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★★★★★ Great value, great product!  
"...This is a great product for a fantastic price. Very pleased."  
-Mylisa



Health & Household › Vitamins & Dietary Supplements › Supplements › 5-HTP

Natrol Cognium Extra Strength Tablets, Brain Health, Keeps Memory Strong, 1 clinically Studied, Shown to Improve


226 customer reviews | 14 answered questions

Amazon's Choice for "cognium"




About the product

- #1 most clinically studied ingredient for memory among leading brain health supplemer
- Clinically shown to improve memory and recall in healthy adults
- Enhances mental agility by improving cognitive function
- Safe and stimulant free
- Results in as little as 4 weeks



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Frequently bought together



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Total price: **\$48.91**

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☒ **This item:** Natrol Cognium Extra Strength Tablets, Brain Health, Keeps Memory Strong clinically Studied... **\$26.01** (\$0.43 / Count)

☒ PreserVision AREDS 2 Vitamin & Mineral Supplement 120 Count Soft Gels **\$22.90** (\$0.19 / Count)

Sponsored products related to this item

Price: **\$24.71** (\$0.41 / Count) ~~\$26.01~~ \$1.30 (5%) & **FREE Shipping.** [Details](#)

**In Stock.** Ships from and sold by Amazon.com.

2 Sizes: 200Mg

100Mg

**\$14.19**  
(\$0.24 / Count)

**\$26.01**  
(\$0.43 / Count)

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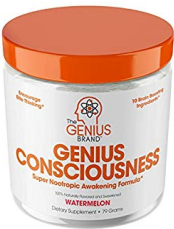


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101  
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46  
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- 
- Extra Strength Brain Supplement for Focus, Energy, Memory & Clarity - Mental Performance Nootropic with Super Ginkgo Biloba - Supports Brain Function - 30 Capsules for Men & Women; Non-GMO  
3,259  
\$20.94
- 
- Natrol Cognium Sharper Mind, 60 Tablets (Pack of 2)  
10  
\$39.85
- 
- Support Healthy Brain Function with Nootropics, Improve Memory & Boost Focus - Alpha GPC, Lion's Mane Extract, Bacopa Monnieri, Phosphatidylserine, Ginkgo Biloba, Rhodiola Rosea, Huperzine A  
617  
\$21.04

Special offers and product promotions

Size: 200Mg

- Your cost could be \$0.00 instead of \$26.01! Get a \$50 Amazon.com Gift Card instantly upon approval for the Amazon Rewards Visa Card [Apply now](#)

Have a question?

Find answers in product info, Q&As, reviews

From the manufacturer



## WHAT IS COGNIUM?

Caring for your mind is a no-brainer. Natrol® Cognium® keeps your mind sharp and memory strong with an ingredient that's clinically shown to improve memory and recall in healthy adults. It is powered by the #1 most clinically studied ingredient for memory among leading brain health supplements. That makes Cognium the smart choice in brain health.<sup>†</sup>



## HOW COGNIUM SHARPENS YOUR MIND



### ENERGIZES

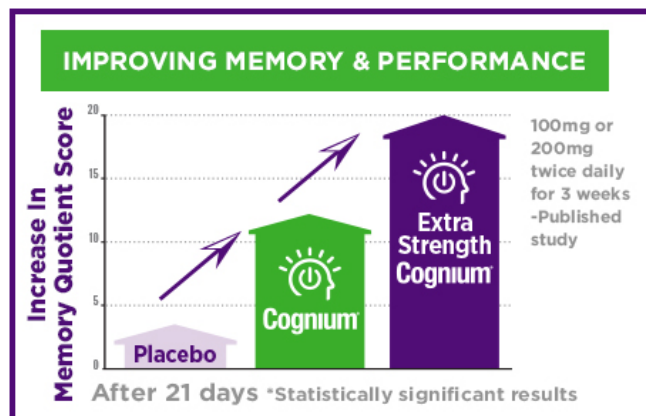
Increases blood flow and glucose uptake in the brain's centers for memory and cognition, as shown in a brain imaging study. \*Results were based on 200 mg taken twice daily for 3 weeks.



