

LUMULTRA™

Supplement Guide



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Lumutra represents the very essence of mankind's obsession with pushing the boundaries, of what the human body and mind is currently able to do.

Sam Anderson – CEO, Avanse Nutraceuticals

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LUMULTRA™

Lumultra

<https://www.lumultra.com/page/lumultra>

Primary function: Engineered to elevate overall cognitive performance, LumUltra upgrades the Memory, Focus, Processing Speed, and overall Brain Functions. Featuring Noopept at its core, Lumultra is the world's most effective nootropic with powerful brain enhancing properties.

Directions:

Simply take 2-4 capsules a day. With water, juice, coffee, tea, or in combination with other complementary supplements from Lumultra brand. Whatever you like.

For best results, take your first 2 capsules in the morning with food.

Then add a further 2 capsules around lunchtime, if required to give you a boost of energy in the afternoon.

When should I expect to feel the effect after I start taking it?

Lumultra's ultimate goal is to enhance your cognitive function for the long term. You will feel your focus and energy level improve in as quickly as a couple of hours; however, the long-term cognition improvement can be felt in a month to three months. Therefore, Lumultra should be a must in your daily regimen, and on top of which you can stack on other complementary supplements as you wish.

SUPPLEMENT FACTS		
Serving Size: 2 Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV
Vitamin B12 (Methylcobalmin)	250 mcg	4166%
Focus Blend	515 mg	
Phosphatidylserine		†
Acetyl L-Carnitine		†
L-Tyrosine		†
Noopept		†
Energy Blend	400 mg	
Panax Ginseng		†
Guarana		†
Memory Blend	185 mg	
Ginkgo Biloba		†
Alpha GPC		†
Other Ingredients: Rice Flour, Vege Capsule		
† Daily Value not established		
Rev03		



Smart Drink

<https://www.lumultra.com/page/smart-drink>

Primary function: Designed to elevate overall cognitive performance, Smart Drink upgrades the Memory, Focus, Energy and Mood. Formulated with All Natural Earth Grown Nutrients, Smart Drink offers a powerful nootropic in a delicious drink.

Directions:

Simply take 1-2 servings a day. Mix it with water, juice. You may take it with other complementary supplements from Lumultra brand. Whatever you like.

For best results, drink your first glass in the morning with or after breakfast.

Then drink further one glass around lunchtime, if required to give you a boost of energy in the afternoon.

When should I expect to feel the effect after I start taking it?

You will feel your focus and energy level improve in as quickly as a couple of hours; however, the long-term cognition improvement can be felt in a month to three months.

SUPPLEMENT FACTS

Serving Size: 4.5g (1 Scoop)

Servings Per Container: 30

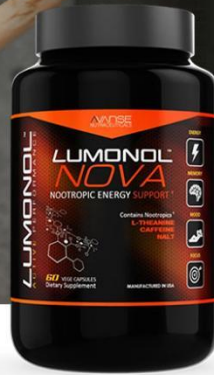
	Amount Per Serving	%DV
Vitamin B12 (as Methylcobalamin) ...	250 mcg ...	10,417%
Focus Blend	500 mg	**
L-Tyrosine		
Acetyl-L-Carnitine (as Acetyl-L-Carnitine HCl)		
Phosphatidylserine		
Energy Blend	220 mg	**
Natural Caffeine (from Coffee Bean Extract)		
Asian Ginseng Root Powder		
Memory Blend	200 mg	**
Alpha GPC (Glycerylphosphorylcholine)		
Ginkgo Leaf Powder		

* Percent Daily Value (%DV) is based on a 2,000 calorie diet.

** Daily Value (DV) not established



LUMULTRA™
NOVA



Nova

<https://www.lumultra.com/page/nova>

Primary function: Nova is designed to give the extra energy boost. With 100% natural adaptogens at its core, Nova charges the neurotransmitters, creating intense motivation be that to train, work, or study...

Directions:

Simply take 2-4 capsules a day. With water, juice, coffee, tea, or together with Lumultra capsules. Whatever you like.

For best results, take your first 2 capsules in the morning with food.

Then add a further 2 capsules around lunchtime, if required to give you a boost of energy in the afternoon.

When should I expect to feel the effect after I start taking it?

You will feel your focus and energy level improve in as quickly as a couple of hours.

SUPPLEMENT FACTS

Serving Size: 2 Capsules Daily

Servings Per Container: 30

	Amount Per Serving	%DV
N-Acetyl L-Tyrosine (NALT)	300 mg	†
L-Theanine	200 mg	†
Caffeine Anhydrous	100 mg	†
Other Ingredients: Vegetarian Capsule, Rice Flour		

† Daily Value (DV) not established.



LUMULTRA™
LUNA

Luna

<https://www.lumultra.com/page/luna>

Primary function: Luna is an all natural, Melatonin-Free, sleep aid designed to swiftly send you into a relaxed state. Luna's will leave you waking up fresh, sharp, alert, without habit-forming or dependency.

