

# WHAT'S INSIDE?

## SMART COFFEE BLEND

Our Smart Coffee Blend is a proprietary blend of scientifically formulated ingredients and nutrients that combined to yield health and wellness benefits.

## 100% ARABICA COFFEE

Arabica coffee is the world's most popular type of coffee. Derived from the *coffea arabica* plant, this premium roast is sweet with a slight, pleasant acidity and light bitterness. Arabica coffee is rich in antioxidants. The coffee contains caffeine to increase focus and alertness, and is low in calories. Arabica coffee also contains small amounts of vitamins and minerals such as niacin, magnesium, riboflavin, manganese, and potassium.\*

## CHOLINE CDP

Also known as Citicoline, is a potent brain-health nutrient that occurs naturally in our bodies. It is a building block of cell membranes and can increase the production of phosphatidylcholine – which is key to brain function. Studies show citicoline can help support mental energy, focus, attention and memory recall. It is also being studied for long-term brain and cognitive health and for reducing cravings.\*

## CHROMIUM CHLORIDE

Chromium is an essential trace mineral involved in normal glucose metabolism that can help retain healthy blood sugar levels. Chromium is also involved in protein, carbohydrate and lipid metabolism, thereby providing support for cellular energy. Additionally, it regulates insulin, which can help reduce sugar and carbohydrate cravings. Chromium also plays a role in healthy peripheral nerve function. It is naturally found in whole grains, vegetables, fruits, meats, and dairy. Although needed in very small quantities, many people do not get enough of this essential mineral from diet alone.\*

## COFFEE ARABICA (FRUIT) EXTRACT

A patented extract of whole fruit from coffee arabica cherries which aids in supporting brain health. Clinical studies have shown the ability of this broad-spectrum, flavonoid-rich extract

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to significantly increase the levels of key neuroprotein BDNF (brain-derived neurotrophic factor), vital to learning, memory and higher thinking.\*

### **GARCINIA CAMBOGIA (FRUIT) EXTRACT**

Garcinia Cambogia is a tropical fruit found in the coastal regions of Southeast Asia and India. Originally used for cooking, it was introduced into the nutritional field after scientists discovered its numerous dietary and health benefits. The peel of the fruit contains high amounts of hydroxycitric acid (HCA), which is the active ingredient responsible for appetite control and weight management.\*

### **GRAPE & APPLE POLYPHENOLS (VINITROX™)**

Vinitrox™ is a combination of apple and grape polyphenols that produce a synergistic effect to increase Nitric Oxide levels in the body for healthy blood vessels, circulation and blood flow. Vinitrox™ is a powerful antioxidant that can help enhance performance and increase endurance.\*

### **GREEN TEA (LEAF) EXTRACT (CATECHIN OLIGOMERS)**

A patented gallate-enhanced oligomer derived from green tea extracts. It has been shown to enhance blood flow by increasing the body's Nitric Oxide levels. It is also known to support mental focus and endurance, regulate body temperature, and improve oxygen delivery to the brain.\*

### **L-THEANINE**

Known as the “feel-good” amino acid, L-Theanine provides and assists with the calming effects on the brain by increasing levels of serotonin and dopamine. It is an amino acid that naturally provides relief from anxiety and stress. L-Theanine functions as a neurotransmitter for internal body communication, providing a more balanced system overall.\*

### **NATURAL CAFFEINE FROM GREEN COFFEE BEAN EXTRACT**

Natural caffeine from green coffee beans is known for its energy-enhancing and thermogenic effects. Caffeine works with your metabolism to assist in weight management, enhancing mood and maintaining energy to support increased activity level.\*

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## **NIACIN (VITAMIN B<sub>3</sub>)**

Vitamin B<sub>3</sub>, also called niacin, is an essential nutrient and one of the eight B-Complex water-soluble vitamins. Niacin has a wide range of uses in the body, helping in energy metabolism, heart health, functions in the digestive system, skin and nervous system.\*

## **RHODIOLA ROSEA (ROOT) EXTRACT**

Rhodiola rosea assists the body in its response to physical, mental and environmental stress. It has been used to help fight fatigue and uplift moods. Rhodiola is also known to have positive effects on supporting the cellular structure as it diminishes with age. This powerful extract helps provide vital assistance in aiding the body with energy for daily activities.\*

## **SAFFRON (STIGMA) EXTRACT**

Our saffron extract is derived from the crocus sativus L. plant species grown in Spain and is standardized to its active safranal content. This prized spice is a favorite among culinary chefs around the world. New science has unveiled the benefits of saffron for the nervous system and its powerful impact on lifting mood and appetite control.\*

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