



NATURE'S SUNSHINE

Focus Attention

Organic

Non-GMO

GOOD FOR

Brain

Nervous System

Cardiovascular system

SIZE **90 Capsules**

ITEM # **1833**

SERVING **2**

SUPPLY **15 days**

DIRECTIONS FOR USE Take 2 capsules with a meal twice daily.

— How the Key Ingredients Work

Focus Attention brings together a carefully chosen blend of botanicals and amino acids that work together to support clear thinking, a calm digestive system, and everyday antioxidant protection. Each ingredient plays its own role, and together they help your body feel balanced and ready.

Ginkgo Biloba — One of the oldest plants on Earth, ginkgo has been used for centuries to support mental sharpness. Research on standardized ginkgo extract shows it helps support healthy blood flow, protects cells from everyday oxidative stress, and has been studied for its ability to help ease feelings of anxiety — making it a cornerstone of this focus-supporting formula.

DMEA (Dimethylethanolamine) — DMEA — also known as DMAE or Deanol — was once used as a prescription aid for children with attention and behavioral challenges. Clinical studies, including a double-blind trial comparing it to Ritalin, found meaningful improvements in focus and behavior. It also acts as a direct antioxidant, helping to neutralize harmful free radicals in the body.

L-Glutamine — L-glutamine is the most abundant amino acid in the body and one of the few that can cross directly into the brain. It serves as a building block for key brain chemicals and helps stabilize blood sugar, which research suggests may help reduce cravings. It also supports the gut lining and acts as a precursor to glutathione, the body's primary internal antioxidant.

Slippery Elm Bark — Harvested from the inner bark of the red elm tree, slippery elm has a long history of soothing the digestive tract. Its natural fibers act as a prebiotic, feeding beneficial bacteria like Lactobacillus and Bifidobacterium. Studies using slippery elm-containing formulas have shown meaningful reductions in abdominal discomfort and bloating, and its plant compounds show antioxidant activity in lab studies.

Grape — Grapes are packed with powerful plant polyphenols — including proanthocyanidins, resveratrol, and catechins — that have been studied in multiple human clinical trials. A meta-analysis of 17 randomized controlled trials found that grape polyphenol products significantly supported antioxidant defenses. Grape seed extract has also been shown in multiple meta-analyses to support healthy blood pressure levels.

Lemon — Lemon brings a bright dose of vitamin C and natural flavonoids like hesperidin and eriocitrin to this formula. These compounds are well-studied antioxidants, and a double-blind clinical trial found citrus extract combined with vitamin C outperformed vitamin E in protecting lipoproteins from oxidation. Lemon essential oil has also been studied for its calming, anxiety-reducing effects in clinical settings.

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