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Dr. Amen BrainMD Health Focus & Energy Dietary Supplement to Support Concentration and Focus, 120 Capsules by BRAINMD

40 customer reviews | 3 answered questions



Price: \$39.95 (\$0.33 / Count) & FREE Shipping. Details

In Stock. Sold by recommerce and Fulfilled by Amazon.

Similar item to consider



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About the product

- NATURAL, SMOOTH ENERGY - Our special formula naturally supports your body's energy level with caffeine-free green tea, choline, and special adaptogens rhodiola, ashwagand and ginseng. ENHANCE CONCENTRATION - Choline is essential for the formation of acetylcholine, a neurotransmitter important to mental function. It enhances focus and the ability to concentrate, supports healthy memory, and promotes calm. PROTECT AGAINST STRESS - Our adaptogenic herbs help you have a healthy response to everyday stress. They also support a positive mood, fight fatigue and promote restful sleep. NON-HABIT FORMING - Focus, and Energy contain nutrients and herbal ingredients. It is safe and all natural, and because it is caffeine-free there are no crash or jitters! QUALITY AND PURITY - All brainMD products are manufactured in FDA registered facilities. All of our ingredients also adhere to strict guidelines

Frequently bought together



Total price: \$129.85

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- This item: Dr. Amen BrainMD Health Focus & Energy Dietary Supplement to Support Concentration and Focus, 120... \$39.95 (\$0.33 / Count) Dr. Amen brainMD Serotonin Mood Support - 120 Capsules - Promotes Tranquil Mind & Body, Supports... \$49.95 (\$0.83 / Count) Dr. Amen brainMD GABA Calming Support - 90 Capsules - Stress & Anxiety Relief Supplement, Promotes... \$39.95 (\$0.44 / Count)

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Dr. Amen brainMD Omega-3 Power - 60 Capsules - Joint, Heart & Immune Support Supplement, Promotes Positive Mood & Focus, Contains DHA & EPA - Gluten-Free - 30 Servings 29

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Dr. Amen brainMD NeuroLink - 180 Capsules - Stress Relief & Mood Support Supplement, Promotes Optimal Brain Function, Focus & Concentration - Gluten-Free - 45 Servings 8

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Dr. Amen brainMD Serotonin Mood Support - 120 Capsules - Promotes Tranquil Mind & Body, Supports Calm, Emotional Balance & Healthy Weight Management - 30 Servings 22

\$49.95



Dr. Amen brainMD Brain & Body Power Max - 420 Capsules - Complete Wellness Support Supplement, Promotes Recall & Retention, Focus, Emotional Balance & Positive Mood - 30 Day Supply 11

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### Special offers and product promotions

- Your cost could be **\$0.00** instead of **\$39.95!** Get a **\$50 Amazon.com Gift Card** instantly upon approval for the **Amazon Rewards Visa Card** [Apply now](#)

### Have a question?

Find answers in product info, Q&As, reviews

### Product description

Do you ever feel tired, or distracted? Our lives are crazy and sometimes we need help feeling energized and staying focused. Focus & Energy offers that natural focus and energy boost, without the jitters or sugar crash that come with caffeinated drinks.

Focus & Energy helps support a healthy metabolic adaptation to cope with stress. Try Focus and Energy to help concentrate so more can get done, easing the stress! Focus & Energy contains five ingredients that work on multiple mechanisms in your brain and body to provide the benefits you need. Caffeine-free green tea extract boosts blood flow and protects energy metabolism. Choline which helps the brain make acetylcholine to enhance concentration and promote calm. Focus and Energy also contain three intensively researched adaptogenic herbal concentrates—ashwagandha, rhodiola, and ginseng—to support the body's adaptive responses to stress, support attention and other mental focus, and increase energy during the day.

#### From the Manufacturer

- BrainMD Health products are manufactured in GMP-certified facilities in North America and tested for purity and potency. We take great care in formulating all of our products to source the best ingredients, at safe and powerful doses, without unnecessary additives.
- Focus & Energy does not contain milk, dairy, gluten, wheat, yeast, soy, eggs, corn, or artificial colors and flavorings.
- Take two to three capsules, twice daily with meals or as directed by a nutritionally informed physician. 30 doses in each bottle.
- Focus & Energy is not recommended to take in the evening, as its energy-enhancing components may interfere with a restful night's sleep.
- Keep out of reach of children. Store at room temperature in a dry place. Do not use if clear neck seal is broken or missing.

