



## SUPPLEMENT FACTS

Serving size: 1 level scoop (7.5 g)

Servings per container: 30

AMOUNT PER SERVING		% DV
Calories	25	
Total Carbohydrate	5 g	2% <sup>†</sup>
Dietary Fiber	1 g	4% <sup>†</sup>
Protein	<1 g	
Vitamin C (as ascorbic acid)	180 mg	200%
Vitamin B6 (as pyridoxine hydrochloride)	1.7 mg	100%
Folate (as methylfolate)	200 mcg DFE	50%
Vitamin B12 (as methylcobalamin)	1.2 mcg	50%
Vitamin B5 (as d-calcium pantothenate)	5 mg	100%
Iodine (as potassium iodide)	45 mcg	30%
Magnesium (as magnesium glycinate)	63 mg	15%
Zinc (as zinc citrate)	2.75 mg	25%
Sodium	72 mg	3%
Lion's mane powder (fungi)	500 mg	**
Bacopa extract (stem and leaf)	300 mg	**
Eleuthero extract (root)	300 mg	**
Sage extract (leaf)	250 mg	**
Beta-glucan powder (from baker's yeast)	250 mg	**
Elderberry juice concentrate (fruit)	234 mg	**
L-theanine (from green tea leaf)	200 mg	**
Rhodiola extract (root)	150 mg	**
Schisandra extract (fruit and seeds)	150 mg	**
Ashwagandha extract (leaf and root)	125 mg	**
Phosphatidylserine (from sunflower)	120 mg	**
Coffee cherry extract (fruit)	100 mg	**
Caffeine (from green tea leaf)	25 mg	**

<sup>†</sup>Percent Daily Values are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

**OTHER INGREDIENTS:** Natural flavors, Citric acid, Non-GMO soluble corn fiber, Ginger extract (rhizome), Xanthan gum, Guar gum, Silica, Stevia leaf Reb M.

**FIRST THING®** is your potent daily health shot, taken in the morning when the body can immediately begin to take advantage of the formulation. This shot of botanicals, vitamins, and other nutrients is as powerful as it tastes.

Drink daily to help fortify your mind and body.\*



An immune support blend to help maintain a healthy defense system



An energy blend for healthy vitality, even before your morning coffee



A nootropic blend to help nourish brain health and cognition



A stress defense blend to help promote feelings of calm, balance, and relaxation

For more information visit [FirstThing.com](https://www.FirstThing.com)

**DIRECTIONS:** In the morning, take 1 level scoop and shake with 2–4 oz water. Take daily with food or within 5 minutes of eating.

For 2B Mindset®, **FIRST THING** is a “Freebie” Accessory. For Portion Fix®, **FIRST THING** counts as ½ Green Container.

**No artificial colors, flavors, sweeteners, or preservatives.**

**ALLERGEN STATEMENT:** This product is manufactured in a plant that also processes milk, egg, soy, fish, crustacean shellfish, tree nut, peanut, sesame, and wheat ingredients.

**DISTRIBUTED BY:** Beachbody, LLC, 400 Continental Blvd., Suite 400, El Segundo, CA 90245

**STORAGE:** Store in a cool, dry place.

**WARNING:** Consult with a healthcare professional before use if you are pregnant, breastfeeding, taking any medication, or if you have any medical condition. Keep out of reach of children.

\*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.

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