Brainzyme®

BRAINZYME EBOOK:
THE STARTER GUIDE

Start your journey towards clearer thinking and getting more done.

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Welcome to the **Brainzyme®** eBook!

As a thank you for your recent purchase we have provided you with this ebook to help you get the most out of your Brainzyme® experience. This eBook contains lots of helpful information including articles, FAQs, tips and more! We hope you find it useful and we wish you well on your brain supplement journey!

To contact us, please click the following link: CONTACT US

How to boost energy naturally



We've all worked with at least one person who seems to always have energy, no matter the time of day. And let's face it, most of us would like to be like that person given the opportunity.

Having more energy could have a huge effect on all aspects of your life - you could be more productive, happier and healthier. With this in mind, we asked our team of productivity experts to come up with the best actionable methods that you could try today to boost energy. We've split up the tips into lifestyle, exercise and diet tips.

Lifestyle

Time management

Time management becomes crucial as it gives you more time to take positive steps to increase energy. When trying to fit in a gym class or an extra hour of sleep to your regime, being able to manage your time effectively is crucial.

There are methods you can use to help improve your time management, such as the Pomodoro Technique. The idea behind the technique is that you can break down a task that seems overwhelming and unmanageable into chunks. By doing so, the separate chunks suddenly do not feel so overwhelming anymore. These methods will help you to plan your time in the most effective and efficient way, allowing you to make time for boosting your energy.

Sleep

Another simple but effective method for boosting your energy is to get enough sleep. What is often overlooked is the quality of sleep - switching off blue lights, minimising noises, using blackout blinds can all lead to higher sleep quality.

If you are feeling tired throughout the day, try taking a 10-25 min nap which should re-energize you. Try and limit naps to this length though - any longer and you may wake up feeling even more tired.

Hydration

Drinking water affects everything - your brain, your body, your skin and your mood. Being dehydrated, even mildly so, could impair your cognitive functioning, lower your energy levels and generally make you perform worse on physical and mental tasks.

If you drink sugary drinks (yes, even Coke Zero and other drinks like it count), stop straight away. The huge volume of sugar (or sweeteners) can seriously affect your blood sugar and energy levels, leading to less consistent energy levels throughout the day.

Work/life balance

Seeing your friends, making time for exercise, being aware of your sleep patterns, all of these considerations are part of what constitutes a work-life balance.

We've all been there when work has gotten too stressful and there seems to be an impossible amount of work to get through. It is common for people who experience this to shut down, and feel unmotivated, lethargic and yes, tired. Therefore, making sure there is enough time to do the things you enjoy is crucial for consistent energy. Whatever it is you enjoy doing, make sure you make time to do it. Your body, brain, family and friends will thank you for it.

Exercise

Exercise, in general, has been associated with improved memory and attention span as well as increased levels of hormones and neurotransmitters that make you feel more positive and energised.

These include dopamine, serotonin, and noradrenaline. At the same time, exercise serves as a stress buster, decreasing the symptoms associated with stress, anxiety, and depression. Exercise can also flood your brain with endorphins, making you feel great.

You don't even need to exercise a lot to get the benefits. Even if you aim for 30 minutes of moderate exercise a day (heart pumping fast, breaking into a sweat), this should have a huge impact on many areas of your life - not least your energy.

There are many ways you can squeeze this in, even if you think you're too busy. Most people have an hour for their lunch each day - why not put some headphones in, pop on some music or a podcast (see work-life balance above) and go for a brisk walk for half an hour. Not only will this aid your digestion, but also mean you are much more likely to be more energised for the rest of the afternoon.

Cardio exercises

Cardio refers to exercises that raise the heart rate. An increased heart rate will increase blood flow. This will allow more oxygen to be transported to the muscles. The brain will also enhance the growth of new blood vessels allowing for more oxygen supply (directly leads to greater cognition and energy).



Dance

If you find going on walks or running boring, why not try to dance? Dancing is great as it requires you to coordinate your actions, it's fantastic exercise, and it's very fun. This could include anything from Zumba classes at the gym to Latin dancing classes.

