

LIPOSOMAL



FOCUS & CLARITY SHOTS

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Focus + Clarity Shots are delicious, single serve adaptogen shots designed to offer a natural burst of mental and physical energy when needed most. A unique blend of five adaptogenic herbs and theacrine unite to support mental energy, acuity, focus, and performance while buffering against fatigue and daily stressors. Delivered using Quicksilver's proprietary liposomal technology, Focus + Clarity Shots support the accelerated uptake of these natural compounds for fast results.

EDUCATION

Daily life places extraordinary demands on our minds and bodies. Today, the human brain consumes an astonishing 74 GB (gigabytes) of information daily through our computers, TV, and cell phones. 500 years ago, this was the amount of information the average educated human consumed in a lifetime.¹

We are also unprecedently busy in our professional and personal lives. Workplace stress alone takes a significant toll; the American Psychological Association's 2023 Work in America survey found that 77 percent of workers reported experiencing work-related stress in the past month, and 57 percent reported that workplace stress led to negative impacts, such as emotional exhaustion.² Stress at home and family demands compound the effects of work stress on our brains and bodies.³

Not surprisingly, modern life can rapidly drain mental and physical energy. Adaptogenic herbs and specific nutraceuticals can help us maintain mental stamina and acuity, focus, and performance, even in the face of daily demands.

GUARANA SEED EXTRACT

Guarana (*Paullinia cupana*) is a plant native to the Amazon rainforest with a long history of ancestral use by the region's indigenous peoples.⁴ It is a source of several compounds that affect cognition and energy, including caffeine, theobromine, theophylline, and catechins. It offers antioxidant properties and has been shown in multiple well-designed studies to positively impact cognition and performance.⁴

A small randomized, double-blind crossover study administered guarana vs. caffeine vs. placebo to cyclists. The researchers found that guarana supplementation supported a faster reaction time after a demanding cycling exercise, suggesting that guarana may aid cognition even when the body is physically exhausted.⁵ Another small clinical study found that it improved exercise capacity compared to placebo.⁶ A systematic review and meta-analysis found that guarana supplementation improved performance on various cognitive tests, but whether this is due to the caffeine content or another bioactive component of guarana remains to be determined.⁷



Supplement Facts

Serving Size: 1 Bottle (10mL)
Servings Per Container: 12

Amount Per Serving	% Daily Value
Proprietary Blend: 260mg Highly purified phospholipids, Guarana seed extract, GS15-4® Fermented Korean Panax Ginseng extract, Ginseng Plus® Panax Notoginseng root extract, Theacrine (as Teacrine®), LifeFlower® Erigeron Breviscapus herb extract, Epimedium Sagittatum extract (aerial parts)	**

**Daily Value not established

Other Ingredients: Water, glycerin, ethanol, tocoferol, natural mixed tocopherols, natural flavoring

SOLD AS A BOX OF 12 - 10 ML SINGLE SERVING SHOTS

GS15-4® FERMENTED KOREAN PANAX GINSENG EXTRACT

In Traditional Chinese Medicine (TCM), Panax ginseng is a fundamental tonic used to tone the vital energy, or *qi*, of all the body's organs. Panax ginseng is one of the most well-researched adaptogens, and research indicates that it can support cognitive energy and performance. A clinical study found that taking a single dose of Panax Ginseng significantly improved performance on a demanding cognitive test while reducing perceived mental fatigue.⁸ It also improves cognitive performance in "sustained mentally demanding tasks,"⁹ which many adults face today in their professional lives. In addition, Panax ginseng and guarana work synergistically to support optimal cognitive performance, suggesting that it is beneficial to consume them simultaneously.¹⁰

GINSENG PLUS® PANAX NOTOGINSENG ROOT EXTRACT

Panax notoginseng comes from the same genus as Panax ginseng but offers different cognitive performance and energy benefits. Preclinical research shows that saponins, a class of phytochemicals, in Panax Notoginseng protect the brain in model organisms with cognitive impairment caused by sleep deprivation.¹¹ While more research is needed, this finding suggests that Panax Notoginseng may offer brain benefits during periods of inadequate sleep. Preclinical research also indicates that Panax Notoginseng benefits brain processes involved in learning and memory.¹² In preclinical studies, Panax notoginseng has been found to increase stress resistance in model organisms.¹³

THEACRINE (AS TEACRINE®)

Theacrine, found in several different types of tea and coffee, including Chinese tea leaves, is a non-habit-forming nootropic that produces a smoother, calmer state of focus. Like caffeine, theacrine blocks adenosine, a critical molecule that inhibits cognitive arousal and causes sleepiness. It supports focus for multiple hours without the jitteriness associated with caffeine. Theacrine is non-habit-forming, making it the right choice for improving energy, focus, and concentration.¹⁴

LIFEFLOWER® ERIGERON BREVISCAPUS HERB EXTRACT

Erigeron breviscapus is an herb that is virtually unknown in the West. It is a flowering plant in the daisy family, found only in a handful of provinces in China. Early research suggests that Erigeron breviscapus may promote cognitive health by modulating the accumulation of misfolded proteins in the brain, offering antioxidant effects, and supporting a healthy inflammatory response.¹⁵ In addition, it may support healthy blood flow to the brain, which is vital for delivering oxygen and nutrients to this delicate and critical organ.^{16,17,18}

EPIMEDIUM SAGITTATUM EXTRACT

Epimedium Sagittatum, colloquially known as Horny Goat Weed, has long been used in herbal medicine to support heart health and male sexual function.¹⁹ However, its beneficial effects also appear to extend to the brain. Preclinical research indicates that icariin, one of the primary bioactive constituents of Epimedium Sagittatum, aids in maintaining cognitive sharpness by modulating the deposition of misfolded proteins in the brain and may protect a stressed brain from memory and learning deficits.^{20,21}

Quicksilver Delivery Systems® improves upon liposomal and emulsification technology with smaller, more stable particles made from the highest-grade ingredients available. In addition to exceptional absorption rates, these tiny liposomal and nanoemulsified particles increase diffusion across mucous membranes, enhance lymphatic circulation of nutrients, and support cellular delivery.