

Eternum Cortex



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Eternum Cortex is a dietary supplement designed to enhance cognitive functions and overall mental performance.

Cortex by Eternum is a new cognitive enhancement.

Cortex Brain & Focus is a \$69 bottle that uses a combination of natural ingredients. It boosts concentration, focus, overall cognitive function, and productivity.

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In our review, you will find all the information about Eternum Cortex and its effectiveness.

What is Cortex

Cortex is brain health that's marketed for anyone who wants to improve their brain power.

Two capsules of Cortex taken daily are said to improve cognitive function and maximize concentration, focus and combat anxiety and stress.

Eternum is a supplement company based in Florida. This supplement is also called Cortex Brain & Focus

Cortex has a 40% discount on the normal retail price as part of a promotion for 2024. You can order Cortex online and pay as little as \$69 for each bottle. This is a huge discount on the usual retail price of \$99 a bottle.

Cortex Benefits

According to its official website, Cortex offers a number of benefits, including:

- Concentration, focus and productivity can be improved
- Enhance cognitive function
- Memory and Learning Aid
- Stress and anxiety can be combated
- This is a great tool for anyone who wants to boost their brainpower, including gamers, developers and executives.
- A 60-day guarantee of satisfaction

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What is the Cortex System?

Cortex Brain & Focus provides your brain with the nutrients necessary for optimal performance.

The brain uses more energy than other organs in the body. The brain requires nutrients as well to function. You may experience low motivation, mental fog, hormonal imbalances and other problems if your brain is lacking these nutrients.

Cortex is a blend that contains vitamins and minerals essential for cognition.

Cortex also contains a blend that includes plant and herb extracts associated with cognitive health. Green tea extract, GABA and grape seed extract are all linked to brain health.

These ingredients all have two main effects that they share:

Increase the nerve synapses that connect neurons. Eternum's Cortex ingredients are well known for "increasing the nerve synapses that connect neurons." Each second, your brain cells or neurons make millions of connections. These connections allow you to think, speak and remember information. Your brain health will suffer if your synapses don't fire correctly.

Increase the production of Neurotransmitters. Brain chemicals that are linked to mood, concentration, cognitive function and brain health. According to Eternum's formulation, the ingredients of the cortex work by " increasing the production neurotransmitters."

Take two capsules daily to activate all these ingredients. Cortex is a two-capsule daily serving that contains all the ingredients necessary to promote brain health.

Cortex Ingredients

Cortex is a combination of dozens ingredients including vitamins, minerals and plant extracts. These ingredients promote cognitive function in different ways.

According to the manufacturer, here are the ingredients and their functions in Cortex:

DMAE Bitartrate: DMAE, or 2-dimethylaminoethanol, is a compound your body produces naturally. You can also obtain small amounts of DMAE from food sources such as fish. DMAE has become a popular brain supplement.

Some people take DMAE every day to improve brain function. Cortex's proprietary formulation contains DMAE as the main ingredient. It is also one of the most important ingredients. According to one DMAE producer,

DMAE may help improve mood, memory and brain function, as well as prevent beta-amyloid buildup in the brain, which is linked to age-related dementia.

The amino acid L-glutamine: has been shown to improve concentration, memory and cognitive health. Others take it to boost their energy levels, immune system, and endurance. In a 2020 study published in *Nutrients*, glutamine supplementation was found to help with oxygen consumption and inflammation. Hypoxia (low oxygen intake), or inflammation can affect cognitive health. L-glutamine can help to address the root causes of cognitive dysfunction by addressing these issues.

The importance of glutamate (or Glutamic Acid) for brain health. It is one of the key ingredients in Cortex's proprietary formula. As a neurotransmitter glutamate helps to send signals all over the brain. It is the most abundant excitatory brain neurotransmitter. According to Cleveland Clinic , the glutamate is linked to memory and learning, brain energy and pain response, sleep and wake cycle management, as well as overall brain signaling.

The Green Tea Extract: The Green tea extract is a popular supplement ingredient today. Many people use it for weight loss, energy and inflammation. Studies have shown that green tea has a neuroprotective effect on the

brain. It may also help protect it from age-related decline. Green tea's natural antioxidants could also help to create new brain cells. This is why some people have suggested that green tea can be used as a means of fighting Alzheimer's or Parkinson's.

Bacopa extract: Bacopa Monnieri is an Ayurvedic plant extract that has been used for centuries. Bacopa, also known as brahmi or shadya, has been shown in studies to increase brain chemicals that are linked to memory, learning and thinking. Bacopa monnieri has been linked to specific effects. For example, a 2008 research found that bacopa helped improve cognitive performance and anxiety in an elderly group.

Choline: The essential nutrient choline can be found in certain foods and eggs. Choline is used by your body to make acetylcholine - a neurotransmitter that helps with memory and recall. Choline is essential for the general function of neurotransmitters, including dopamine production and other neurotransmitters. Some have suggested using Choline to help with Traumatic Brain Injury.

Inositol: Inositol, a sugar that is found in some foods. It is commonly used as a supplement to improve brain health and specifically to treat conditions related to

attention and focus. The Cleveland Clinic explains that inositol can also help with depression. Researchers believe that low levels of inositol in the brain can cause depression. Taking an inositol-supplement could help balance neurotransmitters associated with depression.

N-Acetyl-L-Tyrosine: N-acetyl-L-tyrosine is a natural adaptogen that helps reduce cognitive stress. Amino acids, like other ingredients of Cortex have been shown help with neurotransmitter signaling and production. N-acetyl tyrosine, in particular, has been shown by research to increase the production of "the catecholamine-triad neurotransmitters", including dopamine and norepinephrine.

Bilberry Extract: Bilberry extract can be found in formulas for eye and brain health. Since decades, it has been used as a general health aid. We know that bilberry is effective because it contains more vitamin C per gram than other foods. According to in a review, bilberry fruit (*Vaccinium myrtillus*), also contains natural antioxidants that are linked to inflammation. This helps to target brain and overall health.

GABA: GABA is the primary inhibitory brain neurotransmitter. It is linked to relaxation and calmness. GABA is sometimes taken as a supplement to increase

GABA levels. According to from the Cleveland Clinic, GABA blocks specific signals and creates a calming affect. Some foods contain GABA and certain medications target GABA receptors.

Grapefruit Seed Extract and Grape Seed Extract: Both grapefruit seed extract and the grape seed extract contain resveratrol - a natural anti-inflammatory that has been shown to reduce inflammation in all parts of the body. Grape seed extract contains OPCs (oligomeric proanthocyanidin compounds), which are directly linked to cognition. WebMD These OPCs may help improve memory and brain health.

Extract from Olive Leaf: The olive leaf extract is used in natural medicine since centuries. It has been proven to protect against Alzheimer's disease and Parkinson's due to high levels of oleuropein. This is a natural antioxidant molecule. The Mediterranean diet is considered healthy because of oleuropein. Studies have linked the natural molecule with significant cognitive and physical effects.

Cinnamon Bark extract: Cinnamon Bark extract is used in blood sugar supplements and many diabetics use it to control their blood sugar. Cinnamon bark extract is also shown to improve memory and learning. In a 2024 study for instance, there was ample evidence that cinnamon can

help cognitive function. Based on an analysis of 40 studies, researchers suggested that the natural molecules found in cinnamon (eugenol cinnamaldehyde and cinnamic acids) " can positively alter cognitive function".

Licorice roots extract: Licorice roots extract has shown in numerous trials to protect against cognitive decline. Licorice is also found in blood-sugar supplements. However, studies have linked it to brain health. In a 2018 National Library of Medicine Study, licorice reduced brain inflammation in mice. This suggests that licorice may have anti-inflammatory properties. Researchers discovered that licorice seemed to affect the expression of inflammation-related protein in brain tissue. This helped to calm neuroinflammation.

