



Cup-A-Joe Morning & Afternoon Energy Pack

“The pick-me-up that energizes and focuses without the jitters of coffee”

This is the pack I'm most excited about for everyday people — the ones who aren't athletes but need sustained energy and sharp focus to get through demanding days. Most people reach for a second or third cup of coffee in the afternoon. That spikes cortisol, disrupts sleep, and creates a cycle of dependence that leaves the adrenals more depleted every week. Essential Shrooms does what coffee cannot: clean, focused energy without stimulating the nervous system. The morning packet loads the foundational energy stack. The afternoon packet is lighter — designed to restore focus without disrupting the evening cortisol wind-down.

— DR. MICHELE BENOIT, DC · APPLIED KINESIOLOGY & FUNCTIONAL NUTRITION · FRANKLIN, TN

SUPPLEMENT STACK

- 1 Essential Shrooms**
CLEAN ENERGY · IMMUNE & BRAIN
Six clinically studied medicinal mushrooms — Lion's Mane, Reishi, Shiitake, Maitake, Chaga, and Cordyceps. Clean focused energy and immune support. No jitters, no crash. Lion's Mane supports NGF — the biological driver of cognitive clarity and memory.
- 2 Opti-Brain**
COGNITIVE CLARITY · FOCUS
Nutrients that cross the blood-brain barrier to directly support neurotransmitter production, memory consolidation, and sustained concentration — energy at the neurological level, not the stimulant level.
- 3 Be Awake (Optimal Natural Vitality)**
IMMEDIATE ENERGY · B-COMPLEX
An organic B-complex and whole-food energy blend shown to provide immediate, clean energy without synthetic stimulants. The afternoon packet cornerstone — activates fast, exits fast, without disrupting sleep onset.
- 4 Opti-MagnaSTEM**
CELLULAR RENEWAL · ANTI-STRESS
OHS's flagship longevity product doubles as the most effective daily stress and anxiety support in the line. MagnaSTEM supports cellular regeneration while reducing cortisol-driven stress and anxiety symptoms.
- 5 Essential Protect**
ANTIOXIDANT · CELLULAR DEFENSE
Phytonutrient matrix that neutralizes oxidative damage accumulated through daily stress, environmental exposure, and metabolic activity.
- 6 Opti-Adrenal**
ADRENAL SUPPORT · CORTISOL BALANCE
The hidden driver of afternoon fatigue is adrenal depletion — not caffeine deficiency. Restores the HPA axis rhythm that governs how energy fluctuates through the day.
- 7 Opti-Mito-Force**
MITOCHONDRIAL ENERGY · SUSTAINED POWER
Cellular energy at the source — the mitochondrial support that makes energy without stimulation biologically possible.
- 8 Optimal Muscle RX**
LEAN MUSCLE · METABOLIC SUPPORT
Included at maintenance dosage for its role in sustaining lean muscle and metabolic rate — both of which decline under chronic stress.

WHAT THIS PACK DOES

Two packets, one mission: clean, sustained energy and mental clarity from morning through mid-afternoon — without jitters, crash, or sleep disruption. The morning packet builds the cellular energy foundation. The afternoon packet fights the mid-afternoon slump. Together they address the three root causes of daily fatigue: mitochondrial underperformance, adrenal depletion, and cognitive depletion.

WHO THIS PACK IS FOR

- Professionals with demanding, high-focus workdays
- Anyone who relies on afternoon coffee and hates the crash
- People experiencing chronic fatigue without a clear medical cause
- Those managing anxiety, stress, and the energy toll of demanding careers
- Anyone who wants to reduce caffeine dependence without losing performance

LIFESTYLE FOUNDATIONS

- Replace afternoon coffee with the afternoon packet — give it 2 weeks
- Prioritize sleep: this pack optimizes energy, but sleep is the source
- Avoid screens 60 minutes before bed — blue light disrupts melatonin
- Short 10-minute outdoor walk after lunch compounds the afternoon packet's effect