

Nektium Study Validates Fast-Acting Cognitive and Mood Benefits of Zynamite

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A clinical trial has validated the fast-acting cognitive and mood benefits of Nektium's water-soluble Zynamite mango leaf extract.

In the functional beverage and supplement markets, consumer demand is shifting away from high-stimulant, high-caffeine formulas toward more balanced options that combine sustained energy with cognitive support.

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Clinical tests carried out in 2025 showed that a single 100mg dose delivers sustained mental focus and emotional balance.

A new study, published in *Pharmaceuticals*, was created to replicate and validate those findings. The results reproduced the acute benefits in a healthy young adult population, including a rapid onset of effects and a sustained improvement in cognitive performance and mood over a five-hour window.

Ana Beltrán, PhD, Project Manager – Research, Development & Innovation at Nektium, said: “In nutritional science, showing an ingredient delivers consistent results across multiple gold standard clinical trials is critical. This confirmatory study reinforces our earlier findings, strengthening Zynamite’s scientific foundation and credibility with regulators, brand managers, and consumers. It firmly positions Zynamite as an evidence-backed, caffeine-free solution for fast-acting, non-stim energy and cognitive support.”

The randomized, double-blind, placebo-controlled, crossover replication study evaluated 88 healthy university students aged 18-25 years under exam-time stress. Participants received a single 100mg dose of water-soluble Zynamite (Zynamite S) or placebo.

Using gold-standard neuropsychological assessments – including the Trail Making Test (TMT), Digit Symbol Substitution Test (DSST), and Stroop Color Word Test – the study again demonstrated statistically significant acute improvements compared to baseline and placebo across multiple areas.