Docosahexaenoic Acid: Docosahexaenoic Acid, or DHA is an omega-3 fat that is particularly prevalent in the eye and brain. This is why DHA is commonly found in supplements for eye and brain health. DHA, like other fatty acid, may have neuroprotective properties, helping to boost myelin and protect brain cells during transmission. In a 2016 research, published in Nutrition, it was found that DHA modulated signal transduction and neurogenesis among other areas of the brain's health can help resolve brain issues.

Vanadyl Sulfate: Vanadyl Sulfate seems to have a protective affect on the brain. Vanadium is a mineral that most people consume in their daily diet. One NIH Study showed that taking more vanadium seemed to help improve the cognitive decline caused by neuron degeneration. The study was conducted on mice, not humans. The results of the study led some to suggest using vanadium as a treatment for Alzheimer's and other degenerative conditions in the brain.

Phosphatidylserine: Phosphatidylserine, a phospholipid designed to protect brain cells. It is a fatty substance that's best known as a nootropic supplement. According to from Cleveland Clinic, phosphatidylserine has been shown to improve memory and cognitive functions. Some studies have also suggested that it may help slow down brain aging.

Huperzine: Huperzine is a natural compound in the Huperzia Serrata plant. This plant has been used in traditional Chinese medicine for a very long time. We know that the plant is effective because it contains huperzine A which increases acetylcholine levels. Acetylcholine can aid in memory and recall, as was mentioned earlier. In a 2021 NIH study , huperzine improved cognitive function as well as perceived exertion

during exercise. This suggests that the molecule may help with both physical and mental functions.

Minerals and Vitamins: Cortex also contains vitamins and minerals. Cortex is a multivitamin that contains dozens vitamins and minerals. These are linked to energy production and brain health as well as physical health, blood circulation, immune function and more. If you are lacking in these nutrients, your brain might not be performing at its best. Cortex provides you with a proven blend of vitamins and minerals.

Supplement Facts			Serving Size: 2 Capsules Servings Per Container: 30	
	Amount Per Serving	%DV		
Vitamin A (as Beta Carotene)	2400 IU	48%	Selenium (Selenium Amino Acid Chelate 0.2%)	50 mcg 71%
Vitamin C (as Ascorbic Acid)	125 mg	208%	Copper (Gluconate 13%)	52 mcg 3%
Vitamin D (as cholecalciferol)	100 IU	25%	Manganese (Chelate 20%)	400 mcg 20%
Vitamin E (as dl Alpha Tocopheryl 50%)	30 IU	100%	Chromium (Polynicotinate)	12 mcg 10%
Vitamin B1 (as Thiamine Mononitrate)	3 mg	200%	Molybdenum (Amino Chelate)	10 mcg 20%
Vitamin B2 (Riboflavin)	1.7 mg	100%	Potassium (Citrate 36%)	50 mg 1.4%
Vitamin B3 (Niacin)	12.5 mg	62%	Proprietary Blend	692 mg **
Vitamin B6 (Pyridoxal Phosphate)	12 mg	600%	DMAE Bitartrate (Dimethylaminoethanol), L Glutamine, Glutamic Acid, Green Tea Extract, Bacopa Extract, Choline (bitartrate), Inositol, N-Acetyl L-Tyrosine, Bilberry Fruit Extract, Gaba (Gamma Aminobutyric Acid) Grape Seed Extract, Grape Fruit Seed Extract, Olive Leaf, Cinnamon Bark Extract, Licorice Root Extract, Boron (Citrate), DHA (Docosahexaenoic Acid) 14%, Vanadyl Sulfate 19%, Phosphatidylserine 20%, Huperzine A	
Folic Acid Pure	400 mcg	100%	** Daily Value (DV) not established	
Biotin 1%	3 mcg	3%	Inactive Ingredients: Cellulose (Vegetable Capsule), Rice Flour, Magnesium Stearate, Silicon Dioxide.	
Vitamin B5 (Pantothenic Acid)	12 mg	120%	Contains: Soy & Fish	
Calcium (as calcium carbonate)	20 mg	2%		
Iron (as Ferrous Fumarate)	1 mg	6%		
Magnesium (as magnesium oxide 58%)	50 mg	12%		
Zinc (oxide)	10 mg	67%		

How to Use Cortex Brain & Focus

Cortex is recommended to be taken twice daily with water.

