CLAIMS

1. A combination comprising an extract of Bacopa, astaxanthin, lycopene and vitamin B12, wherein said vitamin B12 is present in said composition in a dose between 2.00 and 5.00 microgram.

2. The combination according to claim 1, wherein said extract is obtained from the species *Bacopa Monnieri*.

3. The combination according to claim 1 or 2 wherein said extract of Bacopa is titrated between 10 and 30% in Bacosidi, preferably to 20% by Bacosidi.

4. The combination according to claim 3, wherein said extract of Bacopa is present in said composition in a dose ranging from 100.00 to 300.00 mg, preferably about 200.00 mg.

5. The combination according to any one of claims 1 to 4, wherein said lycopene is an extract of lycopene titrated between 5% and 15%, preferably 10%.

6. The combination according to claim 5 wherein said lycopene is present in said composition in a dose between 5.00 mg and 15.00 mg, preferably 10.00 mg.

7. The combination according to any one of the claims 1 to 6 wherein said astaxanthin is present in said composition in a dose between 2.00 and 6.00 mg, preferably 4.00 mg.

8. A composition for oral use comprising a combination according to any one of the claims 1 to 7.

9. The composition according to claim 8 in the formulation selected between capsule, soft capsule, tablet, pill, jelly, powder, granule, emulsion, solution, syrup.

10. The composition according to claims 8 to 9 wherein said composition is a nutraceutical composition, dietary and nutritional a foodstuff, a beverage, a food supplement, a nutraceutical, a medicament, a food or a medicated food for special medical purposes.