(12) INTERNATIONAL APPLICATION PUBLISHED UNDER THE PATENT COOPERATION TREATY (PCT)

(19) World Intellectual Property Organization
International Bureau

(43) International Publication Date
22 February 2007 (22.02.2007)

PCT

(10) International Publication Number
WO 2007/019685 A1

(51) International Patent Classification:
A23L 1/30 (2006.01) *A23L 1/302* (2006.01)
A23F 3/16 (2006.01) *A23L 2/38* (2006.01)

(21) International Application Number:
PCT/CA2006/001330

(22) International Filing Date: 14 August 2006 (14.08.2006)

(25) Filing Language: English

(26) Publication Language: English

(30) Priority Data:
60/707,618 12 August 2005 (12.08.2005) US

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(81) Designated States *(unless otherwise indicated, for every kind of national protection available)*: AE, AG, AL, AM, AT, AU, AZ, BA, BB, BG, BR, BW, BY, BZ, CA, CH, CN, CO, CR, CU, CZ, DE, DK, DM, DZ, EC, EE, EG, ES, FI, GB, GD, GE, GH, GM, HN, HR, HU, ID, IL, IN, IS, JP, KE, KG, KM, KN, KP, KR, KZ, LA, LC, LK, LR, LS, LT, LU, LV, LY, MA, MD, MG, MK, MN, MW, MX, MZ, NA, NG, NI, NO, NZ, OM, PG, PH, PL, PT, RO, RS, RU, SC, SD, SE, SG, SK, SL, SM, SY, TJ, TM, TN, TR, TT, TZ, UA, UG, US, UZ, VC, VN, ZA, ZM, ZW.

(84) Designated States *(unless otherwise indicated, for every kind of regional protection available)*: ARIPO (BW, GH, GM, KE, LS, MW, MZ, NA, SD, SL, SZ, TZ, UG, ZM, ZW), Eurasian (AM, AZ, BY, KG, KZ, MD, RU, TJ, TM), European (AT, BE, BG, CH, CY, CZ, DE, DK, EE, ES, FI, FR, GB, GR, HU, IE, IS, IT, LT, LU, LV, MC, NL, PL, PT, RO, SE, SI, SK, TR), OAPI (BF, BJ, CF, CG, CI, CM, GA, GN, GQ, GW, ML, MR, NE, SN, TD, TG).

Published:
— *with international search report*

For two-letter codes and other abbreviations, refer to the "Guidance Notes on Codes and Abbreviations" appearing at the beginning of each regular issue of the PCT Gazette.

(54) Title: SUPPLEMENTAL DIETARY COMPOSITION INCLUDING CAFFEINE, TAURINE AND GINSENG

(57) Abstract: A dietary supplement and method for increasing energy and mental alertness of an individual, e.g. a human or an animal, is provided comprising at least Caffeine Anhydrous, Taurine, an extract of American Ginseng Root and extract of Green Tea leaf and tender shoots. Additionally, a method for increasing energy and mental alertness in an individual is also provided.

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