- Cortex capsules can be taken with water in quantities between 6 and 8 ounces.
- Take a meal on an empty stomach as soon as you wake up.
- Four capsules per day is the maximum.

Who should take Cortex?

Eternum sells Cortex to anyone looking to improve their cognition and memory, regardless of age.

These are just a few of the groups that could benefit from Cortex:

- Students who are looking to focus their attention.
- Adults over 50 who wish to improve their memory and cognitive abilities
- Anyone who wants to improve performance at school, work or in everyday life.
- Developers, traders and other high-intensity employees
- Gamers looking for an extra edge
- Anyone suffering from mental fog, fatigue or low energy

What to expect after taking Cortex

Cortex is a powerful supplement that can improve mood, cognition, concentration, memory and focus.

According to the official website, here are some results that you can expect when taking Cortex:

Improve Memory and Cognitive Performance for Older Adults Cortex has become popular with people of all ages. However, it is especially popular with older adults. According to its manufacturer, Cortex can improve memory and cognitive function in older adults. Cortex contains many ingredients that have been tested for their effect on Alzheimer's disease, Parkinson's and other degenerative brain diseases.

Improve Physical & Cognitive Performance : When you think better, you perform better. Cortex is used by some athletes to improve their performance during major games. Others use it to supplement an active lifestyle. Cortex contains ingredients that have been explicitly linked to cognitive and physical energy.

Improve Focus and Attention: Cortex has become popular with students who are looking for natural ways to improve their focus. Cortex can help you study without distractions for longer. According to the manufacturer, "the formula boosts ability to concentrate."

Accelerate learning: Are you in need of absorbing new information? You want to remember information easily? Cortex, according to its manufacturer, helps accelerate

learning by increasing your brain's capacity to absorb and retain new information.

Results within One Month: Certain ingredients in Cortex are immediately effective, giving you a boost on the same day. Some ingredients provide benefits over time. Eternum claims that "most users" see "significant improvements in memory and concentration" after the first month of using the supplement.

No side effects: According to the manufacturer, Cortex's ingredients "do not have any contraindications," making them safe for the brain.

Increase Absorption of Nutrients and Resolve Nutrient Deficiencies: Cortex contains many vitamins and minerals. These vitamins and minerals are essential for your brain's optimal cognitive function. Supplements can be helpful if you aren't getting enough of these nutrients through your diet. Cortex also claims to improve absorption, so you can get the most out of your nutrients.

Combat Stress & Anxiety: Many ingredients in Cortex can be considered adaptogens. This means that they help the body to respond to stressors. Daily stressors, including cognitive and physical stressors, are a part of life. These stressors overwhelm the body and can lead to cognitive and physical symptoms, from mental fog to

fatigue. According to the manufacturer Cortex "combats stress and anxiety," helping you become resilient.

Improve Memory Function: You may have difficulty storing or recalling memories as you age. Many people believe that it is a natural part of aging. Cortex allows you to maintain your memory as you age. According to Eternum's formula, it "boosts your memory function," helping you remember information more easily.

Improve mental clarity: The fog of the mind affects people at all ages. According to the manufacturer of cortex, it can help you remember information better.

Cortex Supplement Facts Label

Eternum discloses all ingredients in Cortex and the majority of doses upfront. This makes it easy to understand what's in the formula, its effectiveness, and how Cortex compares with other nootropics.

