



Mind & Mood

Your mood and your mental health affect every aspect of your life, from how you feel about yourself to your relationships with others and crucially your physical health. There is a strong link between good mental health and good physical health and vice versa. In the other direction, depression and other mental health issues can contribute to digestive disorders, trouble sleeping, lack of energy, heart disease, and other health issues.

Gymfox MIND is a powerful Neurotrophic that is scientifically designed to keep your mind and mood in optimal shape. Our tasteless capsules offer superior bioavailability. We also added a dash of RedNite® to help your body absorb even more of the brain-boosting goodness.

Features

- High-quality Lions Mane powder
- Easy-to-take capsules for daily support

Benefits



Supports cognitive function and mood



Supports Gastrointestinal Health*



Promotes healthy energy levels and combats fatigue



Regulates blood sugar and reduces inflammation

Use

Take two capsules with a full glass (250ml) of water once daily.

Do not take more than two capsules per day.

NOTICE: Consult your physician if you have allergies and if you are pregnant, nursing, taking medication, or have a medical condition.

Ideal For

Those looking for better focus, concentration and clarity.

Individuals who experience anxiety, depression, low energy and low motivation.

People wanting to support their gastrointestinal health.



Try This

Monitor the days you take MIND versus the days you don't. You will see a contrast in mood, energy levels and overall productivity.



Ingredients



Lion's Mane

Lion's Mane is a super mushroom often described as a 'nootropic' – a class of supplements that help boost cognitive ability. For more than two thousand years, Chinese Medicine experts have been harnessing the power of Lion's Mane to unlock an impressive range of health benefits. From ramping up your memory and cognitive function to promoting internal organ health, this natural wonder has been a go-to for those seeking optimal wellbeing.



Choline Bitartrate

Choline Bitartrate has a stimulating effect on the nervous system, supporting memory processes, concentration and cognitive function. It has beneficial effects on the liver, supporting its regenerative and detoxifying effects. It influences processes related to fat metabolism. When taken regularly may help increase acetylcholine levels.



RedNite®

The health benefits of beetroot have been known to humans for centuries. Several cultures have enjoyed beetroot juice due to its stimulating properties. Ongoing research has proven it to be a valuable source of dietary nitrates as compared to other vegetables. It has been proven that beetroot nitrates can:

- Increase exercise performance & tolerance
- Boost stamina & endurance in athletes
- Maintain brain health and cardiovascular health.

GYMFOX
MIND

FAQs

Is it Vegan?

Yes, our Lion's mane supplement is vegan-friendly and made from the highest quality Lion's mane mushrooms available. We source our mushrooms from trusted suppliers who use sustainable and ethical farming practices to ensure the purity and potency of our product.

Can it help with mood and depression?

Lion's mane has been shown to have mood-enhancing effects, which may help alleviate symptoms of anxiety and depression. Studies have found that Lion's mane can increase levels of serotonin and dopamine, two neurotransmitters that play a key role in regulating mood and emotions.

How does it support cognitive function?

Lion's mane contains compounds called hericenones and erinacines, which have been shown to stimulate the growth and repair of nerve cells in the brain. These compounds also promote the production of nerve growth factors, which are essential for maintaining healthy brain function and cognition.

Are there any side effects?

Lion's mane is generally well tolerated, but the most common side effects include: gastrointestinal discomfort; nausea and skin rash. Consult your doctor if you experience any of these conditions or any allergic reactions.

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*Note: Maintaining a healthy diet, exercise regimen and getting plenty of sleep will help support a healthy immune system.

*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.

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