

Oola.

# ESSENTIAL MIND AND BODY NUTRITION

---

WITH BOTANICAL NOOTROPICS  
AND ADAPTOGENS



# FORMULATED TO WORK TOGETHER FOR COMPLETE AND ESSENTIAL MIND AND BODY WELLNESS FROM ABOVE-DOWN, INSIDE-OUT.

---

The benefits of taking Oola Mind and Oola Body together can't be overstated. This powerhouse combination provides a simple, well-rounded approach to staying healthy and energized. Give your mind and body the nutrients it needs to function optimally, while also supporting healthier stress levels, enhanced concentration, mental clarity and focus.



# BETTER TOGETHER

---

## Multi-vitamin and Mineral Formula

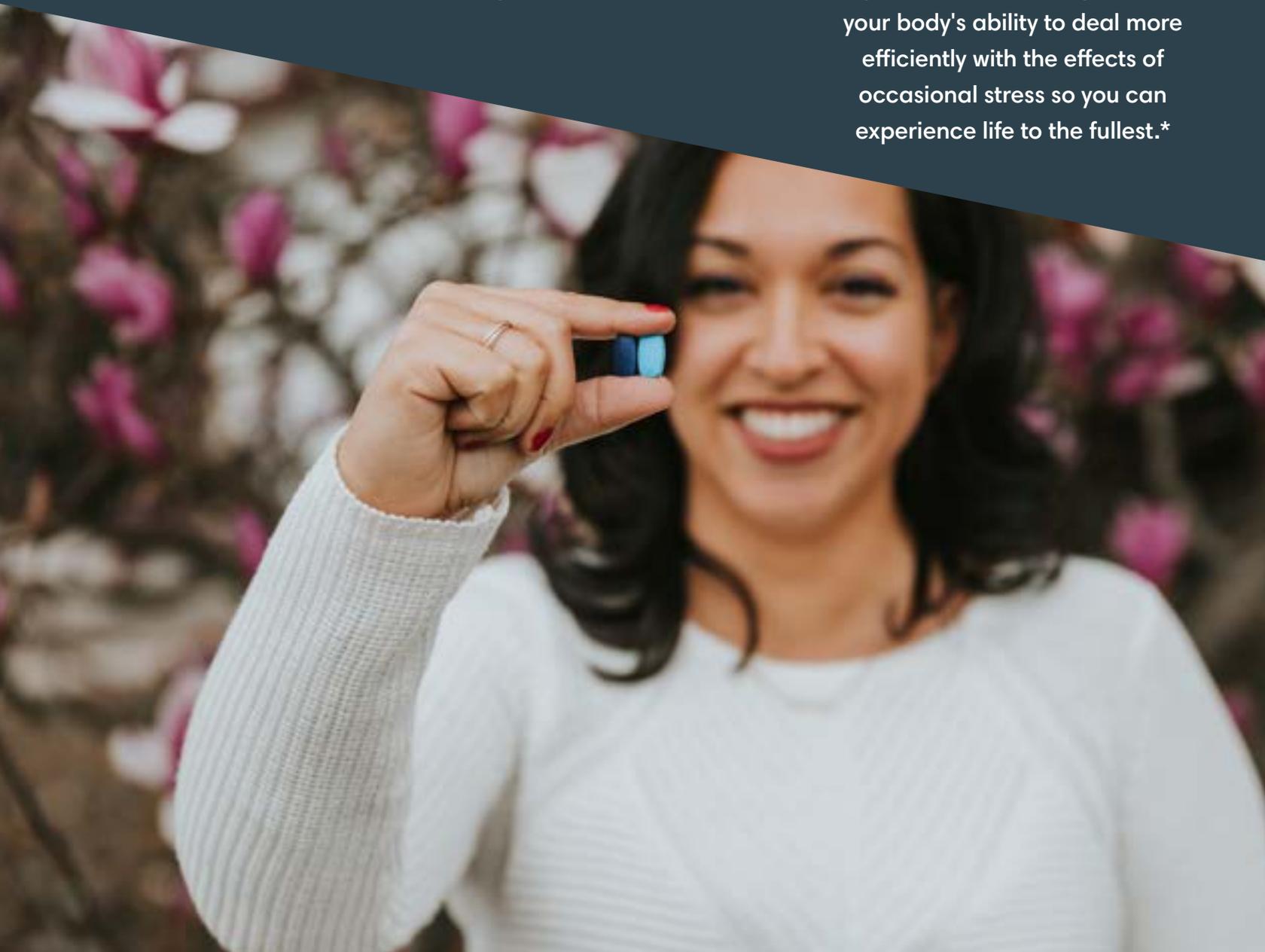
Double packed with essential high potency multivitamins and minerals to ensure optimum brain and body health and performance.\*

