

LifeSeasons®

NATURE WORKS. SCIENCE PROVES IT.™

A wandering mind can lead to brilliant ideas, but sometimes you just need to sit down and get in the zone. Focus-R is formulated with all-natural ingredients that have been shown to promote the ability to concentrate, enhance mental performance and focus, and increase attention span.*



More about
our product!

LifeSeasons Mind & Sleep

Synergistic formulas tested
for purity and potency*

Springville, Utah
www.lifeseasons.com
1(877)455-2826

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Focus-R supports healthy concentration, memory, and focused attention.*

- **Bacopa** - supports memory, comprehension and recall while calming the nervous system*
- **Yerba Mate** - delivers energizing antioxidants*
- **Huperzine A** - promotes healthy mental functioning*
- **Ginkgo Biloba** - shown in research to enhance cerebral blood flow*
- **L-Theanine** - assists in relaxation and focused concentration*

CAUTION: As with any dietary supplement, do not take without first consulting your healthcare practitioner, especially if you are pregnant, nursing, or are under medical supervision for any reason. Keep out of reach of children.

Rev. 03.20

*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.



Focus-R Concentration Support*

Bacopa
Yerba Mate
Huperzine A
Ginkgo Biloba
L-Theanine

Contains Caffeine

Dietary Supplement
60 Vegetarian Capsules

Suggested Use: Take 2 capsules daily, with or without food.

Supplement Facts

Serving Size: 2 capsules daily
Servings per container: 30

	Amount per serving	% Daily Value**
Vitamin B6 (as pyridoxine hydrochloride)	20 mg	1,177%
Vitamin B12 (as methylcobalamin)	1,000 mcg	41,667%
L-Theanine	250 mg	†
Kava Kava root extract (Piper methysticum) (30% [60 mg] kavalactones)	200 mg	†
Bacopa whole plant extract (Bacopa monnieri) (20% [20 mg] bacosides A&B)	100 mg	†
Yerba Mate leaf (Ilex paraguariensis)	100 mg	†
Caffeine (from Coffea arabica)	75 mg	†
Holy Basil leaf (Ocimum sanctum)	75 mg	†
Ginkgo Leaf extract (Ginkgo biloba) (24% [14 mg] flavone glycosides, 6% [3.5 mg] terpene lactones)	60 mg	†
Toothed Clubmoss extract (Huperzine serrata) (1% [0.1 mg] Huperzine A)	10 mg	†

† Daily Value not established.

** Percent Daily Values are based 2,000 calorie diet

Other Ingredients: Hypromellose (vegetable cellulose), rice bran, and silica.

MADE WITHOUT artificial colors, preservatives, yeast, eggs, fish, shellfish, peanuts, tree nuts, wheat, soy, milk, gluten, and magnesium stearate.

Vegetarian formula. Made in the U.S.A