Directions:

Simply take 2-4 capsules a day. With water, juice, milk. Whatever you like.

For best results, take your first 2 capsules after dinner when you are ready to wind down the day.

Then add a further 2 capsules around bed time, if required to help you with the deep sleep you so desire.

When should I expect to feel the effect after I start taking it?

You will feel more relaxed and even sleepy in as quickly as a couple of hours.

SUPPLEMENT FACTS

Serving Size: 2 Capsules Daily

Servings Per Container: 30

	Amount Per Serving	%DV
Magnesium (Magnesium Glycinate)	200 mg	†
Valerian Root Powder	300 mg	†
Passion Flower Herb Powder	200 mg	†
Chamomile Powder	150 mg	†
Lemon Balm Powder	100 mg	†
Magnolia (Magnolia officinalis)	300 mg	†
Bark Extract standardized to contain 2% Honokiol and 1% Magnolol		†
L-Theanine	150 mg	

Other Ingredients: Vegetarian Capsule

† Daily Value (DV) not established.



LUMULTRA™
SHIELD

Shield

<https://www.lumultra.com/page/shield>

Primary function: Shield is designed to supercharge the immune system and reduce brain fog. With Organic Irish Sea Moss at its core, it is the world's most complete superfood containing 92 out of 102 minerals the brain and body need.

Directions:

Simply take 2-4 capsules a day. With water, juice, coffee, tea, or together with Lumultra capsules. Whatever you like.

For best results, take your first 2 capsules in the morning with food.

Then add a further 2 capsules before bedtime to help reinforce your immune system while you are asleep.

When should I expect to feel the effect after I start taking it?

You will feel you are getting sick less frequently and have more energy and mental clarity in as quickly as a couple of weeks. Shield is a long-term strategy for overall immune enhancement and overall health improvement.

SUPPLEMENT FACTS

Serving Size: 3 Capsules Daily
Servings Per Container: 40

	Amount Per Serving	%DV
Organic Irish Moss / Organic Chondrus Crispus	850 mg	†
Bladderwrack Extract	700 mg	†
Burdock Root Extract	700 mg	†
Bioperine® (Black Pepper Fruit Extract)	10 mg	†

† Daily Value (DV) not established.



LUMULTRA™
BRAIN OIL

Brain Oil

<https://www.lumultra.com/page/brain-oil>

Primary function: With pharma grade DHA/EPA Omega-3 fatty acids at its core rejuvenating brain cells and reducing triglycerides, Brain Oil is an effective neuroprotective agent for the brain and cardio support for the heart.

Directions:

Simply take 2-4 capsules a day. With water, juice, coffee, tea, or together with Lumultra capsules. Whatever you like.

For best results, take your 2 capsules at evening before bedtime. This will allow Brain Oil to rejuvenate your brain cells while you are in deep sleep.

When should I expect to feel the effect after I start taking it?

You will feel your clarity and energy level improve in as quickly as a few days. However, Brain Oil will give you the foundation for long-term brain health as it rejuvenates your brain cells daily. It is really a great daily staple to combat age related cognitive decline for anyone over the age 35.

SUPPLEMENT FACTS		
Serving Size: 2 Softgels		
Servings Per Container: 60		
	Amount Per Serving	% DV
Calories	18	
Calories from Fat	18	
Total Fat	2 g	4%
Polyunsaturated Fat	2 g	3%
Vitamin E	10 IU	33%
Total Omega-3 Fatty Acids	2 g	**
EPA (Eicosapentaenoic Acid)	800 mg	**
DHA (Docosahexaenoic Acid)	400 mg	**
* Percent Daily Value (%DV) is based on a 2,000 calorie diet.		
** Daily Value (DV) not established		

Other Ingredients: Norwegian fish oil, D-alpha tocopherol, natural citrus flavored gelatin (gelatin, glycerin, and water).

Contains: Fish (anchovy, sardine, and mackerel).



Zen

<https://www.lumultra.com/page/zen>

Primary function: Zen is formulated with Apple Cider Vinegar (ACV) and Ashwagandha root, which work together to lower cortisol levels, promote positive mood, and reduce brain inflammation caused by sugar spikes. These benefits improve brain clarity and combat stress.

Directions:

Simply take 2-4 capsules a day. With water, juice, coffee or tea, or together with Lumultra capsules. Whatever you like.

For best results, take your first 2 capsules in the morning with food to start your day in calm and peace.

Then add a further 2 capsules around lunchtime, if required to destress your mind through out rest of the day.

When should I expect to feel the effect after I start?

You will feel less stressed and calmer in as quickly as few days. Real benefits kick in after a couple of weeks. Zen should be a daily staple to maintain a healthy, destressed and calm state of mind.

