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### 3 Brains by Natural Factors, Higher Thoughts, Support for Cognitive Health and Brain Function, Daily Dietary

6 customer reviews



- About the product
- **NOURISH THE BRAIN AND HEART:** Comprehensive blend specifically formulated to support those experiencing mental fatigue due to the added demands of work, school or normal aging
  - **BRAIN STIMULATING:** With alpha-GPC to help support memory function; Nervous system health is supported by phosphatidylserine and phosphatidylcholine, which helps normalize the lipid content in our brains
  - **CALM AND ALERT:** Contains 100 mg green tea extract (75 percent catechins, 40 percent EGCG) for its brain-stimulating and calming properties to encourage alertness and stress reduction
  - **OMEGA-3 FATTY ACIDS:** 180 mg total of long-chain, polyunsaturated omega-3 fatty acid EPA and DHA support cardiovascular and cognitive health and healthy inflammatory responses
  - **3 BRAINS FOR OVERALL WELLNESS:** A supplement line designed to support the critical relationship between the heart, gut and head "brains" to influence cognition and support healthy mind

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- ✓ 3 Brains by Natural Factors, Brain Fix, Protects The Brain from Cellular Damage, Daily Dietary... **\$25.46** (\$0.28 / Count)
- ✓ 3 Brains by Natural Factors, Serene Mind, Adaptogenic Blend to Help Naturally Relieve Stress... **\$22.46** (\$0.25 / Count)

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Ad feedback

Customers who bought this item also bought




3 Brains by Natural Factors, Serene Mind, Adaptogenic Blend to Help Naturally Relieve Stress...  
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Product Description



Higher Thoughts is a natural formula with key nutrients to support those experiencing mental fatigue due to the demands of work, school or normal aging. Made with omega-3 fatty acids EPA and DHA, phosphatidylserine, phosphatidylcholine, alpha GPC and green tea extract, our formula supports a healthy brain and heart.

# GIVE YOUR BRAINS WHAT THEY NEED

3 Brains is whole body support for the critical relationship between the head, heart and gut “brains”

**GUT**  
Directly engaged with the world

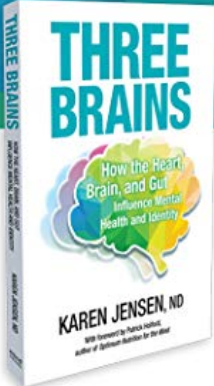
**HEAD**  
Observing the world

**HEART**  
Reaching out to the world

# HIGHER THOUGHTS

Specifically formulated to support brain performance, memory and focusing by nourishing both the brain and the heart.

						
	3 Brains Total	Brain Fix	The Best-Sleep	Serene Mind	Higher Thoughts	Mental Sunshine
Benefits	Comprehensive support for cognitive health with 5 supplements for brain health	Helps promote mind and memory by supporting healthy inflammatory responses	A natural sleep-aid combining 5 non-habit-forming herbal extracts	A blend of adaptogenic herbs to help relieve stress-related fatigue and support a calm, alert mind	Relieves mental fatigues with omega-3s and green tea extract	Features saffron and other nutrients for healthy mood balance



# KAREN JENSEN, ND

“Nutrients from whole foods, exercise and supplements are effective, non-invasive ways to support the ‘three brains’ interaction to optimize cognition and support a healthy mind.”

- Karen Jensen, ND, author of *Three Brains: How the Heart, Brain, and Gut Influence Mental Health and Identity*

## Product details

**Product Dimensions:** 2.4 x 2.4 x 4.2 inches

**Shipping Weight:** 3.2 ounces ([View shipping rates and policies](#))

**ASIN:** B06XT4TJ5W


**UPC:** 068958030500

**Average Customer Review:** [6 customer reviews](#)

**Amazon Best Sellers Rank:** #149,846 in Health & Household ([See Top 100 in Health & Household](#))  
#87 in [Ayurveda Products](#)

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## Important information

### Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.


### Ingredients

NA

### Directions

2 softgels 1-2 times per day or as directed by a health professional.

## Sponsored products related to this item

					
(3 Pack) Brain Support Nootropic Supplement, Memory, Alertness, Brain Health, Brain...	ZenWell - Organic Ashwagandha with KSM-66   Clinically Studied Stress Reduction and...	CALM NOW Soothing Stress Support Supplement, Herbal Blend Crafted To Keep Busy...	PhosphatidylSerine 300mg Per Serving, Made in The USA, 120 Capsules (Phosphatidyl S...	Evolution Nutrition Focus Mode   Herbal Brain Function & Cognitive Support Supplemen...	Brain Suppl Alert Brain
71	139	2,708	495	146	
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Customer Questions & Answers

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6 customer reviews

4.5 out of 5 stars



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Top Reviews

johnny action

It helps out with anxiety

November 6, 2018

Verified Purchase

This supplement helps out with reducing anxiety which is great!

2 people found this helpful

Helpful

Comment

Report abuse

CLAUDIA

Definitely worth a try!

May 21, 2019

Verified Purchase   Early Reviewer Rewards (What's this?)

Purchased this for my mom, she's taken other supplements from this company and she's definitely noticed a difference. I'm hopeful these will also work well for her. She's only been taking them for a week now, so far so good but you have to take them for at least a month to notice a change.

Helpful

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Kim

Works fairly quickly

June 14, 2019

I have the most stubborn anxiety and defeated mentality; this product just wouldn't allow those thoughts to break through. Instead I find I am more positive, empathetic and as a result more genuine due to my upbeat outlook after taking this product. I purchased it some time ago and recall taking it with no noticeable results. But recently I gave it a another chance and it made a huge impact. Maybe it's synergistic because I resumed taking fish oil as well but singly taking fish oil did not improve my mood, so I know it's this product. Also maybe I didn't follow directions the first time.

Helpful

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3 Dog Mama

5HTP makes me sleepy

May 19, 2018

Verified Purchase

To be fair - I didn't try it for more than 2 days. I felt like I got the opposite effect than is offered. I thought I remember getting benefit from 5HTP previously. It took a few days before I realized it was in a sleep enhancer I used to take. I am pushing long days at work and need to be alert and focused, so I decided its not a good time to keep taking them for a month to give them a fair shot. (Sorry!)

2 people found this helpful

Helpful

Comment

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Bjorn K Johnson

Worked great for me

February 14, 2019

Verified Purchase

Early Reviewer Rewards (What's this?)

This product is great. I have use nootropics on and off for years. A big factor for me is price. The other is efficacy. This product meets both of those criteria well.

Helpful

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Carol M

Great product!

May 17, 2019

Verified Purchase

Early Reviewer Rewards (What's this?)

Love the clarity with this product.

Helpful

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Set up an Amazon Giveaway



Amazon Giveaway allows you to run promotional giveaways in order to create buzz, reward your audience, and attract new followers and customers. [Learn more about Amazon Giveaway](#)

**This item:** 3 Brains by Natural Factors, Higher Thoughts, Support for Cognitive Health and Brain Function, Daily Dietary Supplement, 90 Softgels (45 Servings)

Set up a giveaway

What other items do customers buy after viewing this item?



3 Brains by Natural Factors, 3 Brains Total Kit, Promotes Brain Health and Well-Being, Daily Dietary Supplement, 30 Single-Serve Packs (30 Servings)

4

\$44.96



3 Brains by Natural Factors, Brain Fix, Protects The Brain from Cellular Damage, Daily Dietary Supplement, Vegetarian, 90 Capsules (90 Servings)

4

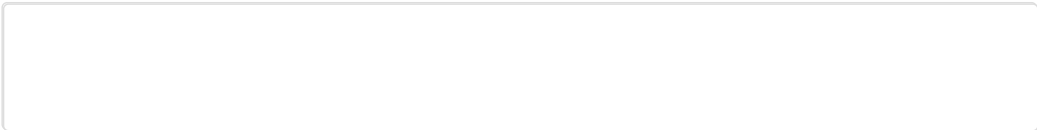
\$25.46



3 Brains by Natural Factors, Mental Sunshine, Promotes Healthy Mood Balance, Daily Dietary Supplement, Vegan, 90 Enteric Coated Tablets (90 Servings)

2

\$22.46



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