

Ingredients

Algae Omega-3 Powder 17% DHA (Schizochytrium) (**MILK, SOY**), Stoneground Brown Rice Flour (*Oryza Sativa*), L-Tyrosine, L-Theanine, Acetyl Carnitine, Caffeine Anhydrous Powder, Guarana Extract (*Paullinia Cupana*), Choline Bitartrate, Phosphatidyl Serine (**SOY**), Phosphatidyl Choline (**SOY**), Bamboo (*Bambusa arundinacea*) Silica Powder, Bacopa Monnieri Extract, Ashwaganda Extract KSM66 (*Withania somnifera*), Rice Extract (*Oryza Sativa*), Green Tea Leaf Extract (*Camellia Sinensis*), Panax Ginseng Extract, Turmeric Root Extract (*Curcuma Longa*), Nicotinamide, Zinc Citrate, Rosemary Leaf Extract (*Rosmarinus Officinalis*), D-calcium Pantothenate, Bioperine (Black Pepper Extract) (*Piper nigrum*), Ginkgo Biloba Extract, Cyanobobalamin, Ceylon Cinnamon Bark Extract (*Cinnamomum zeylanicum*), Folic Acid, Potassium Iodide.

ALLERGY ADVICE: for allergens, see ingredients in **BOLD**.

Directions

Swallow 2 capsules with a glass of water. For best results, take 45 minutes before food or 90 minutes after food.

This can be increased to taking 6 capsules daily to achieve therapeutic results although this should be carried out under the supervision of a Psychiatrist or natural practitioner.

Full list of active ingredients and potencies

60 capsules per pot

Each serving (2 capsules) provides:

Korean Panax Ginseng** - 480mg

Guarana** - 400mg

Bacopa Monnieri** - 300mg

Ginkgo Leaf** - 300mg

Ashwagandha KSM66** - 200mg

Green Tea Leaf** - 200mg

Turmeric Root** - 106mg

Caffeine Anhydrous Pure - 100mg

L-Theanine - 100mg

L-Tyrosine - 100mg

N-Acetyl L-Carnitine - 100mg

Rosemary Leaf Extract** - 100mg
Docosahexaenoic acid (DHA) - 50mg
Choline - 38mg
Phosphatidylcholine - 12mg
Cinnamon ** - 10mg
Curcuminoids - 10mg
Vitamin B3 (Niacin) - 10mg
Phosphatidyl Serine - 8mg
Vitamin B5 Pantothenic Acid - 8mg
Bioperin** - 6mg
Zinc - 3mg
Vitamin B12 Pure - 400µg
Folic Acid - 200µg
Iodine - 45µg

*NRV = Nutrient Reference Value

- = NRV not established

** = Equivalent weight from extract

Vitamins and minerals:

Zinc, vitamin B12 (cyanocobalamin), vitamin B3 (niacin), vitamin B5 (pantothenic acid) and folic acid.

Synergistic herbal and other nutritive allies:

Korean Panax ginseng, guarana, Bacopa monnieri, ginkgo leaf, ashwagandha, green tea leaf, caffeine anhydrous, L-Theanine, L-Tyrosine, N-Acetyl L-Carnitine, rosemary leaf, DHA, choline, phosphatidylcholine, cinnamon, turmeric root (curcuminoids), phosphatidyl serine and black pepper.

Vitamin B12 (cyanocobalamin) contributes to normal energy-yielding metabolism, normal functioning of the nervous system, normal homocysteine metabolism, normal psychological function, normal red blood cell formation, normal function of the immune system, the reduction of tiredness and fatigue and it has a role in the process of cell division.

Vitamin B3 (niacin) contributes to normal psychological function, normal energy-yielding metabolism, normal functioning of the nervous system, the maintenance of normal mucous membranes, the maintenance of normal skin and the reduction of tiredness and fatigue.

Vitamin B5 (pantothenic acid) contributes to normal energy-yielding metabolism, normal mental performance, normal synthesis and metabolism of steroid hormones, vitamin D and some neurotransmitters, and the reduction of tiredness and fatigue.

Folic acid contributes to normal psychological function, the normal function of the immune system, the reduction of tiredness and fatigue, normal homocysteine metabolism, normal amino acid synthesis, normal blood formation, the process of cell division and maternal tissue growth during pregnancy.