



Focus•H™ for Adults & Teens

by CEDAR BEAR NATURELES®

Great Tasting 100% Alcohol-Free Liquid Herbal Products

An Herbal Formula for Mental/Physical Focus in Teens and Adults

More and more of our teenagers and even adults now are being put on prescription medications because of increasing problems with overactive behavior and difficulty with mental focusing on tasks.

This approach for handling behavioral and focusing problems is simply a bandaid for the moment and only masks symptoms temporarily, giving no long-term benefits.

With increasing stresses at school, work and home, it's easy to give in to using medications for behavioral and focusing problems. But wait! There are natural alternatives that may bring long term relief.

When teenagers or adults are having a hard time focusing in school or at work, or seem highly distracted, anxious or emotionally out of balance, they may need specific nutritional support to bring them to center. Lack of certain nutrients can increase unbalanced emotional and physical behavior, as well as impair everyday brain functions. Cedar Bear Naturales® Focus•H™ for Adults & Teens is formulated to help bodies and minds settle and focus on mental activities and tasks.

The special combination of herbs in Focus•H™ improves functions such as memory, mental focus, relieves anxiety, calms nerves, and helps rebuild the nervous system. This formula can be taken on a regular daily basis. It provides both bodies and minds with necessary minerals and herbal source vitamins that support behavior and mental focus. Also effective is Cedar Bear Naturales® BTC™ Focus & Calming™, an energetic formula that further helps bring focus and calming to mind, body, and emotions.

This formula contains herbs that are rich in adrenal sustaining and balancing components as well as helping to balance the autonomic nervous system. Many times adrenal hyper-sensitivity, exhaustion, and overactivity is a contributing factor in teen and adult difficulties with focusing and other accompanying behaviors.

CONTAINS: Astragalus root, ginkgo leaf, wood betony leaf/stem/flower, eleuthero root, licorice root, gotu kola leaf, spearmint leaf, English lavender flower, passionflower leaf, and mB!™ Liquid Trace Minerals in a kosher certified vegetable glycerin/purified water TincTract® base.

SUGGESTED USE: 1/3–1/2 teaspoon (2–2.46 ml) 1 to 3 times a day, or as needed.

MORE ABOUT THE HERBS IN THIS FORMULA:

- Astragalus Root (*Astragalus membranaceus*). Contains calcium, phosphorus, sulfur, and complex immune building polysaccharides that helps the immune system to adapt to stress.
- Ginkgo Leaf (*Ginkgo biloba*). Contains non-stimulating oxygen enhancing cardiovascular strengthening flavonoid compounds that enhance oxygenation to the brain and circulatory system for better overall brain function.
- Wood Betony Leaf/Stem/Flower (*Stachys officinalis*) One of the most commonly used herbs in early European herbalism, this herb is a cooling and calming nervine that strengthens the cerebral circulatory system, and benefits the liver and digestive system.
- Eleuthero Root [formerly known as Siberian ginseng] (*Eleutherococcus senticosus*) Contains complex polysaccharides, hormone precursors and nutritive glandular builders that helps immune system function and calms the nerves.
- Licorice Root (*Glycyrrhiza glabra*). Rich in complex glandular influencing glycosides and complex polysaccharides, works very well with eleuthero root. Helps to balance blood sugar levels and supports adrenal activity.
- Gotu Kola Leaf (*Centella asiatica*). Possesses non-stimulating cardiovascular toning agents that support and fortify immuno-active glandular responses.
- Spearmint Leaf (*Mentha spicata*). Has magnesium, calcium, phosphorus, aromatic compounds, and a digestive specific nervine bitter to support digestion and calm the nervous system.
- English Lavender Flower (*Lavendula angustifolia*). Contains calcium, magnesium, and cooling nervine aromatic components, and immune enhancing activity. Very calming and cooling to the body and emotions.
- mB!™ Liquid Trace Minerals is a proprietary micro-fractionated liquid trace mineral supplement that enriches and assists important enzymatic processes.

WORKS WELL WITH THESE CBN PRODUCTS:

Calming Chamomile™, Glandular Aid™, Herbal Minerals™, Stomach Relief™, microBURST!™, BTC™ Focus & Calming™, BTC™ Crisis/Stress Emergency Blend.

Item: #724 2 oz; #725 4 oz; #726 8 oz

Children: Item #222 2 oz; #223 4 oz; #224 8 oz

Claims and statements herein are for informational purposes only and have not been evaluated by the Food and Drug Administration. These statements and products are not intended to diagnose, treat, cure or prevent any disease.

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