

# COGNITEK-B (UK/EU)

## FUNCTIONAL BEVERAGE POWDER BLEND

A specialised ingredient blend intended for use in mood-focused functional beverage recipes. With Reishi, Ashwagandha, Vitamin B6, and Inositol, COGNITEK-B delivers the ingredients commonly sought in products positioned for stress support, emotional balance, calm, and restorative sleep.

### Functional Focus

A dry, powdered functional blend designed to support relaxation and emotional balance. Reishi and ashwagandha are widely used in adaptogenic formulations, while vitamin B6 contributes to normal psychological function and the reduction of tiredness and fatigue. Inositol complements the formulation as a key ingredient in mood-focused products.

### Product Use

COGNITEK-B is designed for versatility across a wide range of beverage applications. This blend has a largely neutral flavour profile, allowing it to integrate easily into functional drink formulations based on fruit juices and juice drinks, flavoured carbonated beverages, herbal and iced teas, coffees, and darker coloured low-to-no alcohol beverages. The blend dissolves readily in water and confers a light, natural brown hue to beverages.

**Dosage Information:** Recommended use levels are provided below for guidance. Please note these are subject to regulatory requirements – refer to the Regulatory Guidance section for further details.

| Recommended Dosages for COGNITEK-B      |                    |                         |                               |      |                              |
|-----------------------------------------|--------------------|-------------------------|-------------------------------|------|------------------------------|
| Pack size                               | COGNITEK-B Dosage: | g per serving (approx.) | 5.6 g dose provides (approx.) | NRV  | Bioactive compounds provided |
| 330 ml                                  | 17.0 g / L         | 5.6 g                   | Inositol - 4000 mg            | *    | Myo-inositol                 |
| 355 ml                                  | 15.8 g / L         |                         | Reishi extract - 1000 mg      | *    | Polysaccharides, β-glucans,  |
| 440 ml                                  | 12.7 g / L         |                         |                               |      | triterpenes                  |
| 473 ml                                  | 11.8 g / L         |                         | Ashwagandha extract - 200 mg  | *    | Withanolides                 |
| 500 ml                                  | 11.2 g / L         |                         | Vitamin B6 – 3.3 mg           | 194% | Pyridoxine                   |
| Maximum recommended dose: 5.6 g per day |                    |                         |                               |      |                              |

\*Nutrient Reference Value (NRV) not established

**pH Tolerance:** Recommended final product pH of ~3.6-4.4 for optimum stability of bioactive compounds.

**Pasteurization:** The blend is compatible with typical beverage pasteurization processes. The heating process may affect the bioactive compounds within product; however, extent is variable depending on methodology.



**Blending method:** Product should be added pre-carbonation to avoid foaming. To maintain quality of bioactive compounds, adding post-fermentation, pre-carbonation and pasteurization is preferred. However, can be added hot side if pasteurization is not available.

Please note that the usage information provided in this document is based on our current knowledge and is intended only as guidance for formulation and processing. Customers are responsible for the verifying suitability, safety, and stability of this product in their own specific finished product applications. Bevie Partners Limited accepts no liability for any loss or damage arising directly or indirectly from reliance on the information contained in this document.

## Packaging

COGNITEK-B is supplied in 0.5, 1.125, or 3.0kg HDPE tubs. Containers meet all food industry packaging regulations.

## Safety

This material is non-hazardous when used as directed. Please note that end consumers are advised to check with their GP or healthcare provider before taking food supplements if they are pregnant, breastfeeding, have any medical conditions or are taking any regularly prescribed medication.

## Storage

When stored in a cool, dry place away from direct sunlight and moisture, the shelf-life is 18 months from the manufacture date. Once opened, reseal tightly and use within 30 days.

## Regulatory Guidance

This product is supplied for use in the formulation of finished beverage food supplements which must comply with relevant food supplement legislation. The information contained in this document is provided for guidance purposes only and does not constitute regulatory advice. Customers are solely responsible for ensuring the compliance of their finished products with all relevant legislation in their target markets, including but not limited to the following regulations:

European Union:

- Food supplements composition and labelling: Directive 2002/46/EC
- Food information to consumers: Regulation (EU) No 1169/2011
- Nutrition and health claims: Regulation (EC) No 1924/2006

United Kingdom:

- Food supplements: The Food Supplements (England) Regulations 2003 (and devolved equivalents for Scotland and Wales)
- Food information: The Food Information Regulations 2014; Retained Regulation (EU) No 1169/2011 (as amended)
- Nutrition and health claims: The Nutrition and Health Claims (England) Regulations 2007 (as amended 2024)

Customers should seek independent regulatory advice to confirm compliance with all applicable compositional requirements, permitted ingredient lists, maximum use levels, nutrition labelling obligations, and nutrition and health claim regulations in each market in which their finished product is intended to be sold. Bevie Partners Limited accepts no liability for the regulatory compliance of finished products manufactured using these ingredients.

## Disclaimer

The information contained in this document is provided in good faith and is, to the best of our knowledge, accurate and current at the date of issue. It is intended for guidance purposes only and is subject to change without notice as new scientific, technical, or regulatory information becomes available.