

# Ambrosia Mental Jewels: Daily Herbal-Driven Neuro Enhancer

written by Mike Roberto | September 23, 2017



Nootropic supplements are all the rage these days, with each brand looking to capitalize on their popularity and stake their claim as the premier brain-boosting product on the market. The **Ambrosia Collective**, headed by *Marc Lobliner*, *Sean Torbati*, and *Mike Rashid*, is a brand dedicated to formulating unique supplements that enhance all aspects of the working man and athlete's life, including their brain.

We've covered the brand's morning wake-me-up brain fuel keto-friendly supplement named **Ritual AM**, and we're back today to scope out their interesting nootropic supplement **Mental Jewels**.

This is a *lightly-caffeinated* nootropic supplement (73mg in four caps) that has a strong focus on *herbal* ingredients, although it does have a few targeted compounds as well.

You can read all about Mental Jewels below, but first, take a moment to check the best deal and sign up for alerts from PricePLOW:

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## Mental Jewels Ingredients

Mental Jewels contains a collection of ingredients to blunt mental fatigue, enhance your body's natural energy levels, and improve your focus, learning, and cognition.

*Note: Doses listed below are based on one full serving (i.e. 4 capsules). Before we get going, let's quickly state that a four capsule serving has **73mg caffeine**.*

- **Siberian Ginseng (800mg)**

Supplement Facts		
Serving Size: 4 Vegetarian Capsules		
Servings Per Container: 30		
	Amount per Serving	%DV
Siberian Ginseng Extract (stdz min 0.8% Eleutherosides) root	800mg	*
Cordyceps Mushroom (stdz 1% sinesis)	600mg	*
Bacopa Monnieri Extract (stdz NLT 12% Glycosides) BaCognize	250mg	*
Alpha GPC 50% (Alpha-Glycerolphosphorylcholine) Alphasize™	100mg	*
Glucuronolactone	100mg	*
Dicaffeine Malate (73% caffeine) Infinergy™	100mg	*
Phosphatidylserine Powder 50% SerinAid 50P™	50mg	*
Huperzia Serrata Extract (stdz min 1% Huperzine A)	10mg	*
<b>Other Ingredients:</b> Cellulose, Silicon Dioxide, Magnesium Stearate, Stearic Acid and Talc		
*Daily Value and/or Recommended Daily Intake not Established		
**Percent Daily Values are based on a 2,000 calorie diet.		

Mental Jewels includes a robust panel of ingredients, with most of them dosed fairly well.

**Siberian Ginseng** (*Eleutherococcus Senticosus*) is an adaptogenic herb long used to help the body adapt to all manner of daily stressors, making it an ideal ingredient to include in a mental productivity supplement.

Ambrosia is standardizing to 0.8% *Eleutherosides* which is the most potent part of the plant

Dealing with the mentally and physically demanding life of a professional can leave you feeling brain dead by noon. This ingredient helps invigorate your mind and body to heighten memory and relieve fatigue so you're always feeling calm, cool, and collected.[1]

- **Cordyceps Mushroom (600mg)**

**Cordyceps** is an incredibly well known species of mushroom in the supplement realm. It's been shown to combat fatigue, boost endurance, increase oxygen utilization and enhance cellular energy.[2] Additional research notes cordyceps can increase aerobic capacity by 9%, meaning you'll last longer with greater energy.[3]

It's not stated what this extract is standardized for, and unfortunately, that means the product can vary widely from batch to batch. Many buying this, though, have the ultimate trust in Marc Lobliner, who is the *king* of consistency, in case you've never followed him on YouTube!

- **Bacognize Bacopa Monnieri (250mg)**



Kick ass in business and life when you're brain is firing on all cylinders.

**Bacognize** is one of the hottest ingredients in nootropic formulas lately. This all natural standardized extract of **Bacopa monnieri** was pioneered by *Verdure Sciences* and contains 45% *bacosides*.

Bacognize activates 5HT (serotonin) receptors that support optimal cognitive

function.[5,6] Clinical trials have documented improved memory acquisition and retention, especially in older adults.

Good bacopa like this is smooth, and it feels very, very good.

Because of our previous reviews, we're incredibly excited to see Bacognize here – our current favorite nootropic, Performax Labs NootropiMax, also contains a serious dose here, and we think it's a big difference-maker!

- **AlphaSize Alpha GPC 50%(100mg)**

One of our favorite forms of choline, Alpha GPC is an incredibly effective means to increasing choline in the body, which ramps up acetylcholine production, ultimately enhancing learning and memory. We'd prefer to see at least 250mg, and preferably 300mg, as that's where the benefits of Alpha GPC really start to be noticeable.[7]

***Note:** The Alpha-GPC here is at 50% 'strength' (it's often bound to silica so that it makes a nice powder). Mental Jewels contains 100 of 50% Alpha GPC, thus making it 50mg of actual Alpha GPC.*

Mental Jewels is going for something different than the standard "choline + carnitine + tyrosine" kind of nootropic combo. You can still make those your staples, but the budget will be creeping up at that point.

