



BRAIN SUPPORT

Supplement	Quantity	Time
Omega-3 Complex	1	Evening
Immune Defense	1	Morning
Advanced Antioxidant	1	Morning
Brain Support	1	Morning

WHAT DOES THE BRAIN SUPPORT PACK DO?

The complex functioning of the brain, though highly efficient, is not immune to fatigue. The nutrients found in the Brain Support Pack will help your brain communicate effectively, decrease fatigue, and optimize your ability to focus and get things done.*

WHAT IS OFFERED IN THE BRAIN SUPPORT PACK?

Each box provides a 30-day supply of convenient daily packs, divided into morning and evening portions. The box comprises 30 separate AM packs, each containing 1 Advanced Antioxidant, 1 Immune Defense, and 1 Brain Support. Additionally, the box includes 30 individual PM packs, each containing 1 Omega-3 Complex.

*Consult your physician and follow all safety instructions before using any supplement or nutritional product. These statements have not been evaluated by the Food and Drug Administration. IDLife products are not intended to diagnose, treat, cure or prevent any disease.

Supplement Facts

Serving Size: 1 Packet
Servings per container: 30

	Morning Pack		Evening Pack	
	Amount Per Serving	%DV	Amount Per Serving	%DV
Vitamin A (as Beta Carotene)	600 mcg RAE	66%	0 mcg RAE	0%
Vitamin C (Ascorbic Acid)	200 mg	222%	0 mg	0%
Vitamin C (from Calcium Ascorbate)	32.5 mg	36%	0 mg	0%
Vitamin D3 (from Cholecalciferol)	10 mcg	66%	0 mcg	0%
Vitamin E (as d-alpha tocopherol)	8 mg	53%	6.7 mg	44%
Zinc (as Zinc Citrate Dihydrate)	30 mg	272%	0 mg	0%
Alpha Lipoic Acid	50 mg	*	0 mg	*
Andrographis Extract (stem) (50% andrographolides)	75 mg	*	0 mg	*
Astragalus Root Extract (Standardized to 0.5% Calycosin 7-O-Beta-D-Glucopyranoside) (Astragalus membranaceus)	25 mg	*	0 mg	*
CoQ10 (Ubiquenol)	50 mg	*	0 mg	*
Docosahexaenoic Acid (DHA-from Alaska Pollock)	0 mg	*	240 mg	*
Echinacea Purpurea Extract (Standardized to 2% Chichoric Acid) (Aerial Parts)	100 mg	*	0 mg	*
Eicosapentaenoic Acid (EPA-from Alaska Pollock)	0 mg	*	320 mg	*
Elderberry Extract	200 mg	*	0 mg	*
Ginkgo Extract (Ginkgo Biloba)(Leaves)(24% flavones glycosides and 6% terpene lactones)	120 mg	*	0 mg	*
IDLife Proprietary Blend: Curcumin (root), Green Tea Extract (leaf), Quercetin (bud), and Broccoli Seed Extract	10 mg	*	0 mg	*
L-Carnitine Tartrate	29 mg	*	0 mg	*
N-Acetyl-L-Cysteine	120 mg	*	0 mg	*
Olive Leaf Extract (Standardized to 20% Oleuropein) (Olea europaeum)	25 mg	*	0 mg	*
Quercetin (Dimorphandra mollis) (Flower)	1 mg	*	0 mg	*

*Daily Value (DV) not established.

Other Ingredients: Microcrystalline Cellulose, Gelatin (Bovine), RiBran 300, Glycerin, Gelatin Capsule, Stearic Acid, DI Water, Magnesium Stearate, Silicon Dioxide Micronized, Silica