

MADE IN USA

THE BRAIN SUPPLEMENT AMERICA LOVES®

Distributed by **HCF AminoScience**
1-800-HCFCOMPANY • Key Largo, FL 33037

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)		

‡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.

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

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

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



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

HCF® Happy, Calm & Focused® is not a medication substitute. If you are pregnant, nursing, or taking monoamine oxidase inhibitors (MAO), 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®

F&Q™ FUELED BY F&Q™
REGULAR STRENGTH



DIETARY
SUPPLEMENT
90 CAPSULES

Original. Pure. Effective.



HCF AminoScience, is well known for advocating truly high-quality amino acid supplementation for effectively nourishing the brain and rebuilding key "feel good" neurotransmitter levels responsible for helping you feel happy, calm, and focused every single day. We insist on using only extensively researched, nutraceutical grade F&Q (F=DL-Phenylalanine & Q=L-Glutamine) amino acids, unlike the typical high-dose multivitamin and herbal stimulant/inhibitor supplements found on the market today.*

Share Your Life-Changing HCF Experience...
www.HCFAminoScience.com

HCF® | Original. Pure. Effective.

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

"Remember - through our neurotransmitters, 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