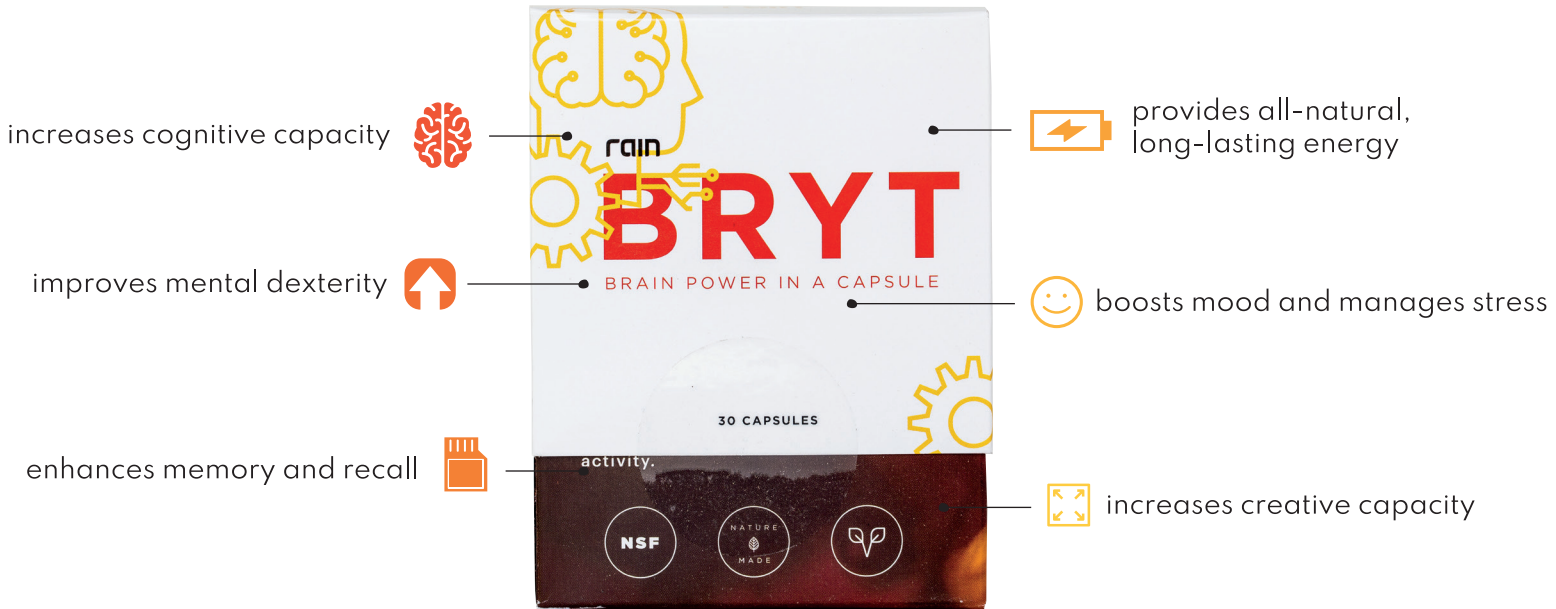


# bryt

brain food. body fuel.  
naturally energize everything.



## what is bryt?

BRYT is an all-natural nootropic that combines the power of seeds with other, scientifically-backed ingredients. A nootropic typically refers to a product whose ingredient deck supports healthy brain function, manages stress levels, and increases cognitive reaction. BRYT does all that and a whole lot more.

## how does bryt help your body?

Consider BRYT the most powerful brainfood you've ever experienced. Far too many individuals neglect this essential part of their diet, so, we've made it easy. Each ingredient was specifically handpicked by our Scientific Advisory Board to feed your brain the nutrients it needs to function at its highest level. Each capsule acts as a power-packed fuel cell that supercharges all of your mind's faculties.

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# Supplement Facts

Serving Size 2 Capsules  
Servings Per Container 15

	Amount Per Serving	% Daily Value
Vitamin C (as ascorbic acid)	108 mg	120%
Niacin (as niacinamide)	32 mg	200%
Vitamin B6 (as pyridoxine HCl)	3 mg	176%
Vitamin B12 (as methylcobalamin)	70 mcg	2917%
Pantothenic Acid (as d-calcium pantothenate)	10 mg	200%
Caffeine	75 mg	*
L-Theanine	100 mg	*
N-Acetyl L-Tyrosine	50 mg	*
Bacopa Monnieri Extract	200 mg	*
Beta Alanine	75 mg	*
Lion's Mane Mushroom Powder	75 mg	*
Green Tea Leaf Extract	25 mg	*
Watermelon (citrullus lanatus) Seed Powder	50 mg	*
Coconut Powder	50 mg	*
Chia Seed Powder	50 mg	*

\* Daily value not established.

Other Ingredients: Hypromellose (capsule), Magnesium stearate, Silica.



give your brain what it craves.



## key ingredients

**lion's mane:** One of the most widely-researched mushrooms in the world. Known for its ability to boost neurological activity and recovery, Lion's Mane is also thought to help aid with Alzheimer's, dementia, anxiety management, and stress levels.

**l-theanine:** Is an essential amino acid whose ability to energize key hormones within the brain is crucial to BRYT. It not only produces natural energy, but has the ability to calm anxiety and increase endorphins.

**watermelon seed:** Contains high levels of polyunsaturated and monounsaturated fatty acids, as well as key vitamins that assist in healthy brain function. Additionally, its antioxidant profile helps ward off damaging free-radicals.

**chia seed:** Packed with healthy fats and amino acids, the Chia Seed provides fuel and nourishment to the brain to increase cognitive ability and overall recall.

for more ingredient information, see our site.