

SUPPORTS FOCUS & ATTENTION*

Benefits

- Supports cognitive performance*
- Supports focus and attention*
- Promotes wakefulness and alertness*

Caffeine, amino acid L-theanine, and Theobromine provide a synergistic combination to support cognitive performance. L-theanine helps to lessen some of the unwanted side effects associated with caffeine use.

Source

Caffeine and Theobromine are found together naturally in cocoa, cacao, and chocolate; while the combination of Caffeine, Theobromine and L-Theanine can be found in some teas.

References

1. Owen, GN, et al. *Nutr Neurosci.*, vol. 11, no. 4, Aug. 2008, pp. 193–8.
2. Kahathuduwa, CN, et al. *Nutr Res.*, vol. 49, Jan. 2018, pp. 67–78.
3. Giesbrecht, T, et al. *Nut*, vol. 13, no. 6, Dec. 2010, pp. 283–90.

Capsule Specifications

- 390 mg of proprietary blend in each vegetarian capsule
- Easy-to-swallow in a size 3 capsule
- Our formula is based on a ratio of 1-part caffeine to 2 parts L-Theanine

Ingredients

L-Theanine, Theobromine, Caffeine Anhydrous, vegetarian capsule (hypromellose), microcrystalline cellulose.

Dosage

Suggested use for adults is 1 capsule by mouth not more than every 4-6 hours, not to exceed more than 4 capsules in 24 hours.

Considerations

This formula contains caffeine which is known to cause side effects and interactions with medications and some herbs. Please use responsibly and avoid if you are sensitive to caffeine.

If you are taking any medications, please consult with your healthcare practitioner before use. Do not use if pregnant or nursing.

1-2-GO

JANUARY 2022

DIETARY SUPPLEMENT

Supplement Facts:

Serving size: 1 Capsule
Capsules per container: 90

	%DV*
Proprietary Blend	390 mg **
L-Theanine	
Theobromine	
Caffeine Anhydrous	

*Percent Daily Values (DV) based on a 2,000 calorie diet.

**Daily Value (DV) not established.

OTHER INGREDIENTS: Vegetarian capsule (Hydromellose),
Microcrystalline Cellulose.

www.purenootropics.net



*These statements have not been evaluated by the Food and Drug Administration.
This product is not intended to diagnose, treat, cure, or prevent any disease.