



Dosage Statement

The dosage¹ of **300 mg** for Braincurrant® has been established based on growing clinical evidence on New Zealand blackcurrants and blackcurrant-based products (most often juice) shown to support healthy brain function and focus. Braincurrant® is standardized to contain more than 3 g of total polyphenols per 100 g, delivering a consistent daily intake of blackcurrant polyphenols in each 300 mg dose.

Braincurrant® is produced using a proprietary freeze-drying process that preserves the natural polyphenolic matrix, with each batch containing a diverse bioactive profile of >10 different polyphenols in their original ratios. Maintaining a synergy of naturally present compounds increases their bioavailability and allows them to work together to deliver maximum benefits.

With its high phenolic content, Braincurrant® is designed for long-term cognitive support. Each daily dose provides concentrated blackcurrant polyphenols, and emerging research suggests these bioactives can reach and accumulate in the brain over time, where they exert their effects. Taken consistently, Braincurrant® supports safe and steady exposure to these compounds, helping to maintain focus, memory, and mental clarity over the long term.

¹ Dosages are subject to change as studies are completed and further evidence of efficacy is provided.