



1<sup>ST</sup> HEALTH & PERFORMANCE  
GAMING SUPPLEMENT



## WELCOME TO THE THING NOBODY READS

We get it, ain't nobody got time for leaflets. After selling tens of thousands of MADMONQs®, we have only one confirmed sighting of someone reading this: Our CEO's mom. She actually put it on the fridge.

But why won't this strange, thin white thing auto-rotate when I turn it? We hear you. The struggle is real. Anyway, this analog e-book's sole purpose is to tell you more about this mysterious pill that you are about to put in your mouth.

## ABOUT MADMONQ® v2.0

MADMONQ® is the "1<sup>st</sup> health and performance gaming supplement" – a carefully selected blend of some of the best ingredients for brain health and performance, all packed into a purple tablet. It is loaded with stimulants, adaptogens, non-essential amino acids and special blends (like SPECTRA™) to synergistically support your performance. Many of the benefits are immediate, while others take longer to kick in but continue on even after you stop.

There are 28 tablets in a pack. This, we believe, is an ideal monthly regimen. Some days you take 1, some days 2 and other days you take ½ or even none at all. And if you run out before the end of the month? Take a break. Even though we worked hard to make sure you won't develop a tolerance, your body may get used to the "kick". This is why we recommend taking 3–4 days off every month.

## INSTRUCTIONS AND RECOMMENDATIONS

**MADMONQ® is intended to be CHEWED or SUCKED. For best results, take one tablet 15–20 minutes before your gaming session. Do not take more than 2 tablets per day.**

### DRINK ENOUGH WATER WITH MADMONQ®.

When you're in the zone, it's easy to forget to stay hydrated. Water pairs with MADMONQ® like a Summer Steam Sale and an empty wallet. Dehydration causes fatigue, which can hurt your game. Also, stay away from sugary drinks. Just look at what the pros drink during big tournaments!

### FRESHNESS IS GOOD, SO KEEP THE PRODUCT CLOSED AT ALL TIMES!

We chose natural extracts and avoided artificial additives and preservatives, so this part is suuuuper important. We're trusting you here. The natural ingredients are extremely sensitive to moisture and will absorb it if exposed. This may cause discolouration and slight change of hardness.



For best results, keep the small, moisture absorbing bag inside the bottle.

We do not recommend mixing MADMONQ® with alcohol or any other stimulants. MADMONQ® is awesome all by itself.

The questions we get about MADMONQ® range from: Gamer pills? But what do I tell my friends? Can this be considered doping? We've answered the most common on our website's FAQ section.

PLEASE  
READ  
CAREFULLY

NO  
SUGAR

NO  
PRESERVATIVES

NO  
ARTIFICIAL  
FLAVOURS

NO  
ARTIFICIAL  
COLOURS

NON  
GMO

TOOTH  
FRIENDLY

VEGAN

EARTH  
GROWN

GMP  
CERTIFIED  
FACILITY

ISO 13485  
CERTIFIED  
FACILITY

HACCP  
SAFETY

## INGREDIENTS

### SPECTRA™ { blend of 29 proven extracts from fruits, veggies & plants }

One-of-a-kind blend of 29 fruits vegetables and plant extracts shown to boost nitric oxide levels, stimulate antioxidant activity, support efficient cellular oxygen consumption and boost the body's response to free radicals.

### SCHISANDRA { Schisandra chinensis }

Schisandra berries have been used traditionally as performance enhancers and as an adaptogen.

### BRAHMI { Bacopa monnieri }

Bacopa monnieri is a nootropic herb traditionally used for cognitive enhancement, concentration, improved circulation and memory.

### SIBERIAN GINSENG { Eleutherococcus senticosus }

Siberian ginseng is an adaptogenic herb with complex stimulating action. It supports both physical and mental performance and improves recovery.

### RHODIOLA { Rhodiola rosea }

Rhodiola rosea is an adaptogenic herb which promotes cognitive performance and reduces fatigue and exhaustion, particularly during stressful situations.

### EUROPEAN BLUEBERRY { Vaccinium myrtillus }

European blueberries (or bilberries) are a true superfood with strong antioxidant action. They are also one of the healthiest foods for your vision and brain.

### CAFFEINE { Coffea }

Caffeine is a powerful stimulant and a performance enhancer. Ours comes from coffee beans and provides mental stimulation by sensitizing neurons.

### CHOLINE

Choline is a molecule mostly used for its cognition-enhancing properties (turning into acetylcholine, the learning neurotransmitter). Found in high amounts in eggs, particularly in the yolks.

### L-THEANINE { Amino acid from green tea }

L-Theanine is an amino acid that is not common in the diet. It is similar in structure to excitatory neurotransmitters and acts synergistically with caffeine.

### L-TYROSINE { Precursor to dopamine }

L-Tyrosine is a precursor to dopamine and increases its levels. Dopamine is a key neurotransmitter for motivation, focus, productivity and executive functions.

### ACETYL-L-CARNITINE { A compound involved in mitochondrial metabolism }

Acetyl-L-Carnitine is involved in energy metabolism, mitochondrial activation and protection.

### ZINC { Supermineral }

Zinc is an essential mineral and one of the most important micronutrients needed for survival and proper brain performance.

### VITAMIN B6 { Pyridoxine }

Vitamin B6 plays key roles in many brain functions, as well as the central nervous system and energy metabolism.

### VITAMIN B12 { Cobalamin }

Vitamin B12 is a water-soluble vitamin involved in the metabolism of every cell of the body. It also plays an essential role in normal brain functions and nervous system health.

### XYLITOL, ERYTHRITOL AND STEVIA { Great for teeth! }

Polyols (Xylitol, Erythritol) are one of the best natural sugar substitutes. They are extracted from fruits, berries, and birch trees. Stevia is a natural sweetener.

For more info, check out our science page: [www.madmonq.gg/science](http://www.madmonq.gg/science)

