



ADHD-365 “MSBS” was developed in conjunction with Steven Warren, MD, Ph.D

Steven Warren, MD, Ph.D is a **Regenerative Wellness Specialist with over 40 years of experience** who has helped literally thousands of clients naturally improve their health and wellness in the most effective, safe and long lasting manner possible. He is arguably one of the leading experts on how to bounce back from brain fog caused by Covid and he has helped many clients improve from ADHD, ADD, Depression, Anxiety, and gain optimal brain health and neurological function in safe and natural ways.



ADHD 365

Active Daily Health Defense
Maximum Strength Brain Support

Suggested Usage: Swallow 1 to 4 pills as needed with liquid. Do not exceed 8 pills daily. Do not chew.

Supplement Facts

Serving Size: 4 Pills Servings Per Container: 15

	Amount Per Serving	% DV
L-Theanine	400 mg	†
Caffeine	200 mg	†
Methylene Blue	10 mg	†

† (DV) Daily Value not established.

Other Ingredients: Microcrystalline Cellulose, Dicalcium Phosphate, Silicone Dioxide, Magnesium Stearate.

best365labs.com

Manufactured for & Distributed by:
Best 365 Labs, Salt Lake City, UT 84115

Do not use if pregnant, nursing or think you might be pregnant. If questions consult your physician. May cause your urine to turn blue or green. Do not worry this is normal.

Caution: Methylene Blue should not be used in patients who have glucose-6-phosphate dehydrogenase deficiency, as this may lead to hemolysis.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to treat, cure, or prevent any disease.



ADHD 365

Active Daily Health Defense
Maximum Strength Brain Support

Unlock Your Brain's Potential

Focus
Memory
Attention
Mental Energy

Patent Pending,
M.D. Designed &
Tested Products





Think of your mitochondria as tiny power plants in every cell—ADHD 365 fuels them to keep your mind bright and body resilient.

To support mitochondrial and brain function we suggest you consider the following supplementation regimen.*



Start every day by taking 2 ADHD-365 Tablets.



Take 1 to 2 more tablets for a boost in the early afternoon

*This is not medical advice. This is targeted dietary supplement strategies including our patent-pending-USP grade methylene blue products.

Your mitochondria are the body's energy factories. When they're sluggish, focus fades, and fatigue sets in. ADHD 365's targets these powerhouses.*

So what is in ADHD-365 Active Daily Health Defense tablets?

ADHD-365 Active Daily Health Defense tablets are a patent pending combination of L-Theanine, Caffeine and Methylene Blue. So what make this combination so special?

Benefits of L-Theanine

- Promotes relaxation while improving attention and focus
- Improves sleep quality
- Glutamate – prevents reuptake of Glutamate. Glutamate is necessary for the brain to function normally.
- Dopamine – increases Dopamine production to produce sense of well-being, concentration and focus
- GABA – a neurotransmitter made in the brain. It is produced to stabilize the brain chemistry levels preventing anxiety, stress and Parkinson's Disease. Its function is to inhibit excited nerves producing calm.

Benefits of Caffeine

- Caffeine's primary benefit is simple: it provides energy as a stimulant
- Boost brain health from antioxidants in caffeine
- Improves Mood from antioxidants in caffeine
- Enhances long term memory
- Improves Focus and Concentration

Benefits of Methylene Blue

- ATP Production – Easily crosses the blood brain barrier to start ATP production which is the fuel for mitochondrial energy.
- Reroutes Mitochondrial Electron Transfers – Provides neuroprotection against chronic and acute neurological disease.
- Antioxidant – Powerful antioxidant that provides neuroprotection by destroying free radicals (superoxide).

- Oxygen and ATP (sugar) – The brain requires an immense amount of Oxygen and sugar. Methylene Blue provides the chemical mechanisms for both.

Is there Clinical Support for this combination of ingredients in ADHD-365 Active Daily Health Defense Tablets?

- "...suggests that L-theanine and caffeine in combination are beneficial for improving performance on cognitively demanding tasks." (Journal of Nutritional Neuroscience, 2008) [1]
- "...'Headache' and 'tired' ratings were reduced and 'alert' ratings increased. There was also a significant positive caffeine x L-theanine interaction on delayed word recognition reaction time." (Journal of Biological Psychology, 2008) [2]
- According to the Reddit Nootropics group "The combination of L-theanine and caffeine may improve attention more than caffeine alone." [3]
- You know that relaxed feeling you get where work effortlessly flows through you?
- Usually, that happens when your brain is in an alpha wave state. One of the L-theanine benefits is an increase of alpha brain waves [4], which promotes relaxed, creative, and stress-free thinking.
- Theanine can even improve your memory. A 2014 study in Nutritional Neuroscience showed theanine to improve BDNF (fertilizer for your brain) by 25%, which helps improve memory and general cognitive function[5].
- Methylene Blue significantly reduced cerebral ischemia reperfusion damage in a transient focal cerebral ischemia model.
- Methylene Blue reduces the formation of amyloid plaques and neurofibrillary tangles and partially repairs impairments in mitochondrial function and cellular metabolism. (Oz et al., 2009) Plaque formation is the hallmark of Alzheimer Disease.