



**Brain  
Support**

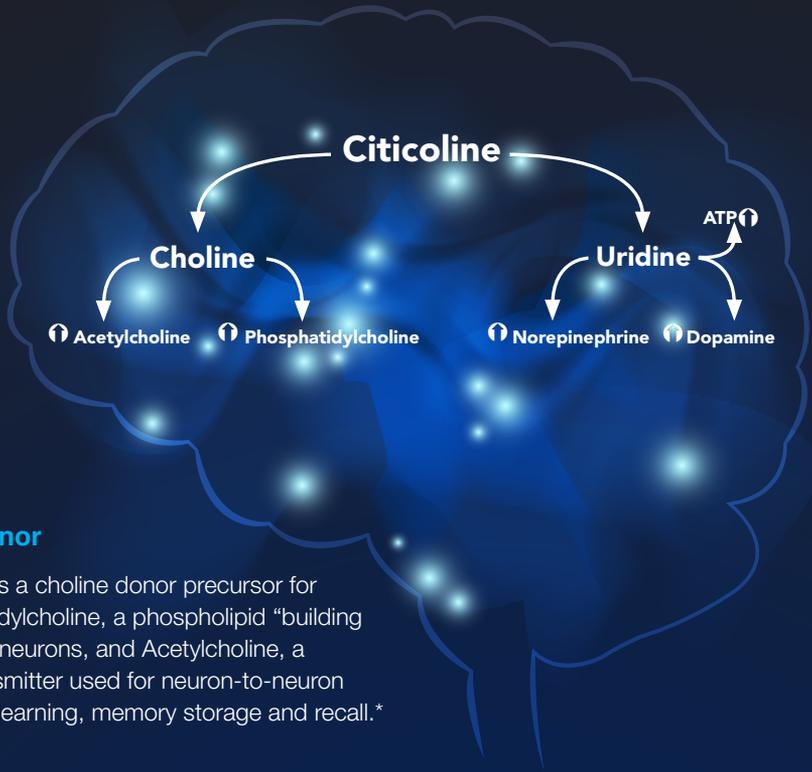
with Cerenx®

# Dietary Support for **Brain Health, Mood, and Mental Function.\***



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

Omne Diem™ Brain Support features Cerenx® brand Citicoline (CDP 5'-phosphatidyl choline), a natural source of choline that promotes healthy brain structures and functions, including mood, mental energy, focus, attention, concentration, and mental acuity.\*



## Choline Donor

Citicoline is a choline donor precursor for Phosphatidylcholine, a phospholipid “building block” for neurons, and Acetylcholine, a neurotransmitter used for neuron-to-neuron signaling, learning, memory storage and recall.\*

## Scavenger Booster

Citicoline stimulates glutathione synthesis and the activity of the enzyme glutathione reductase.\* Glutathione is a powerful antioxidant that scavenges excess free radicals to protect cells and tissues from oxidative damage.\*

## More than Choline

Citicoline supplementation provides more than the metabolite choline. Uridine is also a metabolite of Citicoline supplementation. Uridine is the molecule responsible for increasing brain levels of norepinephrine and dopamine, supporting mitochondrial function, and boosting energy production in the brain.\*

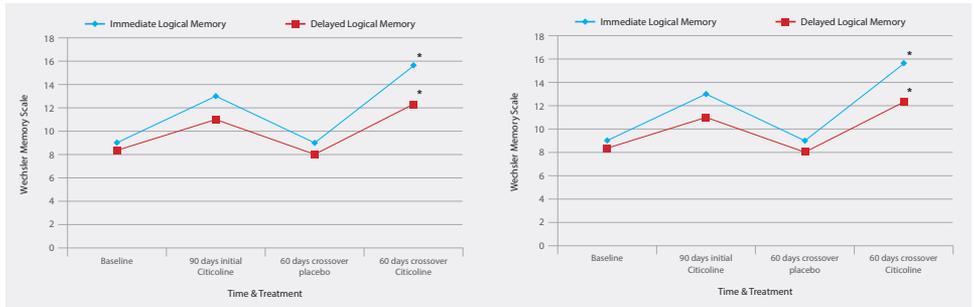
Reduced phosphatidylcholine and acetylcholine as well as increased oxidative stress are believed to influence age-related cognitive decline.

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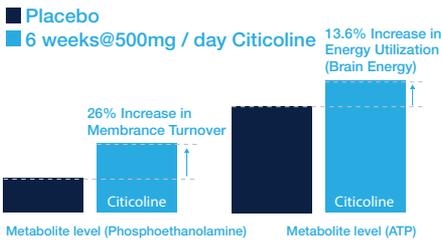
Citicoline, also known as CDP-Choline, has been evaluated in 290 clinical trials for multiple applications including memory, attention/focus, mood, and brain energy.\*

## Memory

A 60-day crossover study reported improvements in immediate and delayed logical memory with citicoline supplementation compared to placebo in healthy adults with a relatively inefficient memory.\*



Spiers P et al.; Arch Neurol. 1996;53:441-448)



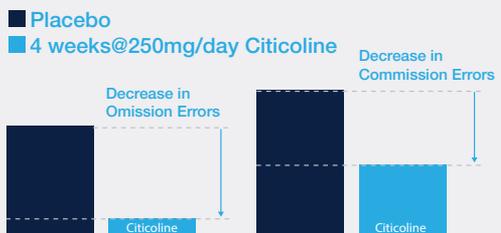
Silveri MM et al.; NMR Biomed. 2008; 21 (10); 1066-75

## Cellular Synthesis and Brain Energy

Over six weeks, increases in brain membrane formation (26%) and restored brain energy (13.6%) were reported among healthy, middle-aged adults with citicoline supplementation compared to placebo.\*

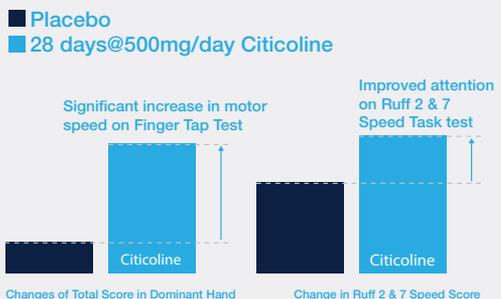
## Attention/Focus

- Fewer omission and commission errors were reported with citicoline supplementation compared to placebo among healthy, middle-aged women.\*



McGlede E. et al.; Food and Nutrition Sciences. 2012, 3: 769-773

- After 28 days, adolescent males were reported to have increases in attention and psychomotor speed with citicoline supplementation compared to placebo.\*



Yurgelun-Todd D et al.; Journal of Attention Disorders. 2015; 1-14

## Omne Diem™ Brain Support

features Cerenx® brand Citicoline, a natural source of choline that supports brain health, mood, and mental function.\*



**Recommended Usage:**  
1-2 capsules daily.  
For best results, take early in the day after eating.

## Formula Benefits:

- ▶ Helps defend against age-related cognitive decline\*
- ▶ Helps boost cellular synthesis and brain energy\*
- ▶ Provides support for attention and focus\*

### DOES NOT CONTAIN:

Wheat	Gluten	Yeast
Soy	Dairy	Fish
Shellfish	Peanuts	Tree Nuts
Egg	GMO's	Artificial Colors
Artificial Sweeteners	Artificial Preservatives	



## ▶ Dietary Support for Brain Health, Mood, and Mental Function\*



Call 1-888-876-5765 to place an order with our Customer Service Associates.



Email your questions and feedback to [feelbetter@diemdirectllc.com](mailto:feelbetter@diemdirectllc.com)



Online ordering is available at [www.diemnutrition.com](http://www.diemnutrition.com)



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