

SUGGESTED USE: Take 3 capsules with or without food in the morning, or as directed by your healthcare professional. Do not take within 6 hours of bedtime as it may interfere with sleep.

CAUTION: Do not use if you are currently taking medication for ADHD, or if you are pregnant. Children and lactating women should consult their healthcare professional prior to use. Do not use if tamper seal is damaged.

STORAGE: Keep closed in a cool, dry place out of reach of children.

Optimal Focus supports healthy focus, learning and attention by supporting acetylcholine levels.[†] Optimal Focus is stimulant-free.

[†]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.

DOES NOT CONTAIN: Milk, eggs, tree nuts, peanuts, wheat, soy, gluten, GMO, artificial colors, or artificial flavors.

Optimal Focus Meets or Exceeds cGMP Quality Standards.



[§]Albion® is a registered trademark of Balchem Corporation or its subsidiaries. BacoMind® is a trademark of Natural Remedies Pvt. Ltd. and is distributed exclusively by AIDP, Inc. AlphaSize® is a registered trademark of Chemo Nutra. Xerenoos® is a trademark of HEALTHTECH BIO ACTIVES, S.L.U. AvailOM® is a registered trademark of Evonik.



T A R G E T E D S U P P O R T ®



SeekingHealth®

Optimal Focus[†]

Dietary Supplement

90 CAPSULES

Supplement Facts

Serving Size: 3 Capsules // Servings Per Container: 30

	Amount Per Serving	%DV
Pantothenic Acid (as calcium pantothenate)	25 mg	500%
Choline (as citicholine sodium)(Xerenoos®)	250 mg	45%
Magnesium (as Dimagnesium Malate)(Albion®)	50 mg	12%
Bacopa (Bacopa monnieri) Extract (aerial parts) (Bacomind®)	300 mg	*
Uridine (as uridine 5'-monophosphate heptahydrate disodium)	300 mg	*
Docosahexaenoic acid (DHA)(from High DHA Algae omega-lysine complex)(AvailOM®)	125 mg	*
American Ginseng (<i>Panax quinquefolius</i>)(root)	100 mg	*
Alpha-glycerolphosphorylcholine (Alphasize®)	75 mg	*
Huperzine [from <i>Huperzia serrata</i> extract (aerial parts)]	100 mcg	*

* Daily Value not established

Other Ingredients: Vegetarian capsule (hypromellose and water), ascorbyl palmitate, natural peppermint flavor with other natural flavors, silica, microcrystalline cellulose.

Manufactured for and Distributed by:

Seeking Health, LLC
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