

## BerryCaff™ Energy

Natural Strawberry Flavor

Supports mental alertness and physical performance‡

### DESCRIPTION

BerryCaff™ Energy from Douglas Laboratories offers concentrated organic whole coffee fruit extract from *Coffea arabica* containing naturally occurring caffeine and polyphenols to promote immediate energy and enhance cognitive performance. This formula also includes 7 plant-based ingredients clinically shown to ignite the body’s nitric oxide production to support blood flow and physical performance.‡

### INDICATIONS

- Provides energy support for alertness, mental focus and physical performance‡
- Increases nitric oxide levels for better blood flow and oxygen delivery‡
- Protects cells against oxidative stress and free radicals‡

### FUNCTIONS AND MECHANISM OF ACTION

Coffeeberry® is a concentrated whole coffee fruit extract from *Coffea arabica* containing naturally occurring caffeine and polyphenols. Preliminary research suggests coffee fruit polyphenols support healthy vascular endothelial function and brain-derived neurotrophic factor. Caffeine has been shown to target the central nervous system (CNS) and act as cognitive support at low to moderate doses, promoting alertness, vigilance, attention, and reaction time. 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. It is believed to exert its effects on the CNS via the adenosine receptors, promoting neurotransmitter release and dopamine concentration, motor unit firing rates and comfort. In a study of 15 professional e-gamers, 3 mg/kg body weight caffeine promoted accuracy and decreased reaction time. Numerous studies on athletes suggest that caffeine promotes endurance and performance output likely through these same mechanisms. In an incremental exercise cycling study conducted in recreationally active men, 4 mg/kg body weight caffeine improved time to exhaustion by 12% and significantly decreased perception of effort and subjective fatigue.‡

S7® is a combination of 7 plant-based ingredients, including green tea extract, that are clinically shown to enhance nitric oxide levels and support mitochondrial antioxidant activity. Nitric oxide plays an important role in vascular support, cell metabolism and metabolic and cardiovascular homeostasis. Additionally, nitric oxide has been shown to support endothelial cell viability against free radicals. L-theanine is a component of green tea that 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.‡

### FORMULA (#57780P)

Serving Size 1 scoop or 1 stick pack (approx. 3 grams):

Calories.....	10
Total Carbohydrate .....	2 g
Coffeeberry® organic whole coffee fruit extract .....	143 mg
(standardized to contain 100 mg caffeine)	
S7® plant-based proprietary blend .....	50 mg
(green coffee bean extract, green tea extract, turmeric extract, tart cherry, blueberry, broccoli, kale)	

Other ingredients: Maltodextrin (tapioca), natural flavors, stevia leaf extract, monk fruit extract, citric acid, beet powder (for color), malic acid, trimagnesium citrate

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Gluten-free, Non-GMO

## SUGGESTED USE

Adults mix 1 scoop (or 1 stick pack) in 8-12 oz of water daily or as directed by a health professional.

## WARNING

Do not use if pregnant or nursing. Not intended for children or those sensitive to caffeine. The recommended dose of this product contains 100 mg of caffeine in 1 scoop, about as much as 1 cup of 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. Take with food. If you have liver problems, consult your health professional before use. Keep out of reach of children.

## STORAGE

Store in a cool, dry place, away from direct light. Use only if safety seal is intact.

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**For more information on BerryCaff™ Energy, visit [douglaslabs.com](http://douglaslabs.com)**

‡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.

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