

**Forever Focus™** combines traditional herbs, vitamins and minerals with clinically studied Cognizin®\*. Vitamins B6, B12 and pantothenic acid contribute to the reduction of fatigue and promote focus, while pantothenic acid also contributes to normal mental performance and zinc supports cognitive function.

**Instructions:** Take 4 capsules with a morning meal. Do not consume on an empty stomach. Store tightly closed in a cool, dry place. Do not use if seal under cap is broken or missing. \*Cognizin® is a registered trademark of KYOWA HAKKO BIO CO., LTD.

**Warnings:** Contains 50 mg of caffeine. Not to be consumed by pregnant or lactating women and children below 18 years old. Do not consume more than 800mg of (-)-epigallocatechin-3-gallate per day and do not use this product with other green tea products on the same day. Consult with your doctor if you are using anticoagulants. Keep out of reach of young children. Do not exceed the recommended daily dose. Food supplements should not be used as a substitute for a varied and balanced diet and a healthy lifestyle. **Best before end:** see bottom of container.

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FOREVER®

FOREVER LIVING PRODUCTS®



# Forever Focus™

with Cognizin®\*, Vitamins B6 and B12, Zinc and botanical extracts

Food Supplement

120  
Capsules

Net  
weight  
64 g



**Ingredients:** Green tea (*Camellia sinensis*) leaf extract\*\*, bacopa (*Bacopa monnieri*) whole herb extract, capsule ingredients [thickener (hydroxypropyl methylcellulose, carrageenan), anti-caking agent (potassium chloride)], L-Tyrosine, Citicoline (Cognizin®)\*, rhodiola (*Rhodiola rosea*) root extract, guarana (*Paullinia cupana*) seed extract [caffeine, guarana seed extract], ginkgo (*Ginkgo biloba*) leaf extract, zinc [zinc bisglycinate, glycine, acidity regulator (citric acid), anti-caking agent (silicon dioxide)], anti-caking agent (silicon dioxide, magnesium stearate), pantothenic acid (d-calcium pantothenate), vitamin B6 (pyridoxine HCl), vitamin B12 [stabiliser (dicalcium phosphate), cyanocobalamin].

\*\* Contains <120 mg of (-)-epigallocatechin-3-gallate per daily dose.

## Nutritional Values

Daily doses per container: 30. Per recommended daily dosage: 4 capsules

|                         | Quantity | % RI* |
|-------------------------|----------|-------|
| Pantothenic acid        | 3 mg     | 50%   |
| Vitamin B6              | 0.5 mg   | 36%   |
| Vitamin B12             | 2.5 µg   | 100%  |
| Zinc                    | 6 mg     | 60%   |
| L-Tyrosine              | 300 mg   | -     |
| Citicoline (Cognizin®)* | 250 mg   | -     |
| Rhodiola                | 200 mg   | -     |
| Bacopa                  | 320 mg   | -     |
| Green tea               | 400 mg   | -     |
| Ginkgo                  | 24 mg    | -     |
| Guarana                 | 54.5 mg  | -     |

\* RI = Reference Intake, - Reference Intake not determined