

# The 9-ingredient *focus stack*.

CAFFEINE-FREE · NO STIMULANTS · CLINICALLY DOSED · MADE IN LONDON

## 01 FOCUS ON TAP

Citicoline feeds acetylcholine — the neurotransmitter of attention and working memory.

## 02 THE 4PM BRAIN

Acetyl-L-Carnitine fuels your mitochondria for cognitive endurance, not just a spike.

## 03 CALM, NOT SEDATED

L-Theanine lifts alpha waves and quiets the noise — the edge stays, the jitters don't.

## 04 MEMORY THAT STICKS

Bacopa Monnieri — 23 human trials deep — helps consolidate what you learn.

## 05 SYNAPSES REBUILT

Uridine + citicoline drive the Kennedy pathway that builds and repairs brain-cell membranes.

## 06 BLOOD FLOW TO THE BRAIN

Bilberry anthocyanins support cerebral circulation and oxidative resilience.

## 07 INFLAMMATION, MANAGED

PEA — a fatty-acid amide your body already makes to calm neural inflammation.

## 08 MOOD + COGNITION

Affron® saffron, with eleven clinical trials behind it. Pharmacology, not seasoning.

## 09 AN APPROVED CLAIM

Pantothenic acid (B5): EFSA — "contributes to normal mental performance."

## 10 ZERO CAFFEINE, ZERO CRASH

The brain you want at 4pm — built before 4pm, not bribed at 9am.

⚡ YOUR THANK-YOU FOR BACKING THE BUILD IN BITCOIN

[antifragile.life](https://antifragile.life)

Founder's-batch information sheet. AntiFragile is a food supplement, not a medicine, and is not intended to diagnose, treat, cure or prevent any disease. Ingredient claims reflect published research on individual ingredients. Enjoy as part of a varied diet and healthy lifestyle.