

L-theanine triggers the release of alpha brain waves, which has shown to enhance relaxation, focus, and creativity. Combined with Reishi, this powerful mushroom works as an adaptogen, helping to balance hormones and the body's stress responses.*



DIRECTIONS: Adults take as a dietary supplement, 2 capsules per day, with food or as directed by your healthcare provider.

READ FIRST: Keep out of reach of children. Consult with your doctor if you are pregnant or nursing. Store in a cool, dry place.



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NATURAL HEALTH SOLUTIONS
**CENTERED
MIND**

PROFESSIONAL GRADE

60 CAPSULES
Dietary Supplement

FEATURING:
**Organic Reishi Mushroom
+L-Theanine**

For the Support of Concentration Without Drowsiness*

Supplement Facts

Serving Size: 2 Capsules, Servings Per Container: 30

Amount per Serving % DV

Reishi mushroom extract (Organic Ganoderma lucidum – Lingzhi; 100% fruit body)	700 mg	†
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L-Theanine (AlphaWave®)	200 mg	†
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† Daily Value (DV) not established.

Other ingredients: Hypromellose (vegetarian capsule), Silicon Dioxide, Stearic Acid, and Microcrystalline Cellulose (MCC)

*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.