Mild exercise

If you are struggling to make time for a gym session or a run, even mild exercise such as walking or riding the bike to work will have positive effects on your energy levels. If you can't walk all the way to work, why not drive halfway and walk the rest? Taking little steps like this can make such a difference.

Meditation

A great way to complement physical exercise is meditation. Meditation will decrease the beta waves and increase the

alpha waves in the brain. This will have the effect of making you feel more relaxed, calm, focussed and better able to deal with stress.

Meditation has also been associated with boosting mood and reducing anxiety through regular practice. In any case, meditation is a great way of boosting your energy by making you feel calm, yet alert, and by allowing you to take a meaningful break.

Diet

Vitamins and minerals

Another common method of improving energy is to ensure you are obtaining all the essential vitamins and minerals you need. Vitamins are involved in the body's metabolism and that includes such functions as breaking down and releasing energy from foods as well as storing it.

B Vitamins are the best vitamins for energy - so if you are feeling tired, we recommend you try supplementing a good vitamin B complex.

Importantly, vitamins work in antagonistic pairs, so being deficient or supplementing one vitamin will affect the functioning of another.

As always, please check with your GP if you feel like you may be vitamin or mineral deficient before supplementing.



Balanced diet

Generally speaking, when enjoying a balanced diet including fresh fruit, vegetables, meat, fish and dairy products, you should feel more energised than when consuming fast food or processed meals. Eating high-quantity of carbohydrates and fat can fuel up the body - but you should always balance this with other food for best effects.

Nowadays, many people choose alternative diets such as vegetarian or vegan diets. That does not have to be problematic at all. However, when cutting out on foods for whatever reason, make sure to speak to your GP or another health professional about the essential nutrients you may be missing out on where to find them in other foods.

Work smarter, not harder



The motto 'work smarter, not harder' revolves around the concept of managing your tasks and time in a way that will yield a successful result in the least time - and potentially labour - consuming way.

Importantly, that does not mean that the quality or standard of what is being accomplished, suffers from this method. Indeed, the core idea behind 'work smarter, not harder' is to be as efficient as possible.

Tips

So, what does 'work smarter, not harder' look like on a day-to-day basis? These general tips will give you some guidance as well as examples as to how to translate this concept into action.

1. Write down what is on your mind

Have you come across the overwhelming feeling of having lots of things on your mind, not knowing where to start and not being able to focus on what you are trying to achieve? A simple step here is to write down all those ideas and thoughts.

This will help you to focus on what you are doing right now whilst making sure you can tackle the list later on without forgetting about important bits.

2. Organise your thoughts, ideas, and plans

After completing what you have been doing whilst these ideas come to mind, say the walk you were on, the coffee with a friend or that project for work, you want to go over all the ideas jotted down in step 1.

Here, the idea is to organise all these plans and actions in an effective manner. Figure out what of these things is important and should get priority, what actually needs to be done and what just needs to be kept as a thought. You can group things together that fit together, make lists, order the items according to importance - any system that works to give you a meaningful overview.

3. Review your list

This is a good point to maybe take a short break if needed and to come back with a fresh mind. Look over all those grouped items again, review your list and amend if necessary. Maybe you will have had new ideas in the meantime, try to integrate these.

4. Do!

Get started on the lists and work your way through.

5. Be aware of your time and use it well

The importance of time management cannot be understated if you wish to be hyper-productive. If you only have 30-40 minutes to get something done, it may not be worth getting started on a big task. Instead, focus on the simple and quick tasks that only take a couple of minutes to complete, for example, writing that short reply to an email. Later on, when you have more time, these little things won't distract you from the bigger tasks.

If you are finding it difficult to get started, this may be a productive way of procrastinating for half an hour. But be sure to prioritise the important and most necessary tasks whenever possible.

The above 5 simple steps are really useful, but also quite general. In the below sections we will go into more detail of how to work smarter, not harder at school, work and at home.

6. