Natrol Cognium features a silk protein hydrolysate that has been extensively studied and proven effective. The majority of studies were randomized, double-blind, placebo-controlled studies that meet the highest level of evidence for claims support as stated by both the FDA and FTC. The studies were published in 9 respected peer-reviewed journals that can be found below. In these clinical studies, the silk protein in Cognium is referred to as either Brain Factor-7 or BF-7.

7. Combined Report: