

**Evidenced Based Support for the  
Nootropic Benefits (Brain Function, Cognition, Memory & Learning)  
or  
Anxiolytics (Stress & Anxiety Inhibition)  
Benefits of:**

**[Aswagandha Extract](#)**

**[Ascorbic Acid \(Vitamin C\)](#)**

**[Bacopa Monnieri](#)**

**[Huperzine A](#)**

**[Pyridoxal-5-Phosphate \(Vitamin B-6\)](#)**

**[Pantothenic Acid](#)**

**[Vinpocetine](#)**