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What you'll find in each Cortex capsule:

The Cortex proprietary blend contains 692mg with DMAE bitartrate (14%) and a mixture of

phosphatidylserine (19%), DHA (14%) and a combination of boron.

- Vitamin A: 2400 IU (48% of DV).
- Vitamin C 125mg (208% DV)
- 100 IU vitamin D (25% of DV).
- 30 IU vitamin E (100% of DV).
- 3mg vitamin B1 (200% of DV).
- Vitamin B2 - 1.7mg (100% of DV).
- Vitamin B3 (DV: 12mg)
- 12mg vitamin B6 (600% of DV).
- 400mcg folic acid (100% DV).
- Biotin 3mcg (3% DV).
- 12mg vitamin B5 (120% of DV).
- 20mg calcium (2% DV).
- 1mg iron (6% DV).
- 50mg magnesium (12% DV).
- 10mg zinc (67% DV).
- 50mcg selenium (71% DV).
- 52mcg copper (3 % DV)
- 400mcg manganese (20% DV)
- 12mcg chromium (10% DV).
- 10mcg molybdenum (20% DV)
- 50mg potassium (1.4% DV)
- Other ingredients (inactive), including rice flour, magnesium-stearate and silicon dioxide.

Cortex Reviews - What do users say?

Cortex is a formula that has received positive reviews from customers in the United States. These customers have reported powerful cognitive effects within days of using the product for the first.

Cortex has been praised by both young and old users for its noticeable results. These are some of reviews from verified users that have been shared on the official website.

A 61-year old customer claimed he "was too forgetful" before taking Cortex. He "started forgetting things easily". He claims that after taking Cortex his "brain feels different" and his "head feels fantastic."

According to the official website, Cortex has been recommended by at least 1 doctor. The 61-year old user who was mentioned above claimed that his doctor had recommended Cortex for his cognitive issues.

Cortex helps a 27-year old stay alert throughout the day. He calls the decision to take Cortex " a turning point in my career" after noticing that he performed better at work and college.

One user says that he has become " a much more productive person after taking Cortex. It has also helped

him perform better at work. He used to be underperforming before taking Cortex. Now, thanks to the supplement he is providing his best work each day.

Cortex Pricing

Cortex will be priced at \$69 a bottle. This is a 40% reduction from its usual retail price of \$9 per bottle.

Cortex pricing is explained below.

- 1 Bottle - \$69 plus Free Shipping
- 3 bottles: \$177 (59 \$ per bottle) + Free shipping
- 6 bottles: \$294 (49 cents per bottle) + Free shipping

Cortex Refund Policy

Cortex offers a 60-day return policy. You have 60 days after purchase to request a full refund if you are unhappy with Cortex. You must return the empty bottles to Eternum in order to complete the refund. You will also be responsible for the return shipping.

Eternum

Eternum or Eternum USA is a Florida-based company that produces supplements best known as Cortex.

Contact Eternum or the Cortex Customer Service team using the following methods:

- Email: info@eternumbrands.com
- Mailing Address: 7906 Kingspointe Pkwy, Ste 115, Orlando, FL 32819, USA
- According to the official Cortex site, Eternum developed Cortex in collaboration with " America's leading nootropic specialists".

Final Word

Cortex is an advanced brain health supplement designed for those who want to gain a cognitive advantage.

Take two Cortex capsules daily to improve your brain's health.

30 Day Supply	90 Day Supply	180 Day Supply
Contains 1 bottle with 60 capsules	Contains 3 bottles with 180 capsules	Contains 6 bottles with 360 capsules
\$69.00 / bottle	\$59.00 / bottle	\$49.00 / bottle
FREE SHIPPING	FREE SHIPPING	FREE SHIPPING
TOTAL: \$99 \$69	TOTAL: \$297 \$177	TOTAL: \$594 \$294
BUY NOW	BUY NOW	BUY NOW