

RECOMMENDED USE:

Take one serving daily, one to two hours before strenuous mental activity or as directed by your healthcare practitioner.

WARNING:

Do not exceed recommended dose. Pregnant or nursing mothers, children under 18 and individuals with known medical conditions should consult a physician before using this dietary supplement. Discontinue use and consult your physician if any adverse reactions occur.

KEEP OUT OF REACH OF CHILDREN. DO NOT USE IF SAFETY SEAL IS DAMAGED OR MISSING. STORE IN A COOL, DRY PLACE.

*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.

Manufactured for VitaMonk
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vitam Monk

INSTABRAIN™

FAST ACTING

Focus | Performance | Memory

DIETARY SUPPLEMENT

60 CAPSULES

Supplement Facts

Serving Size: 2 Vegetarian Capsules
Servings Per Container: 30

	Amount Per Serving	% Daily Value
Folate (from [Calcium 5-Methyltetrahydrofolate (Ca 5-MTHF)])	200mcg DFE	50%
Vitamin B12 (as Methylcobalamin)	250mcg	10,410%
Chocamine® (12% theobromine/0.5% caffeine)	500mg	**
N-Acetyl L-Tyrosine	250mg	**
N-Acetyl L-Carnitine	250mg	**
Rhodiola (Rhodiola Rosea) Root Extract	100mg	**
L-Theanine	100mg	**
DMAE (Dimethylaminoethanol Bitartrate)	50mg	**

*Percent Daily Value based on a 2,000 calorie diet.

**Daily Value (DV) not established.

Other Ingredients: Vegetable Capsule, Organic Rice Extract Blend

Chocamine® is exclusively licensed by RFI LLC

To get 15% off your next purchase, visit
www.vitam Monk.com/thanks

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