



# LIV Smart

Smart nutrition for the whole family.

Have you ever noticed the amount of time and money we spend to look good? But how much do we invest on our most important asset? --our brain Most of us don't even think about it, maybe until it's too late. Wouldn't it be terrible to have a fit body at 60, but not be able to enjoy life due to mental decline? That is the problem facing millions of Americans. Have you ever thought at what age mental decline begins? This may shock you, but studies show that mental decline begins early in our 20s. So what can you do to support your bodies most important organ? Leading scientists are discovering nutrients that can help feed the brain and provide nutritional support at a cellular level. Ever heard the word nootropic? Most of us know about vitamins and antioxidants, but most of us are not familiar with nootropics. Nootropics are nutrients that feed the brain, help with memory, mental acuity, and learning skills.

After years of research, Liv has developed a daily supplement formulated with key nootropic ingredients, scientifically shown to help support and nourish healthy brain function. It's called Liv Smart. Liv Smart provides 100% of the daily requirements for vitamins, and increased levels of key vitamins such as vitamin D and B complex.

Why take a multivitamin when you can have the benefits of brain nourishing nootropics plus your daily vitamins. So, if you want to be at your best whether you are a student, working, or enjoying the freedom of your retired years, take two capsules each day and Liv Smart.

Liv Smart is a scientifically-formulated daily source of vitamins, minerals and nutrients specifically designed to support brain function, memory and concentration.

- Exclusive nootropic dietary supplement
- Supports mental clarity
- Promotes positive mood state
- Maximizes mental acuity
- Optimum mental performance at home, school or work\*

SUPPLEMENT FACTS		
Serving Size: 2 capsules		
Servings per container: 30		
	Amount Per Capsule	% Daily Value
Vitamin A (acetate)	5000 IU	100
Vitamin C (ascorbic acid)	60mg	100
Vitamin D3	5000 IU	1250
Vitamin E (acetate)	30 IU	100
Vitamin B1 (Thiamin mononitrate)	25mg	1666
Vitamin B2 (Riboflavin)	1.7mg	100
Niacinamide	20mg	100
Vitamin B6 (Pyridoxine HCl)	2mg	100
Folic Acid	400mcg	100
Vitamin B12 (cyanocobalamin)	250mcg	4166
Calcium d-pantothenate	10 mg	100
d-Biotin	300mcg	100
Magnesium (malate and oxide)	200 mg	50
Proprietary blend	276 mg**	*
Turmeric 95% (Curcuma longa), Bacopa Extract (Bacopa monnieri), Coenzyme Q10, Ginkgo Extract (Ginkgo biloba), Vegetable stearate, Pterostilbene 30%, Vinpocetine, Huperzine A (Huperzia serrata)		
* Daily Value not established		

Other Ingredients: Vegetarian capsules  
 Directions: Take 2 capsules daily.



[www.livinternational.com](http://www.livinternational.com)

\*These statements have not been evaluated by the Food and Drug Administration.