Citicoline

Optimize Your Brain Function

- Enhances memory in the elderly
- Supports balanced mood and cognitive function
- Promotes phospholipid balance in the brain and enhances neurotransmitter production
- Clinically shown to aid in recovery from traumatic brain injury

Details

Citicoline is cytidine diphosphate choline, or CDP-choline, a nutrient that has been shown to support memory in patients with age-associated memory impairment, and brain cell recovery from injuries such as stroke or concussion. Citicoline also increases the production of key neurotransmitters, including acetylcholine, norepinephrine, dopamine, and serotonin, all of which are essential for mood balance and memory. Additionally, it supports nerves in the eye, and studies administering Citicoline to patients with lazy-eye and other vision disorders have noted beneficial results.

The main component of Citicoline is its cytidine group, which is what Citicoline delivers to the brain. Rather than just supplying a single phospholipid, Citicoline boosts the brain’s production of its own array of phospholipids, including phosphatidylserine (PS), phosphatidylcholine (PC), phosphatidylinositol (PI) and phosphatidylethanolamine (PE). Phospholipids are fundamental in the synthesis of neurotransmitters and the proper functioning of neural cell membranes - both highly significant factors for healthy cognitive function.

Overall, Citicoline is ideal for those looking to support cognitive performance, memory, and mood, or to support the health and function of brain cells during aging or after a brain injury.

Label Info
Discussion
Citocline is cytidine 5'-diphosphate choline. Citocline promotes the synthesis of phosphatidylcholine and other phospholipids like phosphatidylserine and supports the maintenance of good health.

Product Variation
Product Code
AOR04294

Size
60 VEGI-CAPS

Supplements Facts
Serving Size: 1 Capsule

Amount
Citocline * Cognizin 250 mg
Choline (bitartrate) 14 mg

*Cognizin is a registered trademark of Kyowa Hakko Bio Co., Ltd.

Non-medical ingredients:


Guarantees
AOR™ guarantees that all ingredients have been declared on the label. Contains no wheat, gluten, corn, nuts, peanuts, sesame seeds, sulphites, mustard, soy, dairy, eggs, fish, shellfish or any animal byproduct.

Adult Dosage
Take 2 capsules daily with/without food, or as directed by a qualified health care practitioner.

Cautions
Do not use if you are pregnant or breastfeeding. Consult a health care practitioner for use beyond 3 months.

Source
Biofermentation

Main Application
Antioxidant
Cognitive support

Disclaimer
The information and product descriptions appearing on this website are for information purposes only, and are not intended to provide or replace medical advice to individuals from a qualified health care professional. Consult with your physician if you have any health concerns, and before initiating any new diet, exercise, supplement, or other lifestyle changes.
Research
Background

What is Citicoline?
Citicoline (cytidine diphosphate choline, or CDP-choline) is not just a source of choline, the main building block of the neurotransmitter acetylcholine. Instead, Citicoline is a phospholipid booster. The most popular and well-known phospholipid supplement is phosphatidylserine (PS). But our body requires multiple types of phospholipids and not just PS. Of course, PS supplements contain small amounts of some of the other key phospholipids, such as (phosphatidylcholine [PC] and phosphatidylinositol [PI]). But they don’t contain these nutrients, in the same proportions as are found in a healthy, youthful person. Taking individual phospholipids, such as PS, forces more of the specific phospholipid that you’re taking into the membranes of nerve and other cells. But it cannot restore the balance of all phospholipids.

More Than One Phospholipid?
By contrast, Citicoline works by enhancing the body’s ability to synthesize its own phospholipids. Citicoline’s real “business end” is its cytidine group. Taking Citicoline delivers cytidine to the cells, where it is transformed into cytidine diphosphate (CDP). CDP plays a key role in the body’s production of phospholipids. By supporting the body’s ability to make its own phospholipids, Citicoline increases levels of all phospholipids in cell membranes – yet the healthy proportions of the various phospholipids are not altered.

Customized To Your Needs
At the same time, new research suggests that Citicoline allows the body to make better use of phospholipids derived directly from the diet or supplements. When you take phospholipid supplements, the fatty acid “tails” have to be modified as they are taken from the blood, then brought into the cell’s outer membrane, so that they meet the specific needs of the local tissue. Studies in isolated neuron precursor cells show that Citicoline selectively enhances the ability of phospholipids to incorporate a variety of fatty acids into their “tails,” facilitating this “customization” process.

Market Trends
Although a wealth of studies have been conducted over the last 20 years, Citicoline is not yet well known. More popular alternatives include Ginkgo biloba, omega-3 fatty acids, phosphatidylserine (PS) or phosphatidylcholine (PC).

With ongoing research, we may expect the fulfillment of some present promises, and the discovery of new applications for this remarkable nutrient.

AOR Advantage
Why take single-ingredient products when Citicoline covers it all? AOR’s Citicoline provides a source
of choline along with added choline for enhanced acetylcholine production, while the cytidine end is converted into cytidine diphosphate which enhances the natural production of all the body’s phospholipids in a balanced manner. AOR’s Citicoline is Cognizin Citicoline.

References