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

### Product details

**Product Dimensions:** 2.2 x 1.6 x 3.7 inches ; 2.4 ounces

**Shipping Weight:** 4 ounces ([View shipping rates and policies](#))

**ASIN:** B009ZX6L20


**UPC:** 857568003116

**Average Customer Review:** 40 customer reviews

**Amazon Best Sellers Rank:** #54,173 in Health & Household ([See Top 100 in Health & Household](#))  
#2805 in [Herbal Supplements](#)

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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.

### Sponsored products related to this item



Brain Supplement  
Nootropics Booster -  
Enhance Focus, Boost  
Concentration, Improve...

70

\$14.95

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# Customer Questions & Answers

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## 40 customer reviews

3.5 out of 5 stars



### Review this product

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1,548

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### Showing 1-8 of 40 reviews

[Top Reviews](#)

Gigi  
**Really works!**

May 9, 2017

**Verified Purchase**

This is one of those few products that really works. I noticed more focus, concentration and clarity after just a few days taking this product. I have fibromyalgia and the "brain fog" can be debilitating. This really helps me function and get things done, Excellent!

9 people found this helpful

[Helpful](#) [Comment](#) [Report abuse](#)

mikaila  
**It actually works!!**

January 24, 2019

**Verified Purchase**

For many years I have suffered from severe mental fatigue as I can remember who months where I fight sleep behind the wheel or nod off at work regardless of the prior nights sleep. I am also very sensitive to caffeine or other energy products. So i started to take this product one pill a day and I have noticed after a day or two that my mind almost doesn't fatigue. The BrainMD doesn't give me more physical energy or mental energy like drinking a couple cups of coffee but it makes a huge difference in my overall alertness during the day. So if your story is similar to mines I suggest trying this product because it's amazing.

A couple side effects I've noticed is a slight regurgitation taste in the back of throat if I take this with food. I have taken it without food and have had no side effects but I'm not sure if this needs to be take with food or not.

Maybe it doesn't work for everyone , but even as a one time purchase I'd suggest giving this product a try

One person found this helpful

[Helpful](#) [Comment](#) [Report abuse](#)

Garrett Keniston

**Good, not great.**

April 24, 2016

**Verified Purchase**

This product has help me with focus and impulse control. I'm less moody and much more predictable. So far no side affects like with medication. No jitters or crash. A bit pricey, but at this point I'm willing to accept it.

9 people found this helpful

[Comment](#) [Report abuse](#)

 Steven S.

**Not at first, but a daily staple.**


August 13, 2015

**Verified Purchase**

Medicinal for the body and mind. When I first started taking focus and energy I didn't care much for it. Mostly because I thought it might have been reacting with some supplements I was already taking. However, I take it everyday and it has helped me recover tremendously! I would recommend it.

8 people found this helpful

[Comment](#) [Report abuse](#)

 Amazon Customer

**Five Stars**


May 17, 2017

**Verified Purchase**

Love this product notice a day when I don't take it. Easy on the stomach.

5 people found this helpful

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 Kristie Hix

**I do feel better. Can't wait to see what it will do ...**


January 22, 2018

**Verified Purchase**

Doctor put me on it to help with my stress level. I have been on it for over a month. I do feel better. Can't wait to see what it will do with me taking it longer.

One person found this helpful

[Comment](#) [Report abuse](#)

 M. Briggs

**no positive feelings**

May 18, 2019

**Verified Purchase**

Dr. Amen BrainMD did not make me feel better in any way. It also seemed to negatively interact with some other medication I am taking., (I don't take many.) Heart palpitations came out of nowhere.

[Comment](#) [Report abuse](#)

 DyG

**Three Stars**

October 6, 2017

**Verified Purchase**

I didn't notice any difference.

One person found this helpful

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### Set up an Amazon Giveaway



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**This item:** Dr. Amen BrainMD Health Focus & Energy Dietary Supplement to Support Concentration and Focus, 120 Capsules

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### Customers who bought this item also bought



Dr. Amen brainMD  
Serotonin Mood Support -  
120 Capsules - Promotes  
Tranquil Mind & Body,...

\$49.95



[Ad feedback](#)

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**Disclaimer:** While we work to ensure that product information is correct, on occasion manufacturers may alter their ingredient lists. Actual product packaging and materials may contain more and/or different information than that shown on our Web site. We recommend that you do not solely rely on the information presented and that you always read labels, warnings, and directions before using or consuming a product. For additional information about a product, please contact the manufacturer. Content on this site is for reference purposes and is not intended to substitute for advice given by a physician, pharmacist, or other licensed health-care professional. You should not use this information as self-diagnosis or for treating a health problem or disease. Contact your health-care provider immediately if you suspect that you have a medical problem. Information and statements regarding dietary supplements have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Amazon.com assumes no liability for inaccuracies or misstatements about products.

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