

LISTED MEDICINE - AUST L 449602

your FOCUS

30 Capsules

Formulated with Terpeneol and Ginkgo Biloba, **your FOCUS** supports mental clarity and concentration to bring your best, every day.



Designed to support your mental clarity and concentration, with a blend of ingredients that combines the brain-boosting effects of Ginkgo Biloba and Panax Ginseng with the benefits of Magnesium Glycinate and Terpeneol, a potent terpene.

- Maintain general health and wellbeing
- Promote body adaptation to stress
- Decrease cognitive fatigue
- Maintain mental concentration and focus
- Support memory recall
- Maintain brain function
- Enhance brain health

Ingredients

Active Ingredients

Ginkgo Biloba Leaf Extract 10mg
(equivalent to Ginkgo Biloba 100mg)
Magnesium Glycinate 580mg
Panax Ginseng Root Extract 10mg
(equivalent to Panax Ginseng 100mg)

Other Ingredients (Excipients)

Terpeneol
Colloidal anhydrous silica
Hypromellose
Magnesium stearate
Purified water

Terpene Profile



Terpeneol

Found in pine trees and certain herbs. Terpeneol assists with focus by enhancing mental clarity and concentration. It has calming effects that can reduce stress and anxiety, which often interfere with the ability to focus.

It's your **JOURNEY**
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Frequently Asked Questions

What are terpenes?

Terpenes are natural compounds found in many plants, responsible for their unique scents. They offer various health benefits, including supporting cognitive function and promoting overall brain health.

What is Terpineol and how does it assist with focus?

Terpineol is a terpene found in pine trees and certain herbs. Terpineol assists with focus by enhancing mental clarity and concentration. It has calming effects that can reduce stress and anxiety, which often interfere with the ability to focus. By promoting a relaxed yet alert state, Terpineol helps improve cognitive function and sustain attention,

What is Ginkgo Biloba and how does it support cognitive function?

Ginkgo Biloba is an extract from the leaves of the ancient Ginkgo tree. It supports cognitive function by enhancing blood circulation to the brain, improving memory, attention, and mental clarity. Rich in antioxidants and anti-inflammatory properties, Ginkgo Biloba protects brain cells from oxidative stress and helps maintain healthy neural pathways.

What is Panax Ginseng and how does it contribute to mental clarity?

Panax Ginseng is a herbal supplement derived from the ginseng plant. It acts as both an adaptogen and a cognitive enhancer and supports mental clarity by enhancing cognitive function, reducing fatigue, improving memory, and aiding stress adaptation.

What Magnesium Glycinate and how does it support brain health and focus?

Magnesium Glycinate is a well-absorbed form of magnesium that contributes to brain health and focus by helping regulate neurotransmitters like serotonin and glutamate, linked to mood and memory. Additionally, it may support memory formation by influencing NMDA receptors and has neuroprotective properties thus supporting cognitive function.

Why is capsule dosing helpful for these ingredients?

Capsules ensure you get a consistent and precise dose of the active ingredients each time. They protect the ingredients from air and light, keeping them potent. Plus, they're easy to swallow and convenient to take, making it simple to stick to your supplement routine.

Will I feel any psychoactive effects from terpenes?

No, terpenes won't make you feel high. They don't have psychoactive effects like THC, which is found in cannabis. Terpenes can enhance health benefits but won't alter your state of mind.

How does *your* FOCUS help reduce cognitive fatigue?

Combining the brain-boosting effects of Ginkgo Biloba and Panax Ginseng with the stress-reducing benefits of Magnesium Glycinate and Terpineol. This blend helps reduce mental fatigue and promotes mental clarity and concentration.

Can this product help improve my memory?

Yes, it's designed to enhance memory by supporting overall brain function. The combination of Ginkgo Biloba, Panax Ginseng, and Magnesium Glycinate works together to support mental recall and cognitive health.

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