

# Bran Reimagined

**Vitamin B12** your body needs in order for your red blood cells to get oxygen through your body. If your body doesn't have enough B12, it can leave you feeling tired or fatigued. B12 may also support bone health & may help improve mood & symptoms of depression.

**Vitamin B6** has been found to improve mood & reduce symptoms of depression as it's necessary for creating neurotransmitters that regulate emotions promoting brain health. It also helps your body process certain amino acids which may help reduce nausea & menstrual symptoms.

**Green Coffee Bean Extract** contains caffeine which improves your energy level & can boost your metabolism by 3 to 11%! It's also rich in chlorogenic acid which helps the body to burn glucose & stored body fat.

**Niacin** is needed for your brain to get energy & to function properly.

**PEA (Phenylethylamine)** is a chemical that the body naturally creates to control the mood by increasing serotonin & dopamine released to the brain. It's also known to increase both norepinephrine & epinephrine levels in the body, which in some cases, has shown to boost metabolism & assist with appetite.

**DL-Phenylalanine** may be used to treat chronic pain by blocking the break down of endorphins which are your natural pain killers.

**Alpha-GPC** metabolizes primarily within the brain to support a host of cognitive functions including memory formation & recall, learning ability, & concentration/focus. It also could assist with enhancing athletic performance by facilitating neuromuscular interaction.

**Uridine-5-monophosphoric acid disodium salt** when present in the brain it helps to boost the production of neurites which in turn increases the # of synapses in the brain. The more synapses you have the better your brain will work. It can also help you with processing information & enhancing memory.

**Water** can help boost your metabolic rate & in turn help you lose weight & also helps you by making you feel fuller. Keeping your body hydrated is important to help with mood & concentration. We as humans are made up of about 60% water, so a fluid loss of 1 to 3% can have a huge effect on working memory.

**Agave** is a natural plant-based sweetener without any additives. It's Vegan friendly & is also a substitute for sugar which may be healthier because of its very low glycemic index.

**Sunflower Lecithin** is Non-GMO & has the ability to lower bad cholesterol & raise good cholesterol in blood profiles. This can help improve cardiovascular health especially in those at risk of developing heart disease.

**Citric Acid** is used as an additive because of its antibiotic & anti-inflammatory properties to help nerve cells against damage or degeneration in the brain.

**L-Theanine** is an amino acid that promotes relaxation without a drowsy feeling by reducing your resting heart rate & blood pressure.

**GABA** functions as a neurotransmitter to reduce the activity of neurons in the brain & Central Nervous System. This causes a broad range of effects on your body & mind to include increase relaxation, reduce stress, alleviate discomfort & help promote sleep.

**Vitamin C** is derived from nature & is completely safe to consume. It's an essential nutrient & antioxidant for our bodies & is available in our Lemon Drop flavor.