

MADE IN THE USA

THE BRAIN SUPPLEMENT **AMERICA LOVES®**

Distributed by **The HCF Company**  
1-800-HCFCOMPANY • Carson City, NV. 89701

## Supplement Facts

Serving Size: 3 Capsules Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin A (as beta carotene)	1000 IU	20%
Vitamin E (as d-alpha tocopherol succinate)	1.5 IU	5%
Vitamin B1 (as thiamine HCL)	3 mg	200%
Vitamin B2 (as riboflavin)	3 mg	176%
Vitamin B3 (as niacin & niacinamide)	6 mg	30%
Vitamin B6 (as pyridoxine HCL)	3 mg	150%
Folic Acid	150 mcg	38%
Vitamin B12 (as methylcobalamin)	150 mcg	2500%
Biotin	150 mcg	50%
Vitamin B5 (as d-calcium pantothenate)	3 mg	30%
Calcium (as calcium citrate)	30 mg	3%
Iron (as ferrous fumarate)†	3 mg	17%
Magnesium (as magnesium oxide)	30 mg	8%
Zinc (as zinc citrate & zinc picolinate)	6 mg	40%
Chromium (as chromium polynicotinate)	225 mcg	187%

**HCF® Proprietary Amino Acids** 1,350 mg \*

Amino Acid F: (DL-Phenylalanine - Essential Amino Acid)

Amino Acid Q: (L-Glutamine - Conditional Amino Acid)

\*Daily Value Not Established. • Contains soy. • Warning: phenylketonuria - contains phenylalanine. • Store in a cool dry place and protect from heat, light and moisture. • Do not use if seal is broken or missing.

Other Ingredients: vegetable capsule (hypromellose), rice powder, vegetable magnesium stearate, silica

**DIRECTIONS:** As a dietary supplement for adults, begin daily taking (3) capsules 30 minutes before breakfast **ONLY** on an empty stomach with 8oz glass of water.\* To accommodate body weight, activity level, stress level and/or inadequate diet, you may increase up to a maximum of (6) capsules per day and/or take at different intervals during the day.\*



Manufactured according to FDA guidelines in a cGMP, NSF certified facility. Safety & quality are our top priority at The HCF Company.

HCF® Happy, Calm & Focused® is not a substitute for any medication. If you are pregnant, nursing, or taking monoamine oxidase inhibitors (MAOI), consult a physician before taking this product.

### FOR ADULTS

\*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.

# HCF®

## happy · calm · focused™

PROVIDING ESSENTIAL THINKING NEURO-NUTRIENTS

**F A B<sub>1</sub> B<sub>3</sub> B<sub>6</sub> B<sub>12</sub> E Q**

DIETARY  
SUPPLEMENT

Original. Pure. Effective.

90  
CAPSULES



U Starving Your Brain?™ HCF® Happy, Calm & Focused® is one of the most exciting discoveries in brain supplementation in decades! HCF® is fueled by F&Q amino-acids and neuro-nutrients to support the increase of key "feel good" neurotransmitter levels responsible for helping you feel happy, calm and focused every single day!

Join Our LIFECHANGING HCF® Community...

[www.HappyCalmFocused.com](http://www.HappyCalmFocused.com)

**GUARANTEED:** HCF® is hypoallergenic and contains the purest neuro-nutrients obtainable!

- ✓no preservatives
- ✓no chemicals
- ✓no coatings
- ✓no calories
- ✓no sweeteners
- ✓no enhancers
- ✓no yeast
- ✓no fragrance
- ✓no dairy
- ✓no gluten
- ✓no nuts
- ✓no wheat

*"Remember - Through our emotions, our brain speaks, telling us what it wants, what it likes and what it dislikes... Trust It!"*

From Our Family To Yours...

Justin Peta,  
Chairman

†Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a physician or poison control center immediately.