SUPPLEMENT FACTS

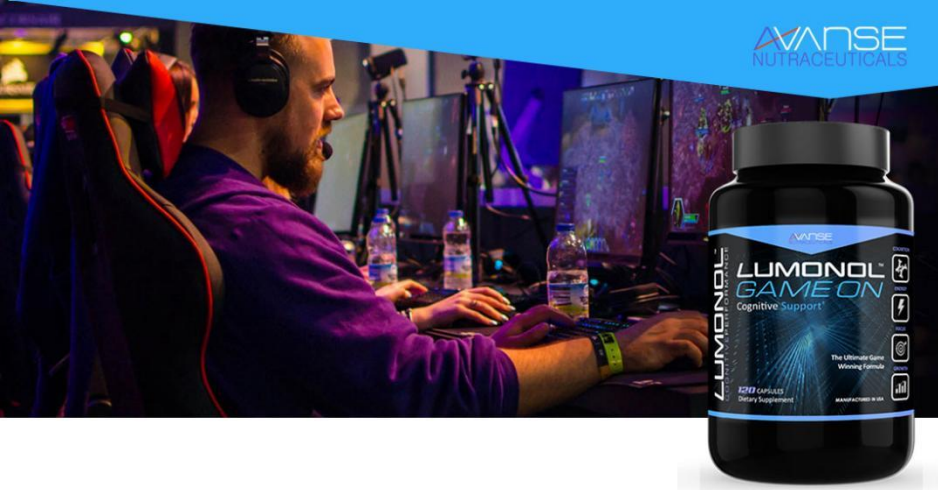
Serving Size: 4 Capsules

Servings Per Container: 30

Amount Per Serving	%DV
Proprietary Blend	2076 mg †
Apple Cider Vinegar Ashwagandha Root Astragalus Root Aloe Vera Leaf Extract Cayenne Pepper Black Pepper Fruit	

† Daily Value (DV) not established.

Other Ingredients: Vegetarian Capsule (Vegetable Cellulose, Water), Rice Flour



LUMULTRA™
GAME ON

Game On

<https://www.lumultra.com/page/game-on>

Primary function: Game On is engineered to enhance the visual processing speed, reaction time, focus, energy for the sole purpose of elevating performance in cognitively demanding tasks such as gaming, cramming in study, taking exam, conducting a meeting... etc.

Directions:

Simply take 2-4 capsules a day. With water, juice, coffee, tea, or together with Lumultra capsules. Whatever you like.

For best results, take your first 2 capsules 2 hours before you are about to game or take an exam or engage anything intense.

Then add a further 2 capsules when needed again during the day.

When should I expect to feel the effect after I start?

You will feel a burst of energy and hyper focus in a couple of hours. You will feel so motivated that you can't help but roll up your sleeves and do what needs to get done.

SUPPLEMENT FACTS

Serving Size: 4 Capsules

Servings Per Container: 30

	Amount Per Serving	%DV
Caffeine Anhydrous	160.00 mg	†
Acetyl-L-Carnitine	50.00 mg	†
L-Theanine	54.00 mg	†
L-Tyrosine	130.00 mg	†
Eleuthero Root Powder	1000.00 mg	†
Rhodiola Root Extract (4%)	10.00 mg	†
Blueberry Fruit Extract 10%	20.00 mg	†
Pyridoxine HCL	4.00 mg	†
Methylcobalamin	0.26 mg	†
Zinc Citrate 32%	4.00 mg	†
Nu-Flo	20.00 mg	†

Other Ingredients: Vegetarian Capsule, Rice Flour

† Daily Value (DV) not established.



H-Force

https://www.lumultra.com/page/h_force

Primary function: With its key ingredients derived from Hemp plant, Turmeric Root, Glucosamine HCl, the holy trinity of anti-inflammatory compounds, H-Force is formulated to reduce bodily aches, pains and discomforts, thus improving focus and productivity.

Directions:

Simply take 2-4 capsules a day. With water, juice, coffee, tea, or together with Lumultra capsules. Whatever you like.

For best results, take your first 2 capsules in the morning with food or during the daytime.

Then add a further 2 capsules before bed, if required to relieve any bodily discomfort throughout the night.

When should I expect to feel the effect after I start?

You will feel less pain and discomfort throughout your body in as quickly as a couple of days if not sooner. Without the distraction of discomfort, you will be able to focus better on what you need to do. Your brain fog will gradually disappear and your energy level will improve as well as your mood. With its anti-inflammatory property, it will improve how you feel and your overall health in the long run.

SUPPLEMENT FACTS		
Serving Size: 2 Capsules		
Servings Per Container: 30		
	Amount Per Serving	%DV
Hemp Premium Extract Isolate	20 mg	†
Proprietary Blend	1495 mg	†
Glucosamine HCl		
Chondroitin Sulfate		
Turmeric Root Powder		
Turmeric Root Extract		
Corydalis Rhizome Extract		
Peony Root Extract		
Dong Quai Root Extract		
Sweet Wormwood Herb		
Bioperine (Black Pepper extract)		
† Daily Value (DV) not established.		
Other Ingredients: Vegetarian Capsule (Vegetable Cellulose, Water)		