

Sugerencia de consumo:  
Diluir 2 a 4 cucharaditas de té  
en un poco de agua, 1 a 2  
veces al día entre comidas.

## CEREBRUM

Ideal para quienes quieren mejorar su rendimiento intelectual:  
Estudiantes, Ejecutivos, Personas mayores

**CEREBRUM, para cuando quiera mejorar radicalmente su actual:**

Rendimiento intelectual
Rendimiento Académico
Rendimiento Laboral
Capacidad de Memoria
Concentración
Capacidad de Aprendizaje
Velocidad Mental
Astenia o falta de Voluntad
Decaimiento
Estrés
Calidad de sueño

**ESPECIES utilizadas en Cerebrum tónico cerebral:**

- *Lepidium peruvianum* Var. Negra
- *Ginkgo biloba*
- *Salvia officinalis*
- *Rosmarinus officinalis*
- *Coffea arabica*

**UBICACIÓN:** Alta Sierra central del Perú, China, Costa y Selva del Perú respectivamente

**DESCRIPCION:**

*Lepidium peruvianum* Var. Negra: Variedad rara de *Lepidium peruvianum*. Es una planta bianual, herbácea pequeña, crece pegada al suelo para protegerse de las inclemencias del tiempo en las alturas que habita. Tiene de 12 a 20 hojas radicales. Las flores son crucíferas, las semillas de hasta 2mms, son ovoides

*Coffea arabica*: Arbusto con hojas opuestas, ovales u oblongas de color verde oscuro. Las flores son axilares. Produce un fruto de color rojo brillante, que contiene dos semillas.

*Ginkgo biloba*: Arbol de hojas bi y multilobulares. Flores femeninas y masculinas en árboles dioicos. Frutos con hueso duro

*Salvia officinalis*: Herbácea perenne, raíz leñosa, de hasta 70cms de alto. Hojas blanquecinas - grises, aromáticas, elípticas, aterciopeladas; flores verticiladas de 3 a 4 elementos, corola violácea con un anillo piloso

*Rosmarinus officinalis*: Arbusto ramificado; de hojas delgadas, cortas, verdes en el haz y



blancas en el envés, aromáticas; flores pequeñas de color lila



## **BENEFICIOS según ESTUDIOS MODERNOS**

*Lepidium peruvianum* Var. Negra:

- Mejora la memoria
- Aumenta la capacidad de aprendizaje
- Aumenta la rapidez mental y física
- Mejora la concentración
- Disminuye el estrés y la depresión
- Energética
- Vigorizante
- Mejora el estado de ánimo
- Alzheimer

*Coffea arabica*:

- Mejora la memoria de largo y corto plazo
- Protector celular, antioxidante
- Aumenta la velocidad de reacción
- Acelera las conexiones cerebrales
- Reduce errores en las actividades que se realizan
- Facilita la recuperación en condición de fatiga
- Mejora la capacidad cognitiva

*Ginkgo biloba*:

- Mejora la memoria de trabajo
- Incrementa la capacidad de aprendizaje
- Aumenta la energía mental
- Protege el cerebro
- Mejora la calidad de la memoria
- Alzheimer

*Salvia officinalis*:

- Mejora la capacidad de aprendizaje
- Mejora el estado de ánimo
- Mejora la memoria
- Mejora la atención

*Rosmarinus officinalis*:

- Mejora la función cognitiva
- Mejora la memoria
- Combate la astenia o desgano,

## **FUENTES**

*Lepidium peruvianum* Var. Negra:

Dose-response effect of **black maca** (*Lepidium meyenii*) in mice with **memory** impairment induced by ethanol.

Rubio J, Yucra S, Gasco M, Gonzales GF.

Toxicol Mech Methods. 2011 Oct;21(8):628-34. Epub 2011 Jul 22.

PMID: 21780878 [PubMed - in process]

Forsch Komplementmed. 2009 Dec;16(6):373-80. Epub 2009 Dec 16.

*Lepidium meyenii* (Maca): a plant from the highlands of Peru--from tradition to science.

Gonzales GF, Gonzales C, Gonzales-Castañeda C.

Instituto de Investigaciones de la Altura, and Faculty of Sciences and Philosophy, Universidad Peruana Cayetano Heredia, Lima, Peru

Aqueous Extract of **Black Maca** (*Lepidium meyenii*) on **Memory** Impairment Induced by Ovariectomy in Mice.

Rubio J, Qiong W, Liu X, Jiang Z, Dang H, Chen SL, Gonzales GF.

Evid Based Complement Alternat Med. 2008 Oct 9. [Epub ahead of print]

PMID:18955369

Aqueous and hydroalcoholic extracts of BlackMaca (*Lepidium meyenii*) improve scopolamine-induced memory impairment in mice.

Rubio J, Dang H, Gong M, Liu X, Chen SL, Gonzales GF.

Food Chem Toxicol. 2007 Oct;45(10):1882-90. Epub 2007 Apr 20.

PMID:17543435[PubMed - indexed for MEDLINE]

Research article

Effect of three different cultivars of *Lepidium meyenii* on learning and depression in ovariectomized mice

Julio Rubio\*, Maria Caldas, Sonia Dávila, Manuel Gasco and Gustavo F Gonzales

Efecto del extracto acuoso de maca sobre la función cognitiva en ratas recién destetadas

Effect of aqueous extract of maca on cognitive function in weaning infant rats

Raquel Oré<sup>1</sup>; Silvia Suárez<sup>1</sup>; Luis Rojas<sup>2</sup>; Rubén Valdivieso<sup>1</sup>; Rosa Oriondo<sup>1</sup>; Fernando Tapia<sup>3</sup>; Juan Trabuco<sup>3</sup>

1 Centro de Investigación de Bioquímica y Nutrición. Facultad de Medicina, Universidad Nacional Mayor de San Marcos. Lima, Perú.

2 Facultad de Farmacia y Bioquímica, Universidad Nacional Mayor de San Marcos Lima, Perú.

3 Facultad de Medicina, Universidad Nacional Mayor de San Marcos Lima, Perú. Tesistas de la Maestría en Bioquímica.

Beneficial effects of *Lepidium meyenii* (Maca) on psychological symptoms and measures of sexual

dysfunction in postmenopausal women are not related to estrogen or androgen content

Brooks, Nicole A. BSc (Hons)<sup>1</sup>; Wilcox, Gisela BMedSc (Hons), MD, FRACP, FRCPA<sup>2</sup>; Walker, Karen Z. MND, PhD<sup>3</sup>; Ashton, John F. MSc, PhD<sup>4</sup>; Cox, Marc B. MSPH, PhD<sup>5</sup>; Stojanovska, Lily MSc, PhD<sup>1</sup>

#### *Coffea arabica*:

Pharmacol Biochem Behav. 2011 Oct;99(4):659-64. Epub 2011 Jun 15.

Chronic coffee and caffeine ingestion effects on the cognitive function and antioxidant system of rat brains.

Abreu RV, Silva-Oliveira EM, Moraes ME, Pereira GS, Moraes-Santos T.

Laboratório de Nutrição Experimental (LNE), Faculdade de Farmácia, Universidade Federal de Minas Gerais, Av. Antônio Carlos, 6627, Pampulha, Belo Horizonte, Minas Gerais, 31270-901, Brazil.

Biol Psychol. 2006 Aug;73(2):101-13. Epub 2006 Mar 23.

Caffeine improves anticipatory processes in task switching.

Tieges Z, Snel J, Kok A, Wijnen JG, Lorist MM, Richard Ridderinkhof K.

Department of Psychology, University of Amsterdam, Roetersstraat 15, Amsterdam, The Netherlands.

Z.Tieges@uva.nl

Percept Mot Skills. 2005 Apr;100(2):493-6.

Effects of caffeine on the trigeminal blink reflex.

Schicatanó EJ.

Department of Psychology, Wilkes University, Wilkes-Barre, PA 18766, USA. schicae@wilkes.edu

Brain Res Cogn Brain Res. 2004 Sep;21(1):87-93.

