

Pure & Essential FOCUS – our nutritionist's guide

Pure & Essential FOCUS is a supplement which has been expertly formulated to enhance concentration, promote clarity and support mental energy. Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

Dosing guidelines

A serving of *Pure & Essential FOCUS* consists of 1-2 capsules; 2 capsules provides you with the full serving amount as indicated on the nutritional panel. As caffeine can be stimulating, we recommend taking your serving at least 4 hours before sleep.



*Maxine Sheils BSc (Hons), DipCNM
Nutritionist*

Using *Pure & Essential FOCUS* effectively

For optimal benefits, we recommend taking a serving of *Pure & Essential FOCUS* without food and 30-60 minutes before desired effects.

For those who may be particularly sensitive to taking these nutrients on an empty stomach, it is recommended to take capsules after a meal, and to start with only 1 capsule per day. If you're not as sensitive, it is perfectly safe to start with 2 capsules straight away.

Taking other supplements alongside *Pure & Essential FOCUS*

Many people take other supplements alongside *Pure & Essential FOCUS*, a multivitamin for example, which often also contains one or more of the same nutrients. If taking another supplement containing the same ingredients, please consider taking half the serving of one of the supplements, e.g. one capsule of *Pure & Essential FOCUS* or one tablet of your multivitamin, if it is a 2-a-day serving, for example.

The safety of *Pure & Essential FOCUS*

Pure & Essential FOCUS is not recommended for children, pregnant and breastfeeding women, and those sensitive to caffeine. As with any dietary supplement, consult your physician before taking if you have a medical condition or are taking medication. Keep out of the reach of children. Store in a cool, dry place and away from sunlight.

Ongoing nutrition support & advice

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at [igennus.com](https://www.igennus.com), email askourexpert@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

