



**form** | naturally advanced  
plant based nutrition

## **Boost provides that extra nudge to get in the zone just when you need it**

Whether it's a big workout, presentation at work or a long day with the children, Boost provides that extra nudge to get in the zone just when you need it. It's you, improved.

- Synergistic combination of Caffeine and L-Theanine
- A calming attention and energy boost
- That coffee 'buzz' you enjoy, without the jitters
- CDP-Choline and Dimocarpus Longan (Euphoria Fruit)
- Contributes to the reduction of tiredness and fatigue



**Boost is like a strong cup of coffee without the jitters. Great as a pre-workout or any time you need a boost.**

Caffeine is the world's most widely taken and studied stimulant. Countless studies show its ability to improve focus, endurance and strength.

L-theanine is a calming amino acid. Combining this with caffeine creates a synergistic combination, well studied and shown to reduce the sometimes negative effects of caffeine such as headaches.

This innovative combination therefore gives you a clear, calming energy boost. It occurs in nature in matcha green tea which was the drink of the Samurai's before battle. That should be good reason enough!



### A calming attention and energy boost

Great as a pre-workout or anytime you need to get in the zone, Boost is centred around the innovative and synergistic pairing of Caffeine, perhaps the world's best-known stimulant, with the calming amino acid L-Theanine. Multiple studies have shown this balanced combination can significantly improve attention and alertness.



### Improved Performance

Caffeine is an incredibly well researched performance enhancer with a greater effect when consumed in its anhydrous state (as in Boost) as compared to coffee. Research shows it is effective in improving sports performance from sustained maximal endurance exercise through to strength and high-intensity exercise and team sports.



### Euphoria (Longan) fruit and CDP-Choline

Euphoria (Longan) fruit comes from a tree native to tropical areas of South East Asia. Traditionally used for cognitive improvement, we have included a high strength extract of it in a powerful 20:1 extract. Boost also packs a powerful dose of CDP-Choline, which ensures an abundant supply of neurotransmitter precursor shown in studies to improve attention, mental function and to intensify focus.



### BioPerine® to improve absorption

You aren't what you eat, you are what you absorb, and much of the goodness from food and supplementation can be lost through poor nutrient absorption. We ensure you get maximum benefits with an effective dose of BioPerine®, an extract from black pepper proven to increase bioavailability (absorption of nutrients).

### Usage:

One capsule as required. Swallow with water or a cold drink. Do not exceed one tablet in three hours, or four tablets per day. Do not exceed the recommended dose. Do not take if you are pregnant or breast feeding. Not to be chewed. Warning: Contains 100mg Caffeine per capsule.

### Nutritionals

Ingredient	Per serving (1 cap)
CDP-Choline	250mg
L-Theanine	200mg
Caffeine Anhydrous	100mg
Dimocarpus Longan (Euphoria Fruit) 20:1 extract	100mg
Bioperine™ (Black Pepper Extract 95% Piperine)	5mg
Vitamin B6	20mg
Vitamin B12	50µg

Vegetable capsule shell: Hydroxypropyl Methyl Cellulose



VEGAN



DAIRY FREE



GLUTEN FREE



GMO FREE



SOY FREE



GLASS JAR



**"Leave you feeling alert and refreshed"**

**Women's Health**



**"I breezed through my to-do list"**

**GRAZIA**