Caffeine strengthens action monitoring: evidence from the error-related negativity.

Tieges Z, Richard Ridderinkhof K, Snel J, Kok A.

Department of Psychology, University of Amsterdam, Roetersstraat 15, 1018 WB, The Netherlands.

Psychopharmacology (Berl). 1995 Nov;122(2):158-68.

Caffeine attenuates scopolamine-induced memory impairment in humans.

Riedel W, Hogervorst E, Leboux R, Verhey F, van Praag H, Jolles J.

Department of Psychiatry and Neurophysiology, University of Limburg, Maastricht, Netherlands.

Psychophysiology. 1994 Nov;31(6):525-34.

Influence of caffeine on selective attention in well-rested and fatigued subjects.

Lorist MM, Snel J, Kok A, Mulder G.

Department of Psychonomics, University of Amsterdam, The Netherlands.

Psychopharmacology (Berl). 1993;110(1-2):45-52.

Does caffeine intake enhance absolute levels of cognitive performance?

Jarvis MJ.

ICRF Health Behaviour Unit, National Addiction Centre, London, UK.

#### *Ginkgo biloba:*

Chronic Administration of Cardanol (Ginkgol) Extracted from **Ginkgo biloba** Leaves and Cashew Nutshell Liquid Improves Working **Memory**-Related Learning in Rats.

Tobinaga S, Hashimoto M, Utsunomiya I, Taguchi K, Nakamura M, Tsunematsu T.

Biol Pharm Bull. 2012;35(1):127-9.

Evid Based Complement Alternat Med. 2011;2011:164139. Epub 2011 Aug 18.

Examining brain-cognition effects of ginkgo biloba extract: brain activation in the left temporal and left prefrontal cortex in an object working memory task.

Silberstein RB, Pipingas A, Song J, Camfield DA, Nathan PJ, Stough C.

Centre for Human Psychopharmacology, Swinburne University, P.O. Box 218, Hawthorn, Victoria, Australia.

Phytomedicine. 2011 Nov 15;18(14):1202-7. Epub 2011 Jul 30.

Specific memory effects of Ginkgo biloba extract EGb 761 in middle-aged healthy volunteers.

Kaschel R.

Department of Psychology, University of Osnabrueck, Osnabrueck, Germany.

Nutr Rev. 2010 Dec;68(12):697-718. doi: 10.1111/j.1753-4887.2010.00340.x.

Do specific dietary constituents and supplements affect mental energy? Review of the evidence.

Gorby HE, Brownawell AM, Falk MC.

Life Sciences Research Organization, Bethesda, Maryland, USA.

Eksp Klin Farmakol. 2010 Jan;73(1):7-9.

[Comparative experimental study of the psychotropic and chronotropic activity of adaptogenic phytopreparations and melaxen]. manifested by improved memory, increased locomotion and investigation activity, and decreased anxiety

Arushanian EB, Naumov SS.

PMID:20184280[PubMed - indexed for MEDLINE]

Fitoterapia. 2010 Jan;81(1):25-9. Epub 2009 Jul 17.

Gingkoselect alleviates chronic corticosterone-induced spatial memory deficits in rats.

Walesiuk A, Braszko JJ.

Department of Clinical Pharmacology, Medical University of Bialystok, Waszyngtona 15A, 15-274 Bialystok, Poland

Hum Psychopharmacol. 2007 Dec;22(8):559-66.

Modulation of cognitive performance following single doses of 120 mg Ginkgo biloba extract administered to healthy young volunteers.

Kennedy DO, Jackson PA, Haskell CF, Scholey AB.

Human Cognitive Neuroscience Unit, Division of Psychology, Northumbria Univ., Newcastle upon Tyne, UK

Chin J Integr Med. 2006 Mar;12(1):37-41.

Protective effect of Ginkgo biloba leaf extract on learning and memory deficit induced by aluminum in model rats.

Gong QH, Wu Q, Huang XN, Sun AS, Nie J, Shi JS.

#### *Salvia officinalis:*

J Psychopharmacol. 2011 Aug;25(8):1088-100. Epub 2010 Oct 11.

Monoterpenoid extract of sage (*Salvia lavandulaefolia*) with cholinesterase inhibiting properties improves cognitive performance and mood in healthy adults.

Kennedy DO, Dodd FL, Robertson BC, Okello EJ, Reay JL, Scholey AB, Haskell CF.

Brain, Performance and Nutrition Research Centre, Northumbria University, Newcastle upon Tyne, UK

Hum Psychopharmacol. 2010 Jul;25(5):388-96.

Differential effects of the aromas of *Salvia* species on memory and mood.

Moss L, Rouse M, Wesnes KA, Moss M.

Department of Psychology, Brain, Performance and Nutrition Research Centre, Northumbria University, Newcastle upon Tyne, United Kingdom.

Psychopharmacology (Berl). 2008 May;198(1):127-39. Epub 2008 Mar 19.

An extract of *Salvia* (sage) with anticholinesterase properties improves memory and attention in healthy older volunteers.

Scholey AB, Tildesley NT, Ballard CG, Wesnes KA, Tasker A, Perry EK, Kennedy DO.

Brain Sciences Institute, Swinburne University, Melbourne, VIC, 3122, Australia

Nutrition. 2006 Mar;22(3):321-6.

Effects of *Salvia officinalis* L. (sage) leaves on memory retention and its interaction with the cholinergic system in rats.

Eidi M, Eidi A, Bahar M.

Department of Biology, Varamin Institute, Islamic Azad University, Tehran, Iran.

#### *Rosmarinus officinalis:*

J Med Food. 2012 Jan;15(1):10-7. Epub 2011 Aug 30.

Short-term study on the effects of rosemary on cognitive function in an elderly population.

Pengelly A, Snow J, Mills SY, Scholey A, Wesnes K, Butler LR.

1 Herbal Medicine Department, Tai Sophia Institute, Laurel, Maryland, USA.

J Ethnopharmacol. 2006 Apr 6;104(3):418-22. Epub 2005 Nov 8.

Screening of plants used in Danish folk medicine to treat memory dysfunction for acetylcholinesterase inhibitory activity.

Adersen A, Gauguin B, Gudiksen L, Jäger AK.

Department of Medicinal Chemistry, The Danish University of Pharmaceutical sciences, 2 Universitetsparken, 2100 Copenhagen O, Denmark.

Int J Neurosci. 2003 Jan;113(1):15-38.

Aromas of rosemary and lavender essential oils differentially affect cognition and mood in healthy adults.

Moss M, Cook J, Wesnes K, Duckett P.

Human Cognitive Neuroscience Unit, Division of Psychology, Northumberland Building, University of Northumbria, Newcastle upon Tyne, NE1 8ST, UK.

[http://www.agopuntura.org/html/mandorla/rivista/numeri/Marzo\\_2005/Astenia\\_pediatria.htm](http://www.agopuntura.org/html/mandorla/rivista/numeri/Marzo_2005/Astenia_pediatria.htm)

Antonio Brack Egg

PNUD – Centro de Estudios Regionales Andinos, Bartolomé de Las Casas

## USOS TRADICIONALES DE LOS INGREDIENTES

*Lepidium peruvianum* Var. Negra

- Energizante
- Reconstituyente
- Antirraquítica
- Anti anémica
- Promueve la fertilidad
- Vigorizante sexual

*Ginkgo biloba*:

- Anticoagulante
- Sordera
- Mejora la vista
- Insuficiencia circulatoria

*Salvia officinalis*:

- Estimulante
- Inflamación
- Arenilla en riñones
- Digestiva

*Rosmarinus officinalis*:

- Tónico cerebral
- Mejora la vista
- Mejora la memoria
- Vigorizante

*Coffea arabica*:

- Estimulante
- Ayuda a controlar el sueño
- Mejora el estado de alerta

All information is for informational purposes only, and not intended to diagnose, treat, cure, mitigate, or prevent any disease. No statements have been evaluated by the FDA. We always suggest talking to your physician concerning any questions you may have about supplement/drug interactions.

Extended Disclaimer [Click Here](#)