

CAPSULE SIZE

Made in the USA



CODE 0157 V5

Do Not Eat Freshness Packet. Keep in Bottle.
Store in a cool, dry place after opening. Please Recycle.

Caution: For adults only. Consult physician if pregnant/nursing, taking medication, or have a medical condition. Keep out of reach of children.

Phenylketonurics (PKU): This product contains L-Phenylalanine.

*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.

SUGGESTED USAGE: As a dietary supplement, take 1-2 capsules 1 to 2 times daily between meals, or use as directed by a health practitioner. Consider taking these other NOW® products: Methyl B-12 and Kava Kava, Norepinephrine and Dopamine are key neurotransmitters for the maintenance of alertness and mental acuity and for promoting a feeling of general well-being. These two neurotransmitters are produced in the body from the amino acid precursors L-Tyrosine and L-Phenylalanine. This conversion process also requires Vitamins C and B-6 as cofactors. NOW® True Focus™ combines these important nutrients with other ingredients like *Ginkgo biloba* and DMAE to maximize mental agility without any stimulating side effects.*



True Focus™

SUPPORTS MENTAL CLARITY

- Promotes Positive Mood State
- Maximizes Mental Acuity*

Recommended by
Julia Ross, M.A.
Author of *The Diet Cure*
& *The Mood Cure*
90 Veg Capsules
A Dietary Supplement



Supplement Facts

Serving Size 2 Veg Capsules Servings Per Container 45

	Amount Per Serving	% Daily Value
Vitamin C (from Potassium Ascorbate)	36 mg	60%
Vitamin B-6 (from Pyridoxine HCl)	12 mg	600%
Potassium (from Potassium Ascorbate)	10 mg	< 1%
L-Tyrosine (Free-Form)	800 mg	†
L-Phenylalanine (Free-Form)	300 mg	†
Taurine (Free-Form)	100 mg	†
Grape Seed Extract (<i>Vitis vinifera</i>) (Standardized for Polyphenols)	80 mg	†
Potassium Ascorbate	60 mg	†
DMAE (from Dimethylaminoethanol Bitartrate)	60 mg	†
<i>Ginkgo biloba</i> (Leaf) Extract (min. 24% Ginkgoflavoglycosides & min. 6% Terpene Lactones)	40 mg	†
CoQ10 (Coenzyme Q10) (as Ubiquinone)	10 mg	†

† Daily Value not established.

Other ingredients: Cellulose (capsule), Magnesium Stearate (vegetable source) and Silica.

Manufactured by NOW FOODS

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For more product information visit www.nowfoods.com/0157

Not manufactured with wheat, gluten, soy, milk, egg, fish, shellfish or tree nut ingredients. Produced in a GMP facility that processes other ingredients containing these allergens.