

## Ingredient Glossary



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Science shouldn't stop you from deciphering the label on Amagian Life products. Here is our Ingredient Glossary showing you a comprehensive collection of ingredients used in our products — all of which are carefully chosen and assessed for product safety and their self-evident intended benefits — through our deliberately developed ingredient selection process.

Ingredients in Amagian products go through an extensive research, review and validation process. They must meet our stringent identity, active ingredient and quality specifications to ensure the efficacy of our products.

We source the highest quality ingredients from around the world – and only those that meet our exacting specifications are accepted.

PURE POTENT PROVEN

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# Ingredient Glossary

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A premium extract of spray dried select 100% Arabica coffee. Freeze concentrate yields great aroma and coffee body. The process helps the coffee deliver a potent blend of Polyphenols which thwart oxidative stress. The highest quality and best tasting instant coffee in the world.

## Coffee Powder

Citicoline/Choline CDP Citicoline, also known as choline CDP is a potent brain health nutrient that occurs naturally in our bodies, concentrating in the brain. It is a building block of cell membranes and can increase the production of phosphatidylcholine – which is key to brain function. Studies show that Citicoline can help support mental energy, focus, attention and recall and is also being studied for long-term brain and cognitive health and for reducing cravings.

Garcinia Cambogia Fruit Extract Garcinia cambogia, also known as Malabar tamarind is a tropical fruit found in the coastal regions of Southeast Asia and India. Originally used for cooking, it was introduced into the nutritional field after scientists discovered its numerous dietary and health benefits. The peel of the fruit contains high amounts of hydroxycitric acid (HCA), which is the active ingredient believed to be responsible for most of its appetite control and weight management benefits. Garcinia cambogia fruit extract used in Revital U products is standardized to contain 50% hydroxycitric acid.

Chromium Chloride Chromium is an essential trace mineral involved in normal glucose metabolism that can help retain healthy blood sugar levels. Chromium is also involved in protein, carbohydrate and lipid metabolism thereby providing overall support for cellular energy. It also plays a role in healthy peripheral nerve function. Chromium is naturally found in whole grains, vegetables, fruits, meats and dairy. Although needed in very small quantities, many people do not get enough of this essential mineral from diet alone.

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Natural Caffeine from green coffee beans is known for its energy enhancing and thermogenic effects thereby increasing metabolism to assist in weight management, enhancing mood and maintaining energy to support increased activity level.

Caffeine is the most recognized ingredient associated with coffee. It's a natural occurring stimulant found within the coffee bean. Over the last few years, many

Green Coffee Bean Extract/Natural Caffeine

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Known as the "feel-good" amino acid, science shows that L-Theanine provides and assists with the calming effects on the brain, by nutritionally increasing the levels of serotonin and dopamine. It naturally provides a relief from anxiety and stress, which is a common cause for overeating and weight gain. L-Theanine is thought to weaken the negative side effects of caffeine. It's often used as part of a stack, "Caffeine plus L-Theanine" and is one of the world's most popular nootropic stacks. L-Theanine is an amino acid that purportedly provides assistance with stress and anxiety.

L -Theanine

A patented extract of whole fruit of Coffee Arabica cherries to aid and assist with supporting overall brain health. Published clinical studies have shown the ability of this broad-spectrum, flavonoid-rich extract's ability to significantly increase the levels of key neuroprotein BDNF (brain-derived neurotrophic factor), vital to learning, memory and higher thinking.

NeuroFactor™ Coffee Arabica Fruit Extract

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Rhodiola rosea is a longtime favorite ingredient for many chemists and formulators. It is known as an adaptogen and assists the body in its response to physical, mental and environmental stress. It has been known to be used to help fight fatigue and uplift mood by people in Scandinavian countries for centuries. It is also known to have positive effects on supporting the cellular structure as it diminishes with age. This powerful extract helps provide vital assistance in aiding the body with energy for daily activities. The Rhodiola extract used in Amagian Life products is standardized to the active rosavins and salidroside content.

### Rhodiola Rosea Root Extract

Our Saffron Extract is derived from the *Crocus sativus* L. plant species grown in Spain and is standardized to its active safranal content. The stigma of the flower is collected and dried and it has long been used as a food seasoning and natural coloring agent. This prized spice is a favorite among culinary chefs around the world. New science has unveiled the benefits of saffron for the nervous system and its powerful impact on lifting mood and appetite control.

### Saffron Stigma Extract 4

A combination of apple and grape extracts that produce a synergistic effect to increase Nitric Oxide levels in the body for healthy blood vessels, circulation and blood flow. It helps enhance performance and increases endurance. Vinitrox is also a powerful antioxidant.

Vinitrox™ (Grape & Apple Extract) positive health benefits of caffeine have been identified, such as providing more energy, sharper memory, increased athletic performance and longevity.

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**Suggested use:** Mix one 3g serving with 120mL to 240mL of hot or cold water. Enjoy one to two servings per day. Ingredients in this product are free from common allergens. **STORAGE ADVICE:** Keep out of direct sunlight in a cool and dry place. Keep out of sight and reach of young children. **WARNING:** Do not exceed the stated recommended daily servings. Not recommended for children or pregnant women. Contains 100mg caffeine per 3g serving. It is recommended not to exceed a daily intake of 400mg of caffeine from all sources (200mg for pregnant or breast-feeding women). **Distributed by:** Amagian Life Ltd. Ridings Business Park, Hopwoodt Lane, Halifax England. United Kingdom. HX1 3TT

**Ingredients:** Coffee Powder (68%), Flavouring, L-Theanine, Apple & Grape Extract (Vinitrox™), Caffeine (from Coffee Bean Extract), Choline CDP, Coffee Arabica (fruit) Extract, Rhodiola Rosea (root) Extract, Garcinia Cambogia (fruit) Extract, Chromium Chloride, Saffron (stigma) Extract

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### Nutrition Information Serving Size 3g

Energy \*Nutrient Reference Value

Amount/Serving %NRV\* 32kJ/8kcal

**Chromium** (as Chromium Chloride 1%) 200mcg 500%

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