

## **CLARIFY™ –DIETARY SUPPLEMENT**

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Clarify™ –Dietary Supplement is the final result and product of finding a solution to greatly reduce common, but often adverse, symptoms experienced by the cannabis consumer as a possible result of cannabis use. Such adverse symptoms can include; anxiety, moodiness, lethargy, short-term memory loss, mental and physical fatigue, free radicals, diminished mental focus and concentration, and possibly depletion of some vitamins and minerals. What began as an idea and solution to correct these problems for myself (as a medical cannabis consumer), developed into a beneficial daily supplement that can help most adult cannabis consumers with these issues.

The idea and research that developed into Clarify™ came about as a concept to try and resolve the adverse symptoms that can happen and/or be associated with cannabis use. The first thing to be thoroughly researched and resolved was as a remedy for bouts of anxiety that I would commonly experience with moderate to heavy dosing of certain types of cannabis or cannabis products. My personal research and trials revealed that the combined use of specific vitamins, minerals, and herbs in controlled daily amounts (through extensive exploration) greatly reduced the noted symptoms of anxiety and moodiness. Thereafter, further research was continued which combined additional vitamins, minerals, and herbs in precise dosing combinations with one another as a means to reduce and/or eliminate other common adverse symptoms (as stated above).

I requested feedback from participants in two control groups (both cannabis and non-cannabis users) whereby they consumed encapsulated ingredients consisting of precise amounts of vitamins, minerals, and herbs. Participants would then provide weekly feedback as to their experiences with the supplement rations. The recipe was adjusted based upon detailed comments from the participants along with continued research over the series of months until the supplement had demonstrated (within the cannabis consumers) relief from the adverse symptoms, as well as an increase in energy, focus, and productivity while still utilizing the benefits of cannabis for different conditions. The control group (non-cannabis consumers) also reported increases in energy, focus, and productivity. Both groups reported better cognitive performance and overall improved feelings of vitality and enhanced sleep.

Following two years of research, development, and participant use, the result was a dietary supplement composed of a blend of ingredients consisting entirely of herbs, vitamins, and minerals. It performs as an energy boosting, immune supporting, nootropic dietary supplement that reduces anxiety, stress, and promote an overall improved cardiovascular, respiratory, and digestive systems. The final formula for the supplement (Clarify™) has shown noticeable benefits for the cannabis user when taken on a daily basis. All of the vitamins, minerals and herbs contained within Clarify™ were extensively researched to exact daily levels and combinations that actually synthesize with one another to provide optimum support for the cannabis consumer. Also, there is possibly better absorption of cannabinoids within the hypothalamus region of the brain (by external studies).

The creation of Clarify™ had started as a personal use product that was developed into a supplement offering the cannabis consumer increased energy, a strengthened immune system, enhanced cognitive performance, improved mental focus and concentration, reduced anxiety and moodiness, better respiratory health, and increased productivity, clarity and recovery. Clarify™ is derived of vitamins, minerals and herbs and has been designed for the consumer to ingest on a daily basis.