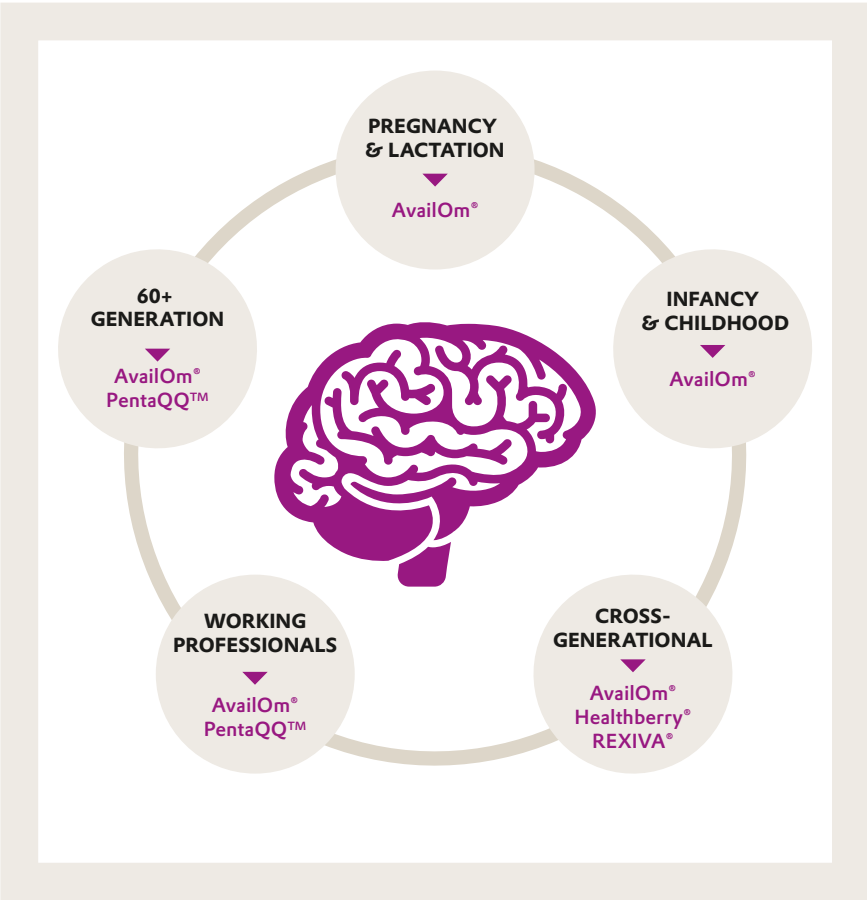


Evonik's solutions for cognitive health:

Dietary supplements, functional foods and beverages may conveniently add a healthy plus to our busy and stressful daily routine. With its formulation services, Evonik offers a broad range of standard delivery forms, standard

release profiles as well as customized support with products and profiles.

Find out, how Evonik's solutions can help support the brain development and improve the cognitive performance.



This information and all further technical advice are based on our present knowledge and experience. However, it implies no liability or other legal responsibility on our part, including with regard to existing third party intellectual property rights, especially patent rights. In particular, no warranty, whether express or implied, or guarantee of product properties in the legal sense is intended or implied. We reserve the right to make any changes according to technological progress or further developments. The customer is not released from the obligation to conduct careful inspection and testing of incoming goods. Performance of the product described herein should be verified by testing, which should be carried out only by qualified experts in the sole responsibility of a customer. Reference to trade names used by other companies is neither a recommendation, nor does it imply that similar products could not be used.

AvailOm® – reg. trademark of Evonik Industries AG and its subsidiaries

Healthberry® – reg. trademark of Evonik Industries AG and its subsidiaries

PentaQQ™ – trademark of Evonik Industries AG and its subsidiaries

REXIVA® – reg. trademark of Evonik Industries AG and its subsidiaries

201808-AFI-V2

Cognitive health. Advanced nutraceutical solutions.

A range of health ingredients with proven benefits



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There is no health without cognitive health!

Mental health is fundamental for overall health and well-being, for our ability to think, emote, interact with each other, earn a living and enjoy life.

Consequently, it is not surprising that maintaining mental sharpness with age was the number one health concern globally 2016. Indeed, as we age, the brain changes naturally involving a shrinkage of certain parts of the brain, reduced neuronal communication and brain blood flow as well as increased inflammation (NIA 2017).

According to the World Health Organization, Alzheimer's and other brain diseases will affect 1 out of 5 people at some point in life.

However, as aging depends on multiple factors including genes, environment and lifestyle, the pace of cognitive decline and the risk of developing brain diseases as we age can be reduced!

WHAT YOU CAN DO FOR YOUR COGNITIVE HEALTH:



Eat healthy and stay hydrated.



Keep your mind active by doing mentally stimulating activities.



Take care of your health, i.e. get recommended health screenings and manage cardiovascular health problems to minimize the risk of dementia.







Drink alcohol moderately and stop smoking.



Taking specific nutraceuticals including health ingredients from Evonik?

What WE can do for your cognitive health:

Evonik offers high quality and scientifically sound cognitive health ingredients opening a world of possibilities for enhancing existing food lines and creating new, targeted nutraceutical solutions.

	 REXIVA® Amino acids	 Healthberry® 865 Anthocyanin-rich extract	 AvailOm® Omega-3 Lysine complex	 PentaQQ™ Pyrroloquinoline quinone
60+ GENERATION		Studies suggest that anthocyanins improve several cardiovascular risk factors, which are said to accelerate cognitive decline in the elderly. Experimental evidence also points to a reduction of amyloid beta toxicity.	Studies indicate that omega-3 fatty acids may attenuate the naturally occurring cognitive decline during aging and reduce the risk of dementia.	PQQ improved cognitive performance in older adults (i.p. attention and memory function). The neuroprotective effects may be related to its anti-oxidative potential and by stimulating nerve cell growth.
WORKING PROFESSIONALS			Higher blood omega-3 levels have been linked to improved cognitive performance and mood.	Preliminary evidence points to beneficial effects on perceived levels of stress, stress-related fatigue and sleep quality.
CROSS-GENERATIONAL	Amino acids are essential for optimal brain health and cognitive performance. Reduced tryptophan levels may negatively affect cognitive function and mood, whereas changes in glycine can affect motor function. L-serine has recently been proposed to be neuroprotective.	Clinical studies demonstrated an improved blood flow as well as anti-oxidant and anti-inflammatory effects. A healthy blood flow is important for optimal brain function, because it ensures a proper supply of nutrients and oxygen.	DHA contributes to the maintenance of normal brain function.	
INFANCY & CHILDHOOD			DHA contributes to normal brain development. Suboptimal omega-3 levels may increase the risk for developmental deficits and neurocognitive disorders, whereas an increase in omega-3 fatty acids may benefit cognition, behavior and learning abilities.	
PREGNANCY & LACTATION			Maternal intake of DHA contributes to normal brain development of the fetus and breastfed infants. Some evidence also points to a reduced risk for post-partum depression and preterm delivery with increased omega-3 intake.	