

Bacopa

What is it?

Bacopa (*Bacopa monnieri*), also called Brahmi, is a plant that has been used for centuries in traditional Indian medicine (Ayurveda) in both adults and children. Its traditional uses have been for improving intellect, memory and anxiety. Scientific studies have confirmed this benefit. It is also a mild adaptogen, which means it can help support the adrenal glands during times of stress.

How much should I take?

The dose of Bacopa can vary widely. It can start at 200mg and increase to maximum 900mg to be divided in doses 2-3 times daily. It is important that the product you are using notes on the label it is standardized to 20% 'bacosides.' These are the active constituents that give Bacopa its medicinal properties.

Is it safe?

Quality is very important when choosing over the counter supplements or herbs. Bacopa's safety has been extensively studied and it is felt to be very safe.

As always, if you have further questions, concerns, or more complicated medical problems, please consult your provider or the Pharmacist. We are dedicated to your health and well being!