

A circular inset image showing a cluster of bright red guarana fruits with dark, glossy seeds. Below the fruits is a white bowl filled with a fine, brown guarana powder.

## GUARANA EXTRACT

Guarana Extract powder is made from the dried seeds of *P. cupana* or *P. sorbilis*, a woody perennial shrub. It contains an impressive range of stimulants, such as caffeine, theophylline and theobromine. Guarana also boasts antioxidants, such as tannins, saponins and catechins. Guarana produced is used by the beverage industry in soft and energy drinks that acts as an antioxidant that reduce Fatigue and Improve Focus, relieve Chronic Diarrhea and Treat Constipation, Boost Heart Health, and has antibacterial properties which helps in Improve Skin Appearance.