Citicoline

A natural treatment for mood, memory, and addiction

Citicoline is a supplement with numerous benefits in the brain. It has been studied in people with depression, including bipolar depression, who abused cocaine or stimulants (such as methamphetamine). In those studies it reduced drug abuse and improved memory and mood.

It has been used to treat dementia, Parkinson’s disease, traumatic head injury, glaucoma, and stroke.

Citicoline helps protect the brain by improving the structure of brain cell membranes. It also enhances neurotransmitters involved in mood and memory including norepinephrine, dopamine, serotonin and acetylcholine.

Although it is natural, there are not good food sources for citicoline.

Dosage

Citicoline is started as:
Week 1: 500mg daily
Week 2: 1,000mg daily
Week 3: 1,500mg daily
Then continue at: 2,000mg (or 2gm) daily.

The dose can be taken all at once or spread throughout the day, with or without food.

Choosing a product

Citicoline can be hard to find but is available online (e.g. www.amazon.com, www.drugstore.com). It can cost from $40-90 per month.

We don’t endorse specific brands as we do not have a way to evaluate them directly. Aim for one with 500mg capsules (many come as 250mg). A reasonably priced option is:
Cognizin Citicoline 500 Mg 60 Caps by Bestvite

(about $2/day at www.amazon.com, product ASIN: B00KYU726G).

Side effects, risks, and drug interactions

Citicoline is safe and well tolerated. Compared to a sugar-pill it had no side effects. Citicoline does not appear to interact with other medications.

Limitations

Citicoline has not been widely studied. Its safety is not regulated by the FDA.

References


—Chris Aiken, M.D., updated 1/6/2017