



## FULLY CHARGED

Need a boost? These powerful capsules are packed with Caffeine, Glyvia™, Green Tea + Coffee Bean Extract so you feel **Fully Charged all day long.**

*Use as pre-workout, energy boost or appetite suppressant.*



- Immediately heightens lasting mental and physical energy.
- No jitters or crash.
- Helps support blood sugar management for maximum performance output and optimum appetite control.

## POWERFUL INGREDIENTS

### GLYVIA™

Helps regulate blood sugar; improves appetite control and heightens mental energy. See brochure for more detail and research data.

### Natural Caffeine with catechins (from Green tea extract)

Stimulates the central nervous system to heighten mental awareness and physical energy; supports resilience and tolerance to exertion; Research shows that individuals consuming caffeine-containing beverages daily might have a lower risk for developing Alzheimer's and Parkinson's Diseases.

### Natural Caffeine and Chlorogenic acid (from Green Coffee Bean extract)

Stimulates the central nervous system and supplies chlorogenic acids to support appetite control and mentation.

### L-Theanine

Reduces physical and mental stress; improves coping of stressful events; supports cardiovascular health and nitric oxide elevation; protects neurons from oxidative damage ; focuses the mind.

### Phenethylamine (PEA)

Occurs naturally in the brain. Improves mood and physical and mental energy; supports focus and attention.



## REFERENCES:

Food Addit Contam. 2003 Jan;20(1):1-30. Effects of caffeine on human health. Nawrot P, Jordan S, Eastwood J, Rotstein J, Hugenholtz A, Feeley M. Toxicological Evaluation Section, Chemical Health Hazard Assessment Division, Bureau of Chemical Safety, Food Directorate, Health Canada, Tunney's Pasture, PL 2204D1, Ottawa, Ontario, Canada K1A 0L2. peter\_nawrot@hc-sc.gc.ca

Mov Disord. 2012 Aug 27. doi: 10.1002/mds.25076. [Epub ahead of print] Caffeine and risk of Parkinson's disease in a large cohort of men and women. Palacios N, Gao X, McCullough ML, Schwarzschild MA, Shah R, Gapstur S, Ascherio A. Department of Nutrition, Harvard School of Public Health, Boston, Massachusetts, USA. palacios@hsph.harvard.edu.

Eur J Appl Physiol. 2012 Aug 29. [Epub ahead of print] Effects of caffeine on session ratings of perceived exertion. Killen LG, Green JM, O'Neal EK, McIntosh JR, Hornsby J, Coates T. Department of Health and Human Performance, Middle Tennessee State University, MTSU, Murphy Center, P. O. Box 96, Murfreesboro, TN, 37132, USA, llg2w@mtmail.mtsu.edu.


Free Radic Biol Med. 2010 Oct 15;49(7):1212-20. Epub 2010 Jul 16. Caffeine protects against oxidative stress and Alzheimer's disease-like pathology in rabbit hippocampus induced by cholesterol-enriched diet. Prasanthi JR, Dasari B, Marwarha G, Larson T, Chen X, Geiger JD, Ghribi O. Department of Pharmacology, Physiology, and Therapeutics, University of North Dakota School of Medicine and Health Sciences, Grand Forks, ND 58202, USA.

Exp Physiol. 2012 Jun 15. [Epub ahead of print] Ingestion of theanine, an amino acid in tea, suppresses psychosocial stress in mice. Unno K, Iguchi K, Tanida N, Fujitani K, Takamori N, Yamamoto H, Ishii N, Nagano H, Nagashima T, Hara A, Shimoi K, Hoshino M. University of Shizuoka.


J Nutr Biochem. 2012 Jul 20. [Epub ahead of print] L-Theanine promotes nitric oxide production in endothelial cells through eNOS phosphorylation. Siamwala JH, Dias PM, Majumder S, Joshi MK, Sinkar VP, Banerjee G, Chatterjee S. Vascular Biology Lab, AU-KBC Research Centre, Anna University, MIT Campus, Chennai, India.

Pharmacol Res. 2011 Aug;64(2):162-8. Epub 2011 Apr 6. Neuroprotective effects of theanine and its preventive effects on cognitive dysfunction. Kakuda T R&D Division, Itoen, Ltd., 21 Mekami, Makinohara, Shizuoka 421-0516, Japan.

CAUTION: Always consult with your healthcare practitioner before taking this or any health supplement, especially if you are taking prescription medications, under a doctor's medical care, at risk for or have any illness or health condition, pregnant or nursing, or under age 18. These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease or medical condition. The information is provided for informational purposes. Results may vary. You may not experience the same benefits from using this product.



# FULLY CHARGED



**S U P P L E M E N T F A C T S**

Serving Size: 2 Capsules    Servings Per Container: 42

	Amount Per Serving	% DV
<b>Chromium</b> <small>(as Chromium Polynicotinate)</small>	10mcg	29%
<b>Focus Complex</b> <small>Glyvia™, Green Tea Extract (Camellia sinensis leaf), L-Theanine, Green Coffee Bean Extract (Coffee arabica), PEA (Phenethylamine), and Stevioside</small>	800mg	†

† Daily value not established.

Other Ingredients: Rice Hull, Hypromellose & Purified Water (capsule).

Directions: Take 2 capsules per meal or as directed by your healthcare professional.