### PROTECTS

Acts like an antioxidant for your brain, shielding neurons from free radical damage and oxidative stress as suggested in an in vitro study.\*

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

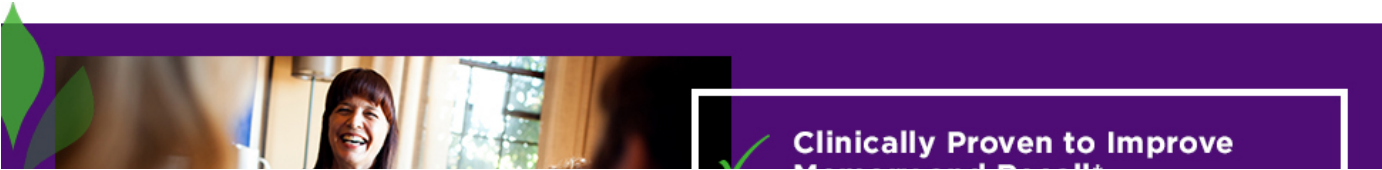


## CLINICAL RESULTS<sup>†</sup>

In human clinical studies, Cognium's unique silk protein hydrolysate has shown statistically significant improvements in cognitive function in as little as 4 weeks when taken as directed.

<sup>†</sup>The Improvement of Learning and Memory Ability of Normal Persons by BF-7, Study completed in 2004.





Product description

Size:**200Mg**

Natrol Extra Strength Cognium is powered by a silk protein hydrolysate that is the #1 most clinically studied ingredient for memory among leading brain health supplements. Extra Strength Cognium enhances mental agility by improving cognitive function. Multiple human clinical studies show statistically significant improvements in memory and recall in healthy adults.

Product details

Size: **200Mg**

**Product Dimensions:** 2.4 x 2.4 x 4.5 inches ; 1.44 ounces

**Shipping Weight:** 3.2 ounces ([View shipping rates and policies](#))

**Domestic Shipping:** Currently, item can be shipped only within the U.S. and to APO/FPO addresses. For APO/FPO shipments, please check with the manufacturer regarding warranty and support issues.

**International Shipping:** This item can be shipped to select countries outside of the U.S. [Learn More](#)

**ASIN:** B079TDPPHM

**UPC:** 047469073404

**Item model number:** 7340

**Average Customer Review:** [226 customer reviews](#)

**Amazon Best Sellers Rank:** #10,204 in Health & Household ([See Top 100 in Health & Household](#))  
#22 in [5-HTP Nutritional Supplements](#)

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Important information

**Safety Warning**  
NO: milk, egg, fish, crustacean shellfish, tree nuts, peanuts, we, soy beans, east, artificial colors or flavors, preservatives. This product is labelled to United States standards and may differ from similar products sold elsewhere in its ingredients, labeling and allergen warnings

**Legal Disclaimer**  
Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

**Ingredients**  
CERA-Q Powder (60% Silk Protein Hydrolysate), dicalcium phosphate, microcrystalline Cellulose, maltodextrin, glycerol monostearate, Croscscrmellose sodium, silicon dioxide, stearate acid, magnesium stearate, Methylcellulose, glycerin.

Sponsored products related to this item



Natrol 5-HTP Time Release Tablets, 200mg, 60 Count  
1,705  
\$23.08



Natrol DHEA Tablets, Promotes Balanced Hormone Levels, Supports a Healthy Mood, Sup...  
790  
\$13.33



Focus & Memory Nootropic Supplement for Mental Performance | Brain Boost  
42  
\$34.99



Genius Consciousness - Super Nootropic Brain Booster Supplement - Enhance Focus, Bo...  
2,069  
\$37.99



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401  
\$19.95

Pure l Extra Natur Super  
\$17.9  
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226 customer reviews

3.8 out of 5 stars

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4 star	<input type="text"/>	13%
3 star	<input type="text"/>	16%
2 star	<input type="text"/>	10%
1 star	<input type="text"/>	14%

Customer images



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By feature

Read reviews that mention

Sul



Easy to swallow	4.8
Value for money	4.4
Flavor	3.9

extra strength	side effects	easy to swallow	silk protein	worth a try
upset stomach	feel like	waste your money	memory recall	
noticed a difference	clinical studies	placebo effect	noticed improvement	

Review this product

Share your thoughts with other customers

Write a customer review



Ad feedback

Showing 1-8 of 226 reviews

Top Reviews

L. Mountford TOP 100 REVIEWER VINE VOICE

Didn't work for me ...