## The Mind and Body Blend

This powerful duo provides you with a potent blend of antioxidants in the form of Resveratrol and L-theanine to support healthy cell growth, function, and a healthy response to occasional stress.\*

## Botanical Nootropic 7 and Adaptogen 7 Matrix

Discover the power of seven natural nootropics and seven natural adaptogens to promote mental clarity, support cognitive function and brain performance, and optimize your body's ability to deal more efficiently with the effects of occasional stress so you can experience life to the fullest.\*





# BODY

## Essential Multivitamin and Mineral + Adaptogen 7 Matrix

Oola Body is a proprietary Mind + Body Lab Certified formula specifically designed to help your body reach its optimal performance.

### WHAT IT DOES:

- Supports proper collagen synthesis, helping maintain healthy veins and arteries, muscles, cartilage, tendons, bones, teeth, and skin.\*
- Contains adaptogens which are natural substances that help your body adapt to occasional stress and promote well-being.\*
- Helps support a healthy response to occasional stress and promote balance in the body.\*



\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

# MIND

# BODY

## SUPPLEMENT FACTS

Serving Size: 2 Tablets  
Servings Per Container: 30

Amount Per Serving		% DV*
Vitamin A (as Retinyl Acetate and Beta Carotene)	720 µg RAE	80%
Vitamin C (as Ascorbic Acid)	135 mg	150%
Vitamin D3 (as Cholecalciferol)	50 µg	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	14 mg	93%
Vitamin K (as K1 Phytanadione)	90 µg	75%
Thiamine (Vitamin B1)	6.67 mg	555%
Riboflavin (Vitamin B2)	6.67 mg	513%
Niacin (as Niacin and Niacinamide)	24 mg NE	150%
Vitamin B6 (as Pyridoxine HCL)	4 mg	235%
Folate (as 330 µg Folic Acid)	550 µg DFE	138%
Vitamin B12 (as Cyanocobalamin)	24 µg	1000%
Biotin	1000 µg	3333%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	200%
Choline (as Choline Bitartrate)	100 mg	18%
Iodine (as Potassium Iodide)	113 µg	75%
Zinc (as Zinc Citrate)	8.3 mg	75%
Selenium (as L-selenomethionine)	55 µg	100%
Copper (as Copper Gluconate)	0.68 mg	75%
Manganese (as Manganese Gluconate)	2 mg	87%
Chromium (as Chromium Polynicotinate and Chromium Chloride)	53 µg	151%
Molybdenum (as Sodium Molybdate)	33.8 µg	75%
Mixed Tocopherols (D-gamma, D-delta, D-beta Tocopherol)	10 mg	†
<b>OOLA MIND BLEND</b>		
L+DMAE Bitartrate	100 mg	†
Caffeine from Green Tea Extract ( <i>Camellia sinensis</i> , leaf)	70 mg	†
<b>OOLA NOOTROPIC 7 MATRIX</b>		
Bacopa Extract ( <i>Bacopa monnieri</i> , whole herb)	250 mg	†
Green Tea Extract ( <i>Camellia sinensis</i> , leaf)	70 mg	†
Lion's Mane Powder ( <i>Hericium erinaceus</i> )	70 mg	†
Ginkgo Extract ( <i>Ginkgo biloba</i> , leaves)	70 mg	†
5-HTP	70 mg	†
Rhodiola Extract ( <i>Rhodiola Rosea</i> , root)	70 mg	†
L-alpha Glycerophosphorylcholine	35 mg	†

† Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Maltodextrin, Natural Color (Calcium Carbonate, Isomalt, Hydroxypropyl Methylcellulose, Spirulina Extract, Medium Chain Triglycerides), Croscarmellose Sodium, Ascorbyl Palmitate, Modified Cellulose, Calcium Silicate, Silicon Dioxide, Vanilla Flavor

## SUPPLEMENT FACTS

Serving Size: 2 Tablets  
Servings Per Container: 30

Amount Per Serving		% DV*
Vitamin A (as Retinyl Acetate and Beta Carotene)	720 µg RAE	80%
Vitamin C (as Ascorbic Acid)	135 mg	150%
Vitamin D3 (as Cholecalciferol)	50 µg	250%
Vitamin E (as d-alpha Tocopheryl Succinate)	14 mg	93%
Vitamin K (as K1 Phytanadione)	90 µg	75%
Thiamine (Vitamin B1)	6.67 mg	555%
Riboflavin (Vitamin B2)	6.67 mg	513%
Niacin (as Niacin and Niacinamide)	24 mg NE	150%
Vitamin B6 (as Pyridoxine HCL)	4 mg	235%
Folate (as 330 µg Folic Acid)	550 µg DFE	138%
Vitamin B12 (as Cyanocobalamin)	24 µg	1000%
Biotin	1000 µg	3333%
Pantothenic Acid (as D-Calcium Pantothenate)	10 mg	200%
Iodine (as Potassium Iodide)	113 µg	75%
Zinc (as Zinc Citrate)	8.3 mg	75%
Selenium (as L-selenomethionine)	55 µg	100%
Copper (as Copper Gluconate)	0.68 mg	75%
Manganese (as Manganese Gluconate)	2 mg	87%
Chromium (as Chromium Polynicotinate and Chromium Chloride)	53 µg	151%
Molybdenum (as Sodium Molybdate)	33.8 µg	75%
Mixed Tocopherols (D-gamma, D-delta, D-beta Tocopherol)	10 mg	†
<b>OOLA BODY BLEND</b>		
Resveratrol	70 mg	†
L-Theanine	50 mg	†
Black Pepper Extract ( <i>Piper nigrum</i> )	50 mg	†
<b>OOLA ADAPTOGEN 7 MATRIX</b>		
Ashwagandha Root Extract ( <i>Withania somnifera</i> )	250 mg	†
Curcumin ( <i>Curcuma longa L.</i> , root)	150 mg	†
Holy Basil ( <i>Ocimum tenuiflorum</i> , leaf)	100 mg	†
Maca Root Powder ( <i>Lepidium meyenii</i> )	70 mg	†
Chaga Mushroom Extract ( <i>Inonotus obliquus</i> )	70 mg	†
Quercetin Dihydrate Powder	70 mg	†
Pterostilbene	15 mg	†

† Daily Value (DV) not established

Other Ingredients: Microcrystalline Cellulose, Ascorbyl Palmitate, Natural Color (Isomalt, Spirulina Extract, Hydroxypropyl Methylcellulose, Calcium Carbonate, Medium Chain Triglycerides, Carmine), Croscarmellose Sodium, Modified Cellulose, Calcium Silicate, Silicon Dioxide, Vanilla Flavor

# WHAT'S INSIDE:



# MIND

Essential Multivitamin and Mineral  
+ Nootropic 7 Matrix

CONTAINS  
NOOTROPICS

SUPPORTS  
NEURON +  
BRAIN CELLS\*

SUPPORTS  
HEALTHY MOOD  
+ MEMORY\*

COVERS MAJOR  
VITAMIN  
DEFICIENCIES\*

HELPS PROTECT AGAINST  
OXIDATIVE STRESS\*



\*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

