



LurraFit™ Capsules

LurraFit™ Capsules are a natural energy and appetite control formula. LurraFit delivers all-day energy and appetite control in a tiny capsule. Daily use has been shown to provide fast-acting, long-lasting natural energy; improve focus and mental clarity; reduce hunger and brain fog; and facilitate weight loss.



- Delivers fast-acting, long-lasting energy
- Reduces food cravings and hunger
- Improves focus and mental clarity
- Facilitates natural weight loss
- Provides anti-aging and mood benefits

LurraFit™ Capsules are a natural energy and appetite control formula. Unlike other so-called health supplements that are loaded with artificial stimulants, each LurraFit™ capsule is packed with four powerful nutrient complexes made of superfoods, medicinal mushrooms, herbal extracts, and vital minerals.

The proprietary nutrient-rich formula releases a steady stream of natural energy in the body – tapping into the brain’s reward system (dopamine receptors) – to help reduce feelings of hunger and enhance cognitive performance.

Take 1-2 capsules daily. Take 1 capsule in the morning 30 minutes before eating breakfast and (optional) take 1 capsule in the afternoon 30 minutes before eating lunch. Be aware that this product contains approximately 140 mg of caffeine per serving.

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.

POWERFUL NUTRIENT COMPLEXES



LURRA MENTAL CLARITY & FOCUS COMPLEX

Lurra Mental Clarity & Focus Complex is designed to provide natural calm energy while enhancing cognitive performance. It also helps support weight loss by providing natural appetite suppression and thermogenesis.

- **Bacopa Monnieri Extract:** Naturally reduces stress and anxiety while enhancing cognition and memory.
- **Caffeine:** Contains approximately 140 mg caffeine. Can help improve mental alertness as well as suppress the appetite and stimulate thermogenesis.
- **L-Tyrosine:** Found to help replenish important neurotransmitters and improve mental function.
- **L-Theanine:** Research shows that it can notably increase feelings of relaxation without drowsiness as well as help relieve anxiety and stress. Also been shown to promote increased focus.
- **N-Dimethylphenethylamine:** Helps the body stay energized. Can also work as a natural mood-booster.
- **Rhodiola Rosea:** Can help reduce mental and physical fatigue and boost performance. Studies have also found that it helps balance the levels of cortisol (a main stress hormone) in the body.
- **Yerba Mate Extract:** Has naturally caffeinated, rejuvenating effects. Often used to promote energy, mood, and focus without jitters.
- **Yohimbe Bark Extract:** Often used to support weight loss and physical performance as well as to help alleviate feelings of exhaustion and low mood.

LURRA ADAPTOGENIC MUSHROOM COMPLEX

The Lurra Adaptogenic Mushroom Complex is formulated to amplify the body and mind. Plus, it can help fortify the immune system as well as the body's natural ability to resist the damaging effects of stress.

- **Chaga:** Has remarkable health-enhancing benefits. Found to be a powerful adaptogen, it helps protect the body from the effects of stress. It also stimulates and regulates the immune system.
- **Cordyceps:** Has anti-aging and hearth-health benefits. Studies show that it also has potent antioxidant properties, strengthens the immune system, and improves stamina and performance.
- **Ganoderma Lucidum Extract:** Has antioxidant and anti-aging benefits. May also boost immunity, help with weight loss, improve memory, increase energy stamina, and reduce feelings of stress.
- **Lion's Mane:** Has been shown to help boost mood and mental functioning. Also has strong anti-inflammatory, antioxidant, and immune-boosting abilities.

LURRA SUPER FOODS COMPLEX

The Lurra Super Foods Complex is made from berries known for antioxidant-rich properties. These include: Acai Berry, Aronia Berry, Camu Camu, Maqui Berry, and Noni Berry. Potential benefits include boosting brain function, immunity, energy, and physical endurance. May also help naturally moderate blood sugar levels, lower LDL cholesterol levels, and reduce heart disease risk.

LURRA OXYGEN TRANSPORT COMPLEX

Ferrous Fumarate and Ferrous Sulfate: Both are a type of iron used to boost levels of iron in the blood. Iron is an important mineral that the body needs to produce red blood cells and to maintain good health.

OminMin AC®: This trace mineral complex is harvested from Utah's Great Salt Lake. It provides a rich natural source of magnesium, which plays a critical role in brain function and mood. It has also been shown to help reduce insulin, blood sugar, and stress hormone levels and can boost exercise performance.