



## ingredients

Organic Micro-ground Instant Arabica Coffee, Sensoril® Ashwagandha (Withania Somnifera) Root and Leaf Extract, Organic Mucuna Pruriens (Velvet Bean Seed) Extract, Organic Docosahexaenoic Acid (Vegetable DHA) Powder, Organic Bacopa Monnieri (Water Hyssop Leaf) Extract, Organic Centella Asiatica (Gotu Kola) Powder, Organic Glycyrrhiza Glabra (Licorice Root) Extract, Organic Cocos Nucifera (Coconut Water) Powder



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## suggested use

- Add 1 teaspoon (1 scoop) into hot water. Stir and enjoy. Store in a cool, dry place.



## responsible cautions

- Consult with a physician before use if you have a serious medical condition or use prescription medications.
- A doctor's advice should be sought before using this and any supplemental dietary product.

\*The information in this document has not been evaluated by the FDA and is not intended to treat, diagnose, cure, or prevent any disease. This information is not intended as a substitute for the advice or medical care of a qualified healthcare professional and you should seek the advice of your healthcare professional before undertaking any dietary or lifestyle changes. This information is provided for educational purposes only.

## product summary

Approximately 2.25 billion cups of coffee are consumed around the world every day, with about two-thirds of the people in the U.S.A. drinking at least one cup per day.

Coffee, and caffeine in particular, is estimated to be the most-used antioxidant in the western hemisphere. Research has found coffee consumption to be linked to lowered risk of diabetes, liver disease, dementia, and some cancers.

Now you can rise and shine every day with Nova Smart Coffee, our premium, 100% organic, fair trade Arabica Coffee from Brazil with a rich, smooth flavor and a natural low acidity. Nova is enhanced with ayurvedic botanical nootropics and adaptogens that may improve cognitive function, memory, motivation, and creativity.

Ashwagandha, one of the main ingredients in Nova, is an ancient medicinal herb that's been used for over 3,000 years to relieve stress, increase energy levels, and improve concentration.

Research studies have shown Ashwagandha can boost brain function, lower blood sugar and cortisol levels, and help fight symptoms of anxiety and depression. Ashwagandha is full of antioxidants essential for weight loss and overall well-being. They help speed up your metabolism, decrease inflammation, and help in burning the stored fat in your body.

NOVA is the perfect addition to your daily routine for staying alert, focused, and jitter-free!

## ingredient highlights

- **Mucuna Pruriens:** Also known as Velvet Bean, Mucuna Pruriens has both neuroprotective effects and antioxidant properties. It naturally contains high levels of Levodopa, or L-dopa, which plays an important role in behavior, sleep, mood, memory, and learning. Studies show that Mucuna Pruriens may be as effective as Parkinson's medications at boosting dopamine levels.
- **Gotu Kola:** Often called the "herb of longevity", studies have shown Gotu Kola may help boost cognitive function, enhance memory and nerve function, reduce anxiety and stress, and it may act as an antidepressant. Additionally, research from 2001 found that Gotu Kola can reduce problems with fluid retention, ankle swelling, and circulation.
- **Docosahexaenoic Acid (DHA):** A crucial omega fatty acid for the healthy structure and function of the brain, DHA supports both brain function and eye health. Studies have shown DHA may be effective at increasing the body's omega-3 index, decreasing triglycerides, and improving cholesterol profiles.