

Focus and Energy Optimizer

Formulated without caffeine that makes people jittery, Dr. Amen's Focus and Energy Optimizer supports both focus and healthy energy levels. It is formulated with green tea and choline to help with focus, along with three powerful adaptogens which act synergistically to enhance endurance and stamina. The adaptogens ashwaganda, rhodiola and panax ginseng have been scientifically shown to improve the body's resistance to stress and support a healthy immune system.

Background

Green Tea Leaf Extract: Green tea is made from the dried leaves of *Camellia sinensis*, an evergreen shrub. It has been shown to help with focus and energy. The green tea component *epigallocatechin gallate* (EGCG) is a potent free radical scavenger.

Rhodiola rosea (Golden Root, Roseroot, Arctic Root) belongs to the family *Crassulaceae* and is a plant that grows in cold mountainous regions of the world including the Arctic, Iceland, Russia, Scandinavia and the Alps. Since this plant has adapted to conditions of high altitude and low oxygen, it contains protective compounds that have beneficial effects in people. Extracts from this plant have been used to enhance physical and mental performance, fight fatigue, and support a positive mood. Adaptogens increase the availability of energy during the day, reduce feelings of stress, enhance endurance, and promote a restful sleep. Rhodiola extracts contain salidroside and rosavins which have been shown to increase focus and concentration.

Ashwagandha (*Withania somnifera*, Indian ginseng, Indian Winter Cherry) is a shrub found in India, Nepal and Pakistan that is commonly used for its anti-stress properties. Ashwagandha is an adaptogen, meaning it has the properties that enable the body to better handle stress, anxiety and fatigue. It helps to rejuvenate and energize the nervous system in addition to increasing physical endurance.

Panax Ginseng is a plant with fleshy roots that grows in the northern hemisphere of eastern Asia, Korea and Russia, typically in cooler climates and is used to support energy and focus.

Choline is a nutrient essential to the structure and function of all cells. It is a precursor molecule involved in the synthesis of the neurotransmitter acetylcholine which is important for normal brain function.

Recommended Use:

As a dietary supplement, take one to two capsules of Dr. Amen's Focus and Energy Optimizer twice daily with meals or as directed by your healthcare professional. Caution should be used in taking this supplement in the evening as its energy enhancing components may interfere with a restful night's sleep.

Servings per container: 30

4 capsules contain:

- Green Tea Leaf Extract (*Camellia sinensis*; 95% polyphenols/ 75% catechins/ 45% EGCG/decaf) 600 mg
- *Rhodiola Rosea* Extract (3% rosavins/ 1% salidroside) 200 mg
- *Ashwagandha* Extract (*Withania somnifera*; 8% withania somnifera/ 32% oligosaccharides) 250 mg
- *Panax Ginseng* Extract (4% ginsenosides) 200 mg
- Choline (bitartrate) 55 mg

Other Ingredients: Gelatin capsules (gelatin, water, glycerin), magnesium stearate, silicon dioxide and magnesium silicate.

Certificate of Analysis

This product does not contain wheat, yeast, gluten, eggs, dairy, corn, artificial colors, flavors, sugars, or preservatives.

STORE IN A COOL, DRY PLACE. KEEP OUT OF REACH OF CHILDREN.

**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.**