June 24, 2017  
Size: 100Mg Vine Customer Review of Free Product ( What's this? )

I wanted to wait until after I'd tried this product for a month (one full bottle) before writing my review.

The good news: I noticed no physical problems — no upset stomach, no sleep issues, no “jittery” feeling. I do sometimes react to meds, so this was a good thing.

The not-so-good news: it didn't seem to have any effect as far as improving cognitive function or memory. I tried a few “memory tests” during the month and my scores didn't improve at all. Fine — there are no guarantees with things like this and I totally accept that. Others obviously see results. So, no harm, no foul.

More troubling, however, are the references to studies that are intended to support the claims made by Natrol for this product. The product description here on Amazon claims several times that “clinically proven results” and “statistically significant cognitive improvements in adults, seniors and children ...” are backed by “9 human clinical studies.” Let's look at this, shall we?

[Read more](#)

488 people found this helpful

Helpful

Comment

Report abuse

Brian Smead

Don't waste your money

November 3, 2017  
Size: 100Mg Verified Purchase

Used this product as directed for 30 days and notice no improvement at all. I do not feel like my memory got any better, nor did my level of concentration. Since the product didn't work, I tried to get my money back as they have a “money back guarantee”. I jumped through all of their hoops, (receipts, bar codes, etc) never got a refund. I'm not sure, but this product, and this company may be a scam.

69 people found this helpful

Helpful

Comment

Report abuse

Shopper66

I usually don't get sick from anything like this but will not be taking the second

October 23, 2017  
Size: 100Mg Verified Purchase

It made me very sick. Started out with a headache, then throwing up and diarrhea. Would send back but can't. I usually don't get sick from anything like this but will not be taking the second on

46 people found this helpful

Helpful

Comment

Report abuse

Amazon Customer

Works as promised!

July 20, 2017  
Size: 100Mg Verified Purchase

I caught myself remembering things I would normally have to concentrate on old addresses, etc. My focus during conversations are much better. Will defin

Sul

34 people found this helpful

Helpful

Comment

Report abuse

 ollie m hadfield

**It works but give it at least a month to see the results**

January 21, 2018  
Size: 100Mg **Verified Purchase**


This product does work for me. I'm 77 years old and have been having a lot of memory problems. I play Bridge and couldn't remember what had been played until I started taking "Cognium". It took about a month for me to notice the affects but all of a sudden I realize that I could remember what cards had been played and my Bridge play definitely improved.

32 people found this helpful

Helpful

Comment

Report abuse

 TERRI HORTON

**Not worth the money. I saw no differents and ...**

April 20, 2018  
Size: 100Mg **Verified Purchase**

Not worth the money. I saw no differents and I took all of them. I asked my dr. He said it's a rip off.

16 people found this helpful

Helpful

Comment

Report abuse

 Cal L.

**thinking if a little works good..**

September 29, 2017  
Size: 100Mg **Verified Purchase**

No a "smart" pill, but trying to be objective.....!ve noticed that I forget fewer things, and remember forgotten names with less effort. Its hard to quantify such a subjective thing as memory, but I have definitely noticed improvement. I doubled the dosage...thinking if a little works good...a lot might be better. WRONG! Follow the directions. It made me dizzy....but that was all. One a day works great!

22 people found this helpful

Helpful

Comment

Report abuse

 Alan L.

**Seems to work best when added to other supplements**

December 23, 2017  
Size: 100Mg **Verified Purchase**

Seems to keep me even keel for a good part of the day, I feel that I can concentrate better instead of giving up on things like I used to. I take this with Turmeric and ginko for an enhanced calmness and concentration.

13 people found this helpful

Helpful


Comment

Report abuse

[See all 226 reviews](#)

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**This item:** Natrol Cognium Extra Strength Tablets, Brain Health, Keeps Memory Strong, 1 clinically Studied, Shown to Improve Memory and Recall, Enhances Mental Agility, Safe and Stimulant Free, 200mg, 60 Count

Set up a giveaway


Customers who bought this item also bought



Fast-Acting Brain Supplement - NEURIVA Plus (30Count in a Bottle), Plus B6, B12 & Folic...

46

\$31.85



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