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 "...This is a great product for a fantastic price. Very pleased."
 -MyliSa

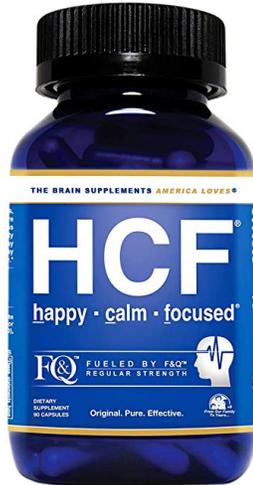
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HCF Brain Supplement with Amino-Acids & Vitamins for Memory, Focus, Attention, Mood, Energy. Improve Sleep

1,069 customer reviews | 111 answered questions

Price: **\$37.95** (\$0.42 / count) ~~\$39.95~~ \$2.00 (5%) & **FREE Shipping**. [Details](#)

In Stock. Sold by HCF AminoScience and Fulfilled by Amazon.



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\$37.95 (\$0.42 / count) Save 5% now and up to 15% on auto-deliveries. [Learn more](#)
Get it Wednesday, Jun 19

One-time Purchase
\$39.95 (\$0.44 / count)

Qty: 1 Deliver every: 1 month (Most common)

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About the product

- **FQ IS DIFFERENT** - Like no other brain supplement, HCF Happy, Calm & Focused is fueled by F&Q amino-acids & other 15+ pure & effective associated neuro-nutrients (vitamins & minerals) which support the F&Q "key" amino-acids to pass through your BBB and finally nutritionally feed your brain.*
- **REGULAR STRENGTH BRAIN SUPPLEMENT** - You get 90 easy to swallow vegetable capsules that come in a secure (sealed for your protection) bottle with a child resistant "Push Down & Turn" cap with audible rattling and simple reclosure system.
- **ENHANCE COGNITION & BOOST MENTAL PERFORMANCE*** - Helps enhance focus*, helps increase attention*, helps improve alertness & memory*, increase concentration*, sustain feeling happy*, boost mood*, feel internally calm*, promotes healthy sleep cycles*, helps curb anxious eating*, strengthens neural pathways*, increase learning abilities*, be energized & strong*.
- **ORIGINAL, EFFECTIVE & PURE FORMULA** - HCF is a hypoallergenic nootropic formula which contains the purest neuro-nutrients obtainable: no preservatives, no chemicals, no coatings, no calories, no sweeteners, no enhancers, no yeast, no fragrance, no dairy, no gluten, no nuts, no wheat.
- **SAFE & HIGH-QUALITY SUPPLEMENT** - We use only high-quality nutraceutical-grade amino acids and associated neuro-nutrients to ensure purity and standardized for maximum effectiveness.* HCF is manufactured according to FDA guidelines in a cGMP certified facility. Safety & quality are our top priorities at HCF AminoScience.

Try the new Enzymes everyone is raving about

Digestive Enzymes with Prebiotics & Probiotics 180 Vegan Capsules - Better ...

\$22.95 ✓prime

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VITAMIN BOUNTY

50 Billion Probiotics - For Gut Flora Support

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Vitamin Bounty - Pro 50 Billion Probiotics

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Neuro Peak Brain Support Supplement - Memory, Focus & Clarity Formula - Nootropic S...

6,391 \$21.04



Vite Vi-Brain - Nootropic Energy Supplement, Natural Brain Vitamins with Tyrosine, ...

6 \$10.00



(3 Pack) Brain Support Nootropic Supplement, Memory, Alertness, Health, Brain...

71 \$29.99

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Special offers and product promotions

Size: 90 Count

- **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



F&Q Is Different

Like No Other Brain Supplement



- ✓ Focus & Attention
- ✓ Concentration & Learning Abilities
- ✓ Alertness & Memory
- ✓ Energy & Strength
- ✓ Calmness & Positive Mood
- ✓ Happy Feelings

WE ARE: Pure Amino Acids, the Building Blocks of Life

F Amino Acid F (DL-Phenylalanine) supports feelings of pleasure, happiness, alertness, energy, motivation, memory, attention, calmness, and sleep to name just a few.*

Q Amino Acid Q (L-Glutamine) helps the mind relax and "tone down" unwanted "mind chatter" which can sharpen a person's ability to focus and concentrate with more clarity and greater cognition.*

The advantage HCF Happy, Calm & Focused has over other brain supplements is simple. Typical brain supplements rely on high-dose "50-ingredients-in-one" glorified multi-vitamins or just herbs to artificially stimulate or inhibit your brain's "feel good" neurotransmitter levels. HCF supports feeding your brain's neurotransmitters with the foundational building blocks F and Q amino acids to help bring happiness, calmness, and focus back into your, and your loved one's, life.

WE ARE NOT: A Quick Herbal Buzz, or an All-in-One that Doesn't Deliver

Herbal Brain Supplements

- Artificial Brain Lift
- Only Stimulates or Inhibits
- Potential Side-Effects



Multi-Vitamin Brain Supplements

- '50 Ingredients-In-1'
- Everything But Kitchen Sink
- Herbal Stimulate Often Added



Other Brain Supplements

- High Dose Isolated Nutrients
- Potential Dangerous Side-Effects
- May Contain Magnesium Stearate



What makes HCF so effective?

HCF Happy, Calm & Focused is an original, pure and effective dietary supplement, considered one of the most exciting discoveries in brain supplementation in decades!*

Special F&Q Recipe:

- **Phenylalanine (F)** is an amino acid of tremendous nutritional importance and a known nutritional precursor to the neurotransmitters dopamine, norepinephrine (noradrenaline), epinephrine (adrenaline) and involved in the release of PEA, phenylethylamine which can sensitize endorphin receptors to endorphins.
- **L-Glutamine (Q)** is an amino acid and a major precursor for the neurotransmitter GABA, or gamma amino butyric acid.
- **Associated Neuro-Nutrients** are what make the HCF formula so highly effective. These absolute, and precise levels of synergistic vitamins, minerals, and other nutrients support the F&Q amino-acids to pass through your blood-brain barrier and finally nutritionally feed your brain.*

These two powerful, key amino acids "F" and "Q" are similarly found in whole-food proteins like fish, milk, cheese, and turkey.

F&Q works by supporting the increase of "feel good" neurotransmitter levels responsible for helping you feel happy, calm, and focused every single day. The more "feel good" neurotransmitters your brain creates, the longer you're able to push. And the longer you can push, the farther you'll go. A single 3 capsule serving of HCF contains a healthy amount of F&Q, supporting the demand of the brain's neurotransmitter levels.

So if we're not eating enough of these F&Q whole-food proteins to rebuild our brain neurotransmitters 'every single day'—could we actually be "starving our brains?"* There is a logical reason why we feel the way we do, and the answer isn't 50-in-1 multi-vitamin brain supplements or herbs that just trick the brain.*

Happy, calm, and focused thoughts don't just happen by accident.* Nourishing our brains with these specific amino acids and associated neuro-nutrients are critical to supporting the manufacturing of these neurotransmitters and maintaining a healthy and balanced brain.*

Product details

Size: **90 Count**

Product Dimensions: 7 x 3.5 x 3.5 inches ; 8 ounces

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

ASIN: B00AAIY5US

UPC: 859646006002 798304003048

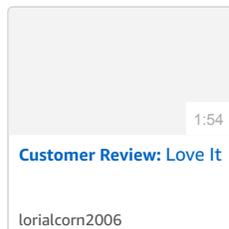
Average Customer Review: 1,069 customer reviews

Amazon Best Sellers Rank: #12,374 in Health & Household ([See Top 100 in Health & Household](#))
#27 in [5-HTP Nutritional Supplements](#)

Product Warranty: For warranty information about this product, please [click here](#)

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Important information

Safety Information

HCF is not a substitute for any medication. If you are pregnant, nursing, or taking monoamine oxidase inhibitors(MAO), consult a physician before taking this product. Phenylketonurics this product contains phenylalanine. Keep out of the reach of children. Store in a cool dry place. Do not use if seal is broken or missing. Do not exceed recommended dose. You may experience some minor side effects as you acclimate to HCF. Some of these effects could temporarily include: sleeplessness, diarrhea, headache, loss of appetite, irritability, sensitivity to bright lights, loss of libido or tiredness. If any of these effects seem too difficult, simply lower your dosage. If these effects do not improve in a few days, if they worsen, or if you experience any serious side effects, discontinue use and contact your physician. Report any Adverse Side Effect to HCF's Office. While amino acid, vitamin and mineral supplements are generally considered safe, you may wish to check with your doctor before taking these or any other dietary supplements. While we include dietary ingredients offered in our product, this list does not help with administering information on possible interactions and contraindications with prescription medications, OTC medicine or other supplements. This needs to be discussed with your physician. If you plan to use a dietary supplement in place of drugs or in combination with any drug, tell your healthcare provider first.

Indications

HCF Happy, Calm & Focused ingredients have been used for decades by a number of renown neuro-scientists for helping to support the increase of key "feel good" neurotransmitter levels. At the core of this renown HCF formula are two key amino-acids called F&Q. Combined with a balanced delivery system of micro neuro-nutrients, HCF supports the increase of "feel good" neurotransmitters in our brain very similar to what you would actually find in whole-food proteins.

Legal Disclaimer

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

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

Proprietary Amino Acids (1,350 mg): DL-Phenylalanine & L-Glutamine; Associated Neuro-Nutrients: Vitamin A 1000 IU, Vitamin E 1.5 IU, Vitamin B1 3 mg, Vitamin B2 3 mg, Vitamin B3 6 mg, Vitamin B6 3 mg, Folic Acid 150 mcg, Vitamin B12 150 mcg, Biotin 150 mcg, Vitamin B5 3 mg, Calcium 30 mg, Iron 3 mg, Magnesium 30 mg, Zinc 6 mg, Chromium 225 mcg; Other Ingredients: Vegetable Capsule Hypromellose, Rice Powder, Vegetable Magnesium Stearate, Silica.

Directions

As a dietary supplement for adults, begin daily taking (3) capsules 30 minutes before breakfast ONLY on an empty stomach with 8oz glass of water.* To accommodate body weight, activity level, stress level and/or inadequate diet, you may increase up to a maximum of (6) capsules per day and/or take at different intervals during the day.*

Sponsored products related to this item



Neuro Peak Brain Support Supplement - Memory, Focus & Clarity Formula - Nootropic S...

6,391

\$21.04

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1,069 customer reviews

3.8 out of 5 stars

5 star		54%
4 star		26%
3 star		9%
2 star		4%
1 star		7%

By feature

Easy to swallow	4.2
Value for money	4.0
Flavor	3.9

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calm and focused	empty stomach	highly recommend	
recommend this product to anyone	brain fog	throughout the day	
noticed a difference	amino acid	glass of water	much better

Showing 1-8 of 1,069 reviews

Top Reviews

stormtrooper

Great product.

December 7, 2016
Size: 90 Count **Verified Purchase**

I bought this for my 10 year old, who has ADD and wanted to try this product. Since he started to take these, he has been more calm, focused and been able to deal with all sorts of issues where he used to express in anger. His homework has gotten a lot better where he has been able to focus and doesn't get as distracted as he used to.

132 people found this helpful

Helpful Comment Report abuse

AO Irish Girl

I looked at the ingredients which appear to be good, EXCEPT for the Folic Acid

March 13, 2017
Size: 90 Count **Verified Purchase**

My 13-year-old son has ADD, OCD, Asperger's, Anxiety and Sensory Integration Disorder. We have tried many things, including medications, you help with his focus problems. Nothing has helped. I heard about HCF through a teacher of a friend's son. She (the teacher) was taking HCF and swears by it. I looked at the ingredients which appear to be good, EXCEPT for the Folic Acid. I was very disappointed to see that. Folic acid (synthetic version of folate) is now known to have detrimental health effects, especially in those with MTHFR variants/mutations (which it now estimated affects almost 50% of the U.S. population). I know about this because I have a variant of this gene, which inhibits my ability to convert folic acid to folate (the form my body can use). Folic acid competes with folate for positions on the cell receptors and bogs down the cell's ability to absorb the bioavailable folate. Having said all of this, HCF does seem to have had a positive effect on my son. His teachers report better focus (initially). And he reported feeling "happy" after the first dose. That effect seems to have worn off, so I think we would have to increase the dose to get the effect we're wanting. However, I can't, in good conscience, continue to give my son something containing folic acid (the full daily recommended amount in one dose), knowing how the body handles it and how it blocks the body's ability to absorb folate and actually builds up in the body (because they

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92 people found this helpful

Helpful Comment Report abuse

Adrienne 84

I thought my 8 year old son had ADHD. ...

January 18, 2018
Size: 90 Count **Verified Purchase**

I thought my 8 year old son had ADHD. We tried countless medications with no luck. They either made him grumpy and intolerant or they jacked him up more. I did some many hours of research and started to wonder if he didn't have ADHD. (Which a doc told me he was) I found these and they have helped him in school and be a much more pleasant human being. It took about 1 whole bottle to really see a change in him. Now if I accidentally forget a day or two, I can really tell the negative in him. Give it a try , if at least for curiosity.

45 people found this helpful

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 **Troy D.** [Top Contributor: Cooking](#)

Changed my life

October 14, 2016
Size: 90 Count [Verified Purchase](#)

I've been suffering with anxiety and depression for some time now, and really have not found anything to be all that effective. For extreme anxiety, Xanax is typically what I take, and is not something you want to take on a regular basis.

I started having some thyroid problems, and my mood became extreme so I was desperate for something to help. A friend of mine who suffers from anxiety and depression had nothing but positive things to say about this, well other than the price, so decided to give it a try.

It seems to take somewhere around 10 days to kind of kick in, but I definitely noticed a reduction in anxiety, and much better sleep. While I get up once during the night, I'm able to get back to sleep and typically get eight hours. Prior to taking this I tossed and turned a lot. It's made a big difference in my daytime sleepiness and cognitive ability.

One pill per day was pretty successful for me, but more recently I had to increase to three as I found they

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46 people found this helpful

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 **Ronin**

G Whether its for you or a loved one, it will make life better for both of you.

August 13, 2015
Size: 90 Count [Verified Purchase](#)

I don't really have time for an in depth review so I will sum it up with some straight to the point verbiag lol., I ordered this for my wife a few years ago when she was going through a very moody and emotional time period, and within a week I noticed a huge difference. Happy and calm. Not sure about the focus part. I re ordered a few times and then we fell on financially tough times and couldn't afford to keep purchasing it. Recently she started going through some of the same stuff so I decided to try it out again. Once again it uplifted her spirits and almost magically gave her an ability to calmly deal with all that life has been throwing at us. She also deals with my bulls*** like a champ. So In conclusion, even if you dont personally need this product, someone in you life might. Which in the end can be just as helpful.

P.s. I probably need it more than her. I'm just egotistical and refuse to take it.

42 people found this helpful

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This item: HCF Brain Supplement with Amino-Acids & Vitamins for Memory, Focus, Attention, Mood, Energy. Improve Sleep Quality, Concentration & Learning Abilities. FQ is Different. (90 Count)

Set up a giveaway



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