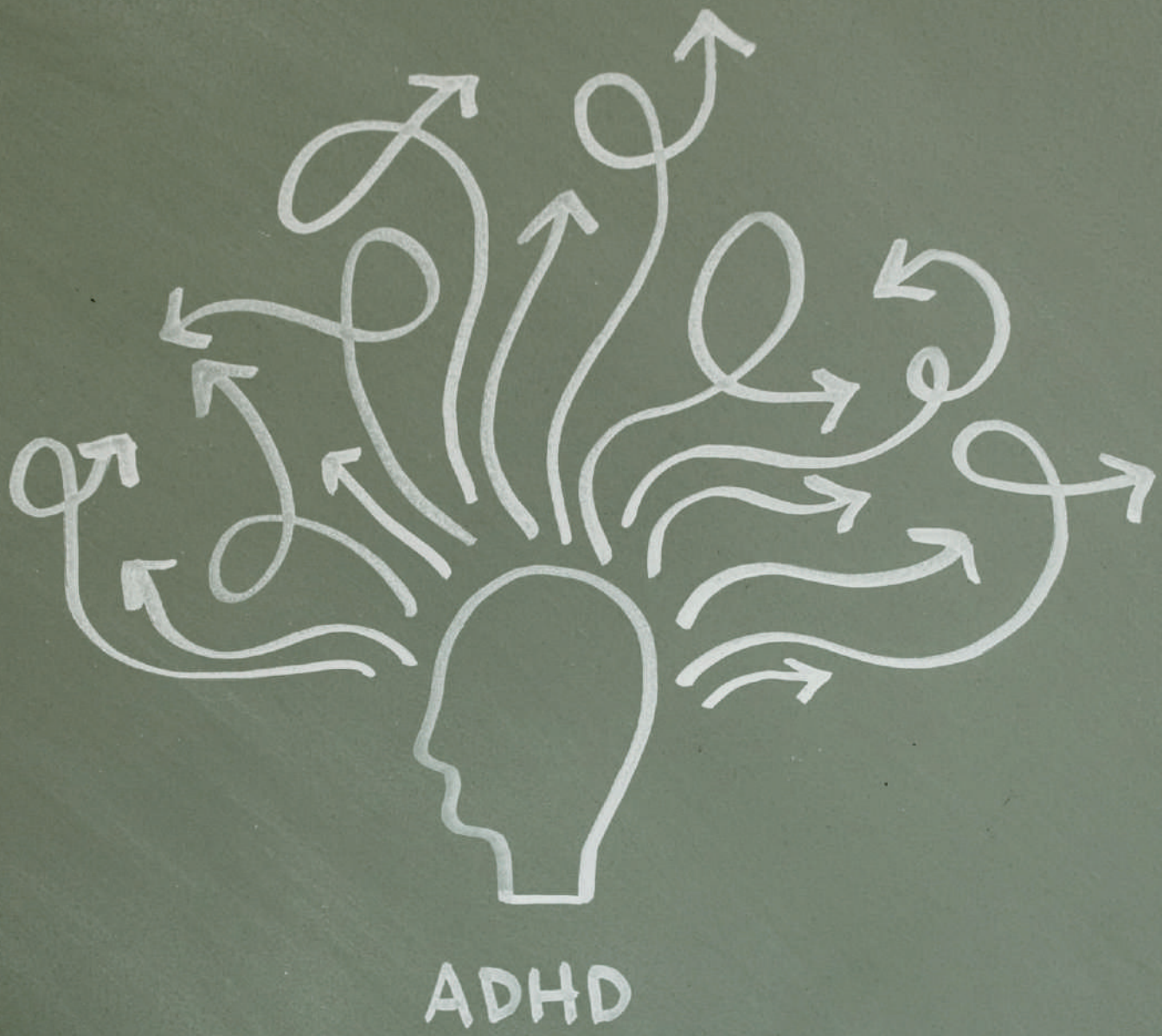

Bacopa monnieri

May help to reduce ADHD symptoms

·One study in 31 children aged 6–12 years found that taking 225 mg of Bacopa monnieri extract daily for 6 months significantly reduced ADHD symptoms, such as restlessness, poor self-control, inattention, and impulsivity in 85% of the children

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Another study in 120 children with ADHD observed that taking an herbal blend that contained 125 mg of Bacopa monnieri improved attention, cognition, and impulse control, compared with the placebo group

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May prevent anxiety and stress

·Considered as an adaptogenic herb (increases body's resistance to stress)

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Helps to reduce stress and anxiety by elevating your mood and reducing levels of cortisol, a hormone that is closely linked to stress levels

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One rodent study showed that Bacopa monnieri had anti-anxiety effects comparable to those of lorazepam (benzodiazepine)

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Two 12-week human studies found that taking 300 mg of Bacopa monnieri daily significantly reduced anxiety and depression scores in adults, compared with the placebo treatment

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Bacopa monnieri

May work as a powerful antioxidant

·Bacosides, the main active compounds in Bacopa monnieri, have been shown to neutralize free radicals that are linked to many chronic conditions, such as heart disease, diabetes, and certain cancers.

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May reduces lipid peroxidation is linked to several conditions, such as Alzheimer's, Parkinson's, and other neurodegenerative disorders

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A study showed that treating rats with dementia with Bacopa monnieri reduced free radical damage and reversed signs of memory impairment

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Bacopa monnieri

May reduce inflammation

In test-tube studies, Bacopa monnieri appeared to suppress the release of pro-inflammatory cytokines, which are molecules that stimulate an inflammatory immune response

In test-tube and animal studies, it inhibited enzymes, such as cyclooxygenases, caspases, and lipoxygenases – all of which play key roles in inflammation and pain

In animal studies, Bacopa monnieri had anti-inflammatory effects comparable to those of diclofenac and indomethacin – two nonsteroidal anti-inflammatory drugs commonly used to treat inflammation

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May help lower blood pressure

Bacopa monnieri may help keep blood pressure within a healthy range

In one animal study, Bacopa monnieri reduced both systolic and diastolic blood pressure levels. It did this by releasing nitric oxide, which helps dilate blood vessels, resulting in improved blood flow and lower blood pressure

Another study showed that Bacopa monnieri significantly lowered blood pressure levels in rats that had elevated levels, but it had no effect in rats that had normal blood pressure levels

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Bacopa monnieri

May have anticancer properties

Test-tube and animal studies have found that Bacopa monnieri may have anticancer properties.

Bacosides, the active class of compounds in Bacopa monnieri, have been shown to kill aggressive brain tumor cells and inhibit the growth of breast and colon cancer cells in test-tube studies

Bacopa monnieri induced skin and breast cancer cell death in animal and test-tube studies

Research suggests that the high levels of antioxidants and compounds like bacosides in Bacopa monnieri may be responsible for its cancer-fighting properties

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