HOW TO USE:
Qualia Mind’s™ effects are dose-dependent, varying with body weight, general sensitivity and desired level of effect. The standard dose for most people is 7 capsules. Take Qualia Mind first thing in the morning, preferably on an empty stomach. If you notice any stomach sensitivity, take with food.

For more detailed instructions, contraindications or other questions go to neurohacker.com/faq

FREQUENCY:
Mind is designed to be taken 5 days on and 2 days off each week. This maximizes the benefits while preventing desensitization. It does not matter if the 2 “off-cycle” days are consecutive or apart, so long as they happen each week.

FOR BEST RESULTS:
Good sleep is crucial for optimal cognitive function. Mind is most effective in a well rested brain and is not intended to enhance function during sleep deficit. Sleep cycles may go through an adjustment process the first few days on the product. This is normal. If sleep issues linger, take Mind earlier in the day, lower the dosage, or discontinue use.

DISCLAIMER:
This product contains ingredients* that should not be taken by people on MAO inhibitors, SSRIs, or any other psychiatric medicines. It should not be taken by people with psychiatric or neurological disorders, high blood pressure, heart conditions, endocrine disorders, cancer, Phenylketonuria (PKU) or people on immunosuppressive therapy. It should not be taken by pregnant or nursing mothers, or children under 18. It should not be taken within a 24 hour time period from alcohol or recreational drugs. If any undesired effects are noticed, discontinue product immediately, and seek proper medical attention if needed.

No claims are made about the safety of this product, nor are any medical or psychological benefits claimed.

*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.