Claims

1. Use of an extract of *Bacopa monnieri* in the manufacture of a medicament for acutely improving/enhancing cognitive performance in a human subject, wherein the subject is mentally stressed, mentally fatigued and/or cognitively challenged as a result of undergoing a test, examination or other activity involving cognition.

2. The use of claim 1, wherein the extract is prepared from stems, leaves and roots of *Bacopa monnieri*.

3. The use of claim 1 or claim 2, wherein the extract is an alcoholic extract.

4. The use of claim 3, wherein the alcoholic extract is an aqueous alcoholic extract.

5. The use of claim 4, wherein the aqueous alcoholic extract is an aqueous C_1-C_6 alcoholic extract.

6. The use of claim 5, wherein the aqueous C_1-C_6 alcoholic extract is prepared using about 50% C_1-C_6 alcohol, about 70% C_1-C_6 alcohol or about 90% C_1-C_6 alcohol.

7. The use of claim 5 or claim 6, wherein the aqueous C_1-C_6 alcoholic extract is an aqueous ethanolic extract.

8. The use of any one of claims 1 to 7, wherein the extract comprises at least 55% (w/w) bacosides.

9. The use of any one of claims 1 to 8, wherein the extract or medicament is administered prior to commencement of the test, examination or other activity involving cognition.

10. The use of claim 9, wherein the extract or medicament is administered at least or about 15 minutes prior to, at least or about 30 minutes prior to, at least or about 1 hour prior to, or at least or about 2 hours prior to, commencement of the test, examination or other activity involving cognition.

11. The use of any one of claims 1 to 10, wherein the extract or medicament is administered in an amount of extract of between about 200 mg and about 2.0 g, or in an amount of extract of between about 300 mg and about 1.0 g, or in an amount of extract of between about 320 mg and about 960 mg, or in an amount of extract of between about 320 mg and about 640 mg.

12. The use of any one of claims 1 to 11, wherein the extract or medicament is administered in an amount of extract of at least about 320 mg, or in an amount of extract of at least about 640 mg, or in an amount of extract of at least about 960 mg.

13. The use of any one of claims 1 to 12, wherein the extract or medicament is administered orally.