



# Focus A

FastBrain Supplements, LLC

Nutritional support to improve attention and focus.\*\*

**Ingredients:** Schizandrol A, L-theanine, rhodiola rosea, higenamine, caffeine, niacin, and pyridoxine.

**Mechanism of Action:** A mix of herbs and nutrients that help the brain to focus, stabilize sugars and improve memory with a natural stimulant that works similar to amphetamines to improve focus.\*\*

**Schizandrol A:** Stimulates the central nervous system by increasing dopamine and thus improving clarity, alertness and focus. It improves glucose uptake into tissues thus helping to stabilize sugar levels.

**L-Theanine:** A synergistic effect with caffeine to improve focus and attenuate anxiety.

**Caffeine:** A natural stimulant that increases the release of dopamine in the brain to improve focus and maintain concentration. Reduces blood flow to the brain thus reducing the activity of brain regions that are overactive.

**Rhodiola Rosea 3% rosavins and 1% salidosides:** Reduces mental fatigue, boosts attention to detail-oriented tasks, and reduces feelings of agitation and sleeplessness.

**Higenamine:** A unique central nervous system stimulant. Higenamine has the added benefit of increasing vascular relaxation which, in contrast to other stimulants, does not cause an increase in blood pressure.

**Pyridoxine HCl:** Vitamin B6 in several studies have been shown to be low in ADHD patients, especially children and adolescents. It is essential in enzyme activity in the brain and in the production of neurotransmitters.

**Niacin:** Important in carbohydrate and fat metabolism. Shown to be a common deficiency in ADHD.

**Therapeutic uses:** May replace ADHD stimulant drugs or used in combination to improve outcome, when recommended and under the treatment of your healthcare provider. Can improve sugar regulation and weight loss when used in combination with diet and exercise.

**Dosage:** 1-2 capsules in the morning, can repeat in the afternoon. Should be monitored closely if given to patients under 12 years of age. Can take 1 in conjunction with prescription stimulants or Wellbutrin.

**Drug interactions:** None, but monitor with any sugar lowering medication or stimulant. It can lower blood sugar levels and increase stimulant effect.

**Adverse reactions:** Should not be used in pregnancy due to the Schizandrol A. Can increase blood pressure, can effect sleep if taken too late in the day, monitor in hyperglycemia or DM due to possible sugar lowering effect. Patients should be monitored for increase heart rate or anxiety/sleep disturbances. Niacin may cause a slight to moderate flushing of the skin, in those with a niacin deficiency, if the flushing persists or gets worse, discontinue use.

**\*\* 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.**