

NEW | ENERGY & FITNESS

CaffPhenol

BALANCED ENERGY AND COGNITIVE SUPPORT.
FOR AGES 18 AND UP[†]

CaffPhenol combines Coffeeberry[®] whole fruit coffee extract as a source of natural caffeine and polyphenols, along with Suntheanine[®] L-theanine. This combination is designed to provide balanced energy and support for performance and cognitive function, including problem solving, abilities.[‡]

This formula helps with:



Formulated for patients who need **balanced energy** and **cognitive support**.[‡]

Additional Benefits

- Provides 50 mg caffeine per capsule for individuals who are sensitive to higher doses of caffeine
- Promotes brain energy for alertness and reaction time[†]
- Promotes athletic endurance and performance[†]



Supplement Facts

2 capsules daily, with or between meals

Two (size 3) capsules contain:

Coffeeberry [®] coffee (<i>Coffea arabica</i>) extract (whole fruit) (standardized to contain 100 mg caffeine)	143 mg
L-theanine (Suntheanine [®])	200 mg
Other ingredients: vegetarian capsule (cellulose, water)	

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Suntheanine[®] L-theanine is a registered trademark of Taiyo International, Inc.

Not to be taken by pregnant or lactating women. Not intended for children or those sensitive to caffeine. The recommended dose of this product contains 100 mg of caffeine, about as much as 1 cup of strong coffee. Monitor other sources of caffeine such as medications, foods or beverages while taking this product. Do not exceed the recommended serving. Do not use in combination with alcohol. If you have any health condition or are taking any medication, consult your health professional before use.

Energy & Fitness



NON
GMO

V

VEG

CaffPhenol	Quantity	Order Code
	60	CPL6

Certified Gluten-Free by the Gluten-Free Certification Organization, www.gluten.org

Visit PureEncapsulationsPro.com for more information on our GMO Policy.

[†]These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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pure
encapsulations[®]

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CaffPhenol

The Research

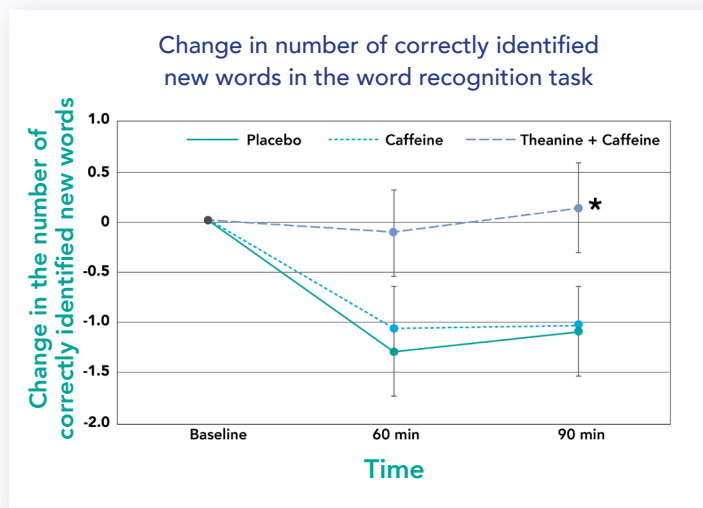
At low to moderate doses, **caffeine** has been shown to target the central nervous system (CNS) and act as cognitive support, promoting alertness, vigilance, attention and reaction time.¹ Research indicates that it promotes the encoding of new information and delays fatigue.[†]

- In a study of 88 young adults, the ingestion of 200 mg caffeine significantly enhanced problem-solving abilities, although it did not alter working memory or creativity.¹²
- In a study of 15 professional e-gamers, 3 mg/kg body weight (~205 mg for 150 pound person) caffeine promoted accuracy and reaction time.¹³
- Numerous studies on athletes suggest that caffeine promotes endurance and performance output.⁴ In an incremental exercise-cycling study conducted in recreationally active men, 4 mg/kg body weight (~273 mg for 150 pound person) caffeine improved time to

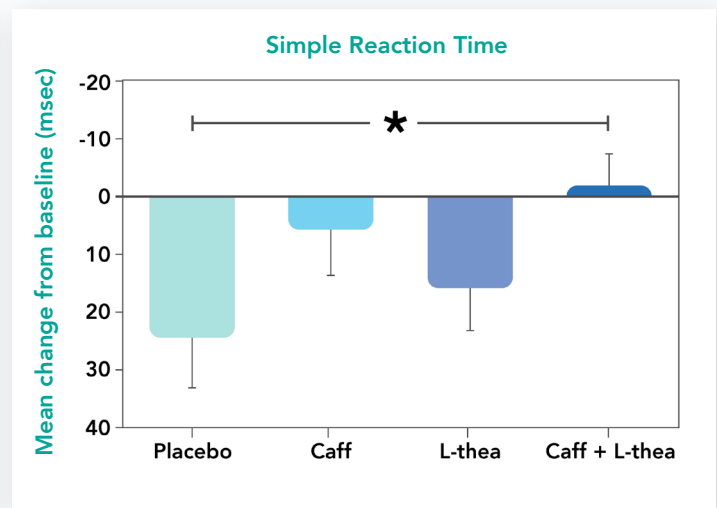
exhaustion by 12% and significantly decreased perception of effort and subjective fatigue.¹⁵

Coffeaberry® is a concentrated whole coffee fruit extract from *Coffea arabica* containing natural caffeine and polyphenols. Preliminary research suggests coffee fruit polyphenols support healthy vascular endothelial function and BDNF.^{16,7}

L-theanine is a component of green tea that promotes brain alpha-wave activity, helping calm the sympathetic nervous system for a relaxing effect without drowsiness. It also has been shown to support positive mood and cognitive function, in part by promoting healthy neurotransmitter function and neuroprotection. In combination studies, L-theanine has been reported to moderate some of the effects of caffeine on the CNS, promoting vascular relaxation and local, cognitive processing.^{18,9}



In a randomized, double-blind crossover trial of 27 subjects, caffeine (50 mg) in combination with L-theanine (100 mg) improved cognitive performance in a word recognition task. Subjects were presented with a list of words and a subsequent list of distractor words. Caffeine alone had no benefit on the number of correctly identified new (distractor) words, while the L-theanine/caffeine combination improved the number of correctly identified new words at 60 and 90 mins compared to baseline.[†] (* $p < 0.01$ compared to baseline.)¹⁰



In a randomized, double-blind study, a combination of caffeine (150 mg) and L-theanine (250 mg) improved reaction time more effectively than either compound alone. Compared to placebo, caffeine improved reaction time, but this was not statistically significant. However, the caffeine-theanine combination increased reaction time significantly (* $p < 0.5$ compared to placebo). The combination also supported faster numeric working memory reaction time and improved sentence verification accuracy (data not shown).¹¹

For more information visit: PureEncapsulationsPro.com/CaffPhenol

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