



# Attencia

## Supports Focus and Cognitive Performance

**Attencia** is scientifically formulated to promote attention and focus with a novel blend of targeted ingredients. This unique formula features the cognition-enhancing benefits of caffeine from phytonutrient-rich green coffee bean extract and guarana extract combined with theanine, essential fatty acids, and zinc to support alertness and cognitive performance.

### Why Attencia?

- L-theanine and caffeine, in combination have been shown to promote alertness, focus, and cognitive performance
- Preliminary research suggests that L-theanine in combination with caffeine enhances alertness more than caffeine alone
- Caffeine acts as an excitatory neurostimulant and has been shown to possess beneficial effects on psychomotor function and mood
- Contains 100 mg caffeine per softgel
- Guarana is an herb traditionally used for supporting cognitive performance
- Features the combined supportive benefits of omega-3s and omega-6s
- Delivers zinc, which plays a role in the metabolism of neurotransmitters

**Form:** 60 Softgels  
**Serving Size:** 1 Softgel

Ingredient:		Amount Per Serving
Calories		10
Total Fat		1 g
Zinc (as zinc citrate)		7.5 mg
Marine Lipid Concentrate		400 mg
Eicosapentaenoic Acid (EPA)		60 mg
Docosahexaenoic Acid (DHA)		156 mg
Other Omega-3 Fatty Acids		120 mg
Borage Seed Oil (providing 60 mg gamma-linolenic acid)		300 mg
A Proprietary Blend of:		175 mg
Caffeine [from Green Tea (Camellia sinensis) Leaf Extract, Guarana (Paullinia cupana) Seed Extract, and Decaffeinated Green Coffee (Coffea canephora) Bean Extract]		
[providing 100 mg total caffeine and 16 mg chlorogenic acid]		
L-Theanine		100 mg

**Ingredients:** Gelatin, glycerin, water, beeswax, sunflower lecithin, caramel (color), zinc oxide (color), and annatto extract (color). Contains: Fish (anchovy, sardine, tuna, and mackerel).

**Directions:** Take one softgel twice daily with food or as directed by your healthcare practitioner.

**Caution:** Contains 100 mg of caffeine per serving comparable to 4-5 ounces of coffee. Limit caffeine products to avoid nervousness, sleeplessness, and occasional rapid heartbeat. If taking other nutritional supplements or medication—including blood thinning medication—consult your healthcare practitioner before use. Do not use before surgery. Keep out of the reach of children.

**Warning:** Do not use if pregnant or nursing, or if sensitive to caffeine. Not recommended for use by children under 18 years of age.

**This product is gluten-free.**

Certain persons, considered experts, may disagree with one or more of the foregoing statements, but the same are deemed, nevertheless, to be based on sound and reliable authority. No such statements shall be construed as a claim or representation as to Metagenics products, that they are offered for the diagnosis, cure, mitigation, treatment or prevention of any disease.