



*Food supplement based on Soy Lecithin, NAC, Choline and Vitamins. Phosphatidylserine, present in soy lecithin, allows brain cells to metabolize glucose which is then released and binds to neurotransmitters, which is important for learning, memory and other cognitive functions.*

### DESCRIPTION

#### What are the ingredients of Recumen?

- **Soy** lecithin (35% Phosphatidylserine) 100mg (35mg Phosphatidylserine)
- N-Acetyl-L-Carnitine 100mg
- Choline citrate 100mg
- Vitamin B2 (Riboflavin) 0.46mg (33.33% NRV)
- Thiamin ? Vit. B1 (Thiamine Hydrochloride) 0.36mg (33.33%VRN)
- Vitamin B12 (Cyanocobalamin) 0.83?g (33.33%VRN)

%NRV: Nutrient Reference Values.

#### Contraindications:

- Contains **soy** .

