



# FOCUS BRAINER

Maintaining healthy brain will help your mind stay clear and active, so that you can continue to work, rest and play. We hear a lot about keeping our hearts healthy, through following a healthy lifestyle, good diet and getting plenty of exercise. but taking care of our brain is just important. It's the most important organ in our body, so brain health is vital for our overall health, as our brain functions control all our body's functions. What's more, a healthy brain will help your mind to stay alert, active and clear and help to promote good mental health.



ACTIVITY OF THE  
BRAIN ORGANS



INCREASING BRAIN  
GROWTH FACTORS



IMPROVE MENTAL  
ENERGY

**OMEGA-3 fish oil** : Fish oil has an incredible impact on the brain, especially when it comes to mild memory loss and depression, Omega-3 fatty acids are polyunsaturated fats responsible for most of the brain and mental health benefits, Fish oil primarily contains two types of omega-3 fatty acids- EPA and DHA these two fatty acids are components of cell membranes and have powerful anti-inflammatory functions within the body. They are also well known for their critical roles in human development and heart health.

**LECITHIN** : Lecithin contains choline, Clinical research suggests that a diet rich choline can lead to a sharper memory and help people with Alzheimer's. Lipid substances that contain choline, like lecithin, may improve the brain's function pathways.

**GLYCINE** : Glycine may promote sleep and enhance the quality of your sleep through its calming effects on brain and its ability to lower core body temperature, Glycine supports brain health and calms your nerves.

**GINGKO BILOBA EXTRACT** : Ginkgo improves blood flow to the brain and acts as an antioxidant. Some studies have found that in healthy people, ginkgo might modestly boost memory and cognitive speed. ginkgo contains numerous flavonoids, compounds which proponents suggest can protect against aging-related issues such as dementia by improving blood flow to the brain, among other benefits.

**COENZYME Q10** : As CoQ10 levels naturally decrease with age, the mitochondrial function may decrease as well. With lower levels of CoQ10, the number of free radicals in the brain can increase and cause oxidative stress. As such, CoQ10 supplements may reduce free radicals in the brain and protect cells from oxidative damage.

**VITAMIN B1, B3, B5, B6, B12** : B1 Helps nerve & brain communicate, B12 helps maintain healthy nerve cells and red blood cells.

### NOT FOR MEDICINAL USE

This product is not intended to diagnose, treat, cure or prevent any diseases.