

Suggested usage: 2 softgels 1-2 times per day or as directed by a health professional.

Cautions: As with any supplement, consult your health professional before use if you are pregnant, breastfeeding, or trying to conceive, or if you are taking medication, have a medical condition, or anticipate a surgery. Keep out of the reach of children.

Three Brains® is a line of supplements designed to support the critical relationship between our head, heart, and gut. Together, these three "brains" influence our cognition and support a healthy mind.*

Higher Thoughts™ is a unique combination of antioxidants, phospholipids, and omega-3 fatty acids specifically formulated to optimize normal cognitive and cardiovascular health.*

Manufactured by Natural Factors to ensure safety and potency in accordance with Good Manufacturing Practices (GMP) of the FDA and Health Canada.

Contains no artificial colors, preservatives, or sweeteners; no dairy, starch, sugar, wheat, gluten, yeast, egg, shellfish, salt, tree nuts, or GMOs. Sealed for your protection. Do not use if seal is broken. For freshness, store in a cool, dry place.

* This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Recyclable container and label.



HIGHER THOUGHTS™



Supports brain performance,
memory, and focus*

90 softgels

Supplement Facts

Serving Size 2 Softgels
Servings Per Container 45

	Amount Per Serving	% Daily Value
Pharmaceutical Grade Fish Oil Concentrate (molecularly distilled, ultra-purified) (anchovy, sardine, and/or mackerel)	360 mg	**
Omega-3 Fatty Acids	180 mg	**
Eicosapentaenoic Acid (EPA)†	90 mg	**
Docosahexaenoic Acid (DHA)†	60 mg	**
Phosphatidylcholine (from soy lecithin [Glycine max, seed])	100 mg	**
Phosphatidylserine (from 138 mg Sharp-PS® non-GMO sunflower lecithin complex [Helianthus annuus, seed]) (Contains naturally occurring phosphatidylcholine (PC), phosphatidylinositol (PI), and phosphatidylethanolamine (PE))	50 mg	**
L-Alpha-Glycerophosphorylcholine (from soy lecithin [Glycine max, seed])	100 mg	**
Supherion® Green Tea Extract (Camellia sinensis) (leaf) (75% catechins, 40% EGCG)	100 mg	**

** Daily Value not established.
† Ethyl ester form.

Other ingredients: Softgel (glycerin, gelatin, purified water, carob), yellow beeswax, natural vitamin E.

Contains fish and soy.

Sharp-PS® is a registered trademark of Enzymotec Ltd.

Supherion® is a registered trademark of Taiyo International Inc.



PRODUCT OF CANADA
Manufactured by Natural Factors Canada
Distributed by NATURAL FACTORS
14224 167th Avenue SE
Monroe, WA 98272



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DIETARY SUPPLEMENT

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performance, memory,
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90 softgels

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Eicosapentaenoic Acid (EPA)†	90 mg	**
Docosahexaenoic Acid (DHA)†	60 mg	**
Phosphatidylcholine (from soy lecithin [Glycine max, seed])	100 mg	**
Phosphatidylserine (from 138 mg Sharp-PS® non-GMO sunflower lecithin complex [Helianthus annuus, seed])	50 mg	**
Eicosapentaenoic Acid (EPA)†	90 mg	**
Docosahexaenoic Acid (DHA)†	60 mg	**
L-Alpha-Glycerophosphorylcholine (from soy lecithin [Glycine max, seed])	100 mg	**
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"Nutrients from whole foods, exercise, and supplements are effective, non-invasive ways to support the 'three brains' interaction - optimize cognition and support a healthy mind." - Karen Jensen, ND



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A BOLD NEW INNOVATION IN HEALTHY MIND SUPPORT!*

Higher Thoughts is specifically formulated to support those experiencing mental fatigue due to added demands of work, school, or normal aging.* It nourishes the brain and heart.*

KEY INGREDIENTS	KEY BENEFITS
Omega-3 EPA & DHA	Support the brain and heart*
Phosphatidylserine & phosphatidylcholine	Support function and maintenance of the nervous system; promotes mood and a healthy mind*
Alpha GPC (a bioavailable source of acetylcholine)	Supports healthy memory; counteracts the negative effects of common mental and physical stressors*
Green tea (an antioxidant)	Promotes a calm but alert mind*

Higher Thoughts is an excellent stand-alone product, but can be combined with 3 Brains Total® for comprehensive and optimal three-brain support.*

