



Anklam Extrakt® combines high quality extracts with exceptional service. We are pleased to present our new branded ingredient cognitaven®.

The term “*Avena sativa* L., herba” refers to the aerial parts of the plant just before flowering. The herb is harvested in a green, premature state and is rapidly dried thereafter.

The branded ingredient cognitaven® is a green oat extract used for **cognitive health**. Green oat has been known for decades as a remedy to help relieve mild symptoms of stress and to aid sleep. Anklam Extrakt® investigated the effects of green oat extract in an *in vitro* study supporting the impact of green oat extract on **mental stress, cognition** and **mood**. Clinical trials on cognition/mental stress are currently ongoing.

Extract details

Green oat herb powdered extract:

Avena sativa e herb extr spir sicc – 00-115-0178-00

DER native: 4–6:1

Extraction solvent: ethanol 30% (m/m)

70% native extract

Field of use

Cognition, mental and mood support

Regulatory status

Food supplement

Market application

cognitaven® may be added in food supplements such as capsules or tablets but may also be used in functional food or beverage products.



Capsules



Tablets



Beverages



Power Bars

Used plant material

Oat (*Avena sativa*) is a species from the genus *Avena* within the Poaceae family. It is an annual herbaceous plant of which height can reach 0.6 to 1.5 metres (2 to 4.9 feet). Botanically, green oat is a meadow grass. Due to its low demands on soil, oat can be cultivated anywhere with a moderate climate, even with high precipitation. It is grown in low mountain ranges, the Alpine foothills and in coastal regions. The blooming period is between June and August.

Literature

1. Singh R, De S & Belkheir A. *Avena sativa* (Oat), A Potential Nutraceutical and Therapeutic Agent: An Overview. *Critical Reviews in Food Science and Nutrition* 53:126–44 (2013)
2. Community herbal monograph on *Avena sativa* L., herba; HMP, final, Doc. Ref. EMEA/HMPC/202966/2007 (London, 4 September 2008)
3. Wichtl M (2016) *Avenae herba*. In: Teedrogen und Phytopharmaka. Wissenschaftliche Verlagsgesellschaft mbH, 6. Auflage, Stuttgart.



Imprint

Anklam Extrakt GmbH

Headquarters
Johann-Friedrich-Böttger-Straße 4
17389 Anklam
Germany

Anklam Extrakt GmbH

Sales office
Campus Marienberg
Marienbergstraße 92
90411 Nuremberg
Germany

sales@anklam-extrakt.com
www.anklam-extrakt.com

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Managing Director responsible
for content:
Claudia Pühn

Trademark status

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For information: www.cognitaven.net

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