

SHARP FOCUS

Make every day feel like a new day. MYND360™ brings you Nu Skin's 6S-certified-safe, scientifically sound solutions designed to help promote restful sleep, support concentration, manage feelings of stress, and support 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 immediate support for focus and alertness.
- **Choline**—provides nutritional support for cognition.
- **Bacopa**—supports enhanced concentration when used daily for a month.
- **B6 and B12**—essential vitamins that help 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 Night Time
- MYND360 Mind Full

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

MYND³⁶⁰™ 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.

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.

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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memory, and functions of both cholinergic and monoaminergic systems in healthy elderly volunteers.

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5. Kumar N, Abichandani LG, Thawani V, Gharpure KJ, Naidu MU, Venkat Ramana G. Efficacy of standardized extract of *Bacopa monnieri* (Bacognize®) on cognitive functions of medical students: A six-week, randomized placebo-controlled trial. *Evid Based Complement Alternat Med*. 2016;2016:4103423. doi: 10.1155/2016/4103423. Epub 2016 Oct 10. PMID: 27803728; PMCID: PMC5075615.
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WHAT'S IN IT

Supplement Facts

Serving Size: 2 Capsules
Servings Per Container: 15

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%
<i>Bacopa monnieri</i> Extract	300 mg	*
Caffeine (microencapsulated)	100 mg	*

*Daily Value not established

OTHER INGREDIENTS Hypromellose, Microcrystalline Cellulose, Rice Fiber.

