



4ORE
PURE FOCUS
(White Paper)

Wellness in Golfing: The Role of the 4ORE PURE FOCUS Nutritional Supplement

A Brief Overview of the 4ORE PURE FOCUS Nutritional Supplement

When golfers search for the ideal nutritional supplement, there are countless options to choose from. However, few are designed by medical experts with golfers in mind. **4ORE FOCUS** is a nutritional supplement that combines numerous natural ingredients to promote clarity, mental stamina, endurance, and cellular support while golfing. Adding more options for golfers, this nutritional supplement also comes in 2 great flavors, green apple and triple berry.

Amino Focus & Energy

When golfers enrich their bodies with the nutrients needed to create energy, they can boost their mental focus and performance. Amino acids are crucial contributors of energy and can be found both naturally within the body and in foods. This nutritional supplement is loaded with several key amino acids, including L-Citrulline, L-Arginine, L-Carnitine Tartrate, L-Glutamine, Agmatine Sulfate, L-Arginine HCL, L-Tyrosine, L-Theanine, and N-Acetyl L-Tyrosine.

L-Citrulline and L-Arginine are amino acids which have been recognized to significantly improve blood flow and oxygenation to muscles during exercise by producing a molecule called nitric oxide [1]. Additionally, L-Citrulline has demonstrated improved concentration after exercise [2]. Agmatine sulfate is a derivative of L-Arginine and acts in concert with L-Citrulline and L-Arginine to improve energy and vascular performance while exercising [3]. When harnessed, these three amino acids can improve mental focus by bringing oxygen and blood flow to the brain. L-Carnitine Tartrate is a potent antioxidant which has been shown to significantly reduce muscle fatigue by preventing muscle damage during exercise [4]. This not only improves focus but may also enhance endurance while golfing. Another included amino acid, L-Glutamine, also increases mental stamina by preventing the depletion of energy stores while exercising [5]. There are several other core amino acids within this formulation which have been indicated to improve mental stamina and energy conservation, such as L-tyrosine, and L-theanine [6,7].

Calm & Clear

Optimal golf performance requires mental stability and clarity. This supplement incorporates natural vitamins and extracts which work together to accomplish this goal.

Vitamin B12 is one of the most well-known vitamins that enhances brain function, balance, memory, and focus [8]. These functions are essential for golfers and are a strength of this nutritional supplement. Additionally, Vitamin B1 (thiamine) has been implicated as necessary to prevent fatigue and increase endurance during exercise [9]. Inositol is naturally found within the brain and is well-known for improving mental focus by increasing brain processing speeds and mental flexibility [10]. Choline DL-Bitartrate improves hand-eye coordination during exercise, which may increase accuracy while golfing [11]. Cordyceps extract promotes the conversion of fat stores into energy, which improves mental stamina and endurance [12]. Ganoderma extract also improves endurance while exercising by acting as an antioxidant to prevent muscle damage [13]. Another herbal extract, known as Bacopa Monnieri, has demonstrated promising results in improving cognitive performance, particularly in memory free recall [14]. Increasing evidence indicates that a fungus, called Lion's mane, may improve cognitive function by increasing neural speeds [15]. Rhodiola rosea extract has also demonstrated a promising ability to enhance performance, alleviate anxiety, and relieve muscle fatigue [16]. Altogether, these effects may promote focus and a state of calm while exercising. A derivative of the cacao plant, called

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theobromine, has been shown to increase alertness [17]. The agents CoQ10 and DMAE L-bitartrate have been implicated in enhancing mental stamina by targeting various neurotransmitters and acting as antioxidants [18,19].

Cellular Hydration & Support

Golfing, just like other sports, requires the body to be hydrated and prepared to tackle the cellular burden of exercise. A balanced pH is essential to keep the body optimally hydrated while exercising. Thus, the **4ORE FOCUS** supplement includes several electrolytes and minerals that support vital cellular functions while exercising.

The inclusion of potassium citrate promotes pH homeostasis through water and ion balance [20]. Similarly, Himalayan salt, magnesium L-aspartate and magnesium amino acid chelate can also promote adequate cellular hydration by causing cells to absorb water in order to preserve water balance [21]. Thiamine HCl, calcium carbonate, niacinamide, and chromium picolinate help provide cells with energy in the form of sugar [22]. Pyridoxine HCl supports the cell and prevents muscle fatigue during exercise by fostering the essential breakdown of protein into energy [23]. Methylcobalamin enhances cellular support and recovery following exercise by generating energy from fat stores and by optimizing the production of hemoglobin, a molecule which ensures that oxygen reaches the muscles [24].

Final Conclusions

The **4ORE PURE FOCUS** supplement is medically formulated and uniquely designed for golfers. The fusion of key amino acids, vitamins, herbal extracts, and electrolytes provide golfers with all the core ingredients needed to mentally and physically excel.

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