

SHARP FOCUS

Make every day feel like a new day. The MYND360™ system brings you 6S-certified-safe, scientifically sound solutions designed to help you sleep better, stay focused, skip the stress, and strengthen your memory. This clinically backed product line is formulated with powerful ingredients that can deliver full-circle cognitive support. Get ready to prioritize and personalize your mental wellness regimen. Your mind is what matters most with MYND360.



MEET SHARP FOCUS

You're smart, hard-working, and ready to take on the world. Still, no one can keep their mind running full speed all the time. Whether it's daily tasks or complex problems, doing too much can wear you down. Find your edge with Sharp Focus and its clinically backed ingredients. Each dose supports healthy brain function, including mental clarity, concentration, and improved reaction time.* That's the power you need to crush your to-do list and keep your mental edge sharp.

WHY YOU'LL LOVE IT

- Developed with effective and clinically proven ingredients.*
- Demonstrated to be safe through our 6S Quality Process.
- Supports improved concentration, mental clarity, and healthy brain function.*
- Supports a sharp mind, improved reaction time, and better working memory.*
- Helps support focus after just one dose.*
- Suitable for vegetarians.

WHAT POWERS IT

- **Caffeine**—a microencapsulated form of this important ingredient provides an immediate boost of focus and alertness.
- **Choline**—provides nutritional support for neurons and cognition.
- **Bacopa**—supports enhanced concentration when used daily for a month.
- **B6 and B12**—essential vitamins that support brain function.

HOW TO USE IT

Take two (2) capsules with liquid once daily in the morning.

TRY THESE WITH IT

- MYND360 Feel Calm
- MYND360 Relaxing Body Cream
- MYND360 Night Time
- MYND360 Mind Full
- MYND360 Energizing Hand and Body Wash
- Marine Omega

LEARN MORE ABOUT IT

How much Caffeine is in Sharp Focus?

Sharp Focus contains 100 mg of Caffeine per daily dose. This amount of Caffeine has been shown to be safe and effective at supporting focus, concentration, and reaction time, but low enough to avoid negative side effects in adults not sensitive to Caffeine.

What makes the Caffeine in Sharp Focus unique?

Sharp Focus utilizes a microencapsulated form of Caffeine to ensure that the nutrient is released more gradually. This format is designed to help you avoid the jitters that can come from Caffeine but still provide important focus benefits.

How does Sharp Focus support both short-term and extended concentration?*

Sharp Focus includes ingredients like Caffeine for immediate focus support and Bacopa for longer-term benefits. Studies on Bacopa show that it benefits attention and cognition after four to six weeks of daily use.

Why is Choline included in Sharp Focus?

Choline is an essential nutrient to support brain health and is used in our bodies to make acetylcholine, an important neurotransmitter that plays a role in cognition and focus in our brains. Unfortunately, many people don't get enough of

MYND³⁶⁰™ SHARP FOCUS

this nutrient from their diet alone, which is why we've included it in Sharp Focus.*

Why are vitamins B6 and B12 included in Sharp Focus?

Vitamins B6 and B12 are both essential vitamins that help support brain health. While these essential nutrients are important throughout the body, one of their many vital functions is to support the health of your brain and nervous system.*

Can I use Sharp Focus together with Energizing Hand and Body Wash?

For sure! Sharp Focus is made with clinically studied ingredients to ensure it is effective on its own. However, adding Energizing Hand and Body Wash provides aromatherapy benefits that help energize your skin and invigorate your mind, for an inside-outside approach.

When is the best time of day to take Sharp Focus?

We recommend you take Sharp Focus in the morning so that you can enjoy the mental clarity and focus it provides throughout your day.*

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Can I combine Sharp Focus with other MYND360 products?

Yes! You can mix and match any MYND360 products to meet your specific needs.

Who should take Sharp Focus?

Sharp Focus is formulated for healthy adults who want additional support for focus and concentration.*

Does Sharp Focus treat any medical conditions?

No. Sharp Focus is a nutritional supplement designed to support improved concentration, mental clarity, reaction time, and healthy brain function.* It does not, however, treat or prevent any medical conditions, illnesses, or attention disorders, including ADHD, dementia, chronic fatigue, or any degenerative brain disease. Seek a trained medical professional for help with any of these kinds of conditions.

THE SCIENCE BEHIND IT

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- Calderón-Ospina CA, Nava-Mesa MO. B Vitamins in the nervous system: Current knowledge of the biochemical modes of action and synergies of thiamine, pyridoxine, and cobalamin. *CNS Neurosci Ther*. 2020 Jan;26(1):5–13. doi: 10.1111/cns.13207. Epub 2019 Sep 6. PMID: 31490017; PMID: PMC6930825.

WHAT'S IN IT

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 30

	Amount Per Serving	% DV
Vitamin B ₆ (as Pyridoxine HCl)	1.7 mg	100%
Vitamin B ₁₂ (as Cyanocobalamin)	2.4 mcg	100%
Choline	110 mg	20%
Bacopa monnieri Extract	300 mg	*
Caffeine (microencapsulated)	100 mg	*

*Daily Value Not Established

Other Ingredients

Hypromellose, Microcrystalline Cellulose, Rice Fiber.

*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.