- **Glucuronolactone (100mg)**



Naturally occurring in the human body, **glucuronolactone** is a compound that aids glucose metabolism. It's also found in just about every energy drink on the market, which begs the question, why?

The scant amount of research conducted on the ingredient indicates it may increase energy and endurance levels during exercise, and possibly enhance recovery.[8] Ultimately, there need to be many more studies conducted on the

compound before we become big proponents of it. We just aren't so sure.

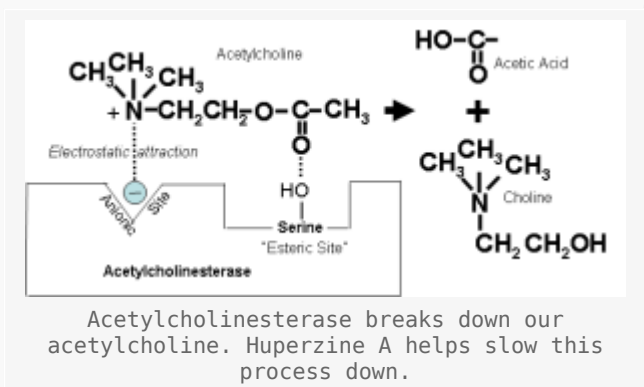
- **Infinergy Dicafeine Malate (100mg)**

**Infinergy** is a combination of *caffeine and malic acid* that contains 73% caffeine by mass, meaning each **4 capsule serving of Mental Jewels delivers 73mg caffeine** to the user. Infinergy provides smooth and sustained energy that doesn't hit hard or leave you feeling bottomed out. This provides a modest boost to your brain that is on par with your average cup of coffee for caffeine content.

Interestingly enough, caffeine also acts as an acetylcholinesterase inhibitor which potentiates choline and further heightens the effects of the Alpha GPC we discussed earlier.[9]

This dose should please both ends of the spectrum – those who need lots of caffeine can probably continue taking their other supplements or coffee (at  $\frac{3}{4}$  the regular amount, perhaps), and those that *don't* need much caffeine should be quite happy with the kick from this alone.

- **SerinAid 50P (50mg)**



**SerinAid** is a trademarked form of **Phosphatidylserine (PS)**, a fat-soluble amino acid found in the brain that supports cognitive function. Several studies have documented PS is successful in treating symptoms associated with depression and declining mental function in the elderly.[10,11]

On top of that, PS also exerts anti-anxiety and stress-alleviating effects, and may possibly lower cortisol levels (when dosed higher than it is here).[12,13]

- **Huperzia Serrata (10mg)**

*Huperzia serrata* is a plant that contains the powerful acetylcholinesterase

inhibitor **Huperzine A**. Mental Jewels includes an extract standardized to 1% Huperzine A, which provides **100mcg** of the potent nootropic agent.

Huperzine indirectly boosts acetylcholine levels in the body by preventing its breakdown, resulting in more acetylcholine.[14] This is a great co-player with Alpha GPC and will further enhance your cognition, memory, and learning.

That's not all though, as Huperzine also defends against glutamate, the "neuron death molecule"[15], and may support "neurogeneration," the creation of new brain cells.[16]

## On the Formula

We reached out to Marc for comment on Mental Jewels and he kept it short and sweet stating:

*"Mental Jewels is the most scientifically advanced cognitive enhancer with full dosing of the most effective compounds period."*

*– Marc "The Machine" Lobliner*

## Dosing

Per Ambrosia:

*"Take 4 capsules of Mental Jewels 30 minutes before the most mentally demanding part of your day. Daily events such as important meetings, classes, tests, study sessions or even a date are the perfect time to use Mental Jewels. An additional 2-4 capsules per day can be taken 4 hours or more apart from the first dosage as needed."*

## Takeaway

Overall, Mental Jewels contains an interesting mix of ingredients, but a few of the doses seem a tad bit on the light side to us. This one is best-suited to the lovers of the herbs – ginseng, cordyceps, and bacopa are going to carry the torch here. We're huge Bacognize fans, so this should feel good, we're just not sure *how* good it'll feel.

It's going to come down to how potent the ginseng and cordyceps are that were included, and hopefully they don't change from batch to batch.

Perhaps the synergy of the ingredients will make up for the lower doses on things such as Alpha GPC or SerinAid?

We'll just have to wait and see for ourselves, possibly?

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