

# Bacopa Monniera: A Herb to Enhance our Memory

***A naturally occurring herb that supports memory function.***

*It is not uncommon to become more forgetful as we age. Remembering where we put the car keys or what we had for dinner two nights ago seems to become more difficult as the years go by.*

Fortunately, research is now showing that a naturally occurring herb in India, Bacopa monnieri, has the potential to help us make the most of our memories.

An Australian study involving 81 participants aged 55 and older revealed that participants receiving a 300 mg per day extract of Bacopa monnieri displayed significant improvements in learning new information and recalling this information later.

These findings are consistent with traditional use and previous research.



For more information visit:  
[WWW.MAGNAWELLNESS.COM](http://WWW.MAGNAWELLNESS.COM)

**GOOD** for you  
Health and Wellness  
for Magna Employees

**MAGNA**