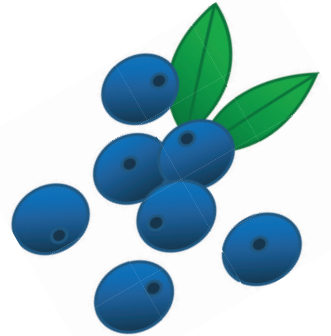


BRAIN FOOD



BRAIN FOOD

AVOCADO:

- contains essential healthy fats which help as a natural source of energy for the brain & supports the production of the memory brain chemical.
- high in a protein that's supports the brain chemical to keep you motivated, focused + improves blood flow to the brain.
- contributes to the prevention & control of alzheimer's.

BEETS:

- increases blood flow to the brain in areas that are lacking.
- high source of choline which increases the memory forming neurotransmitter in the brain.

WALNUTS:

- one of the best plant sources of a healthy fat that supports brain function
- contains the protein to help elevate serotonin to boost your mood.
- contains a unique compound that has anti-inflammatory properties which may reduce brain inflammation.



DARK CHOCOLATE:

- contains a protein that helps produce serotonin, the feel good brain chemical
- good source of the anti-stress mineral magnesium
- it's high in neurotransmitters which promote brain plasticity & help brain cells live longer.
- stimulates blood flow to the brain to aid in memory, attention span, problem solving, mood, and concentration.

BLUEBERRIES: (Wild Blueberries are best)

- one of the highest antioxidant berries which protect the brain from free radical damage & promote healthy brain aging.
- studies have proven that over a period of time, blueberries improved cognitive function + memory.

TURMERIC:

- helps reduce any inflammation present in the brain.
- helps relieve symptoms of brain fog by combating oxidative stress + providing cleaner connections for brain cells.
- exhibits anti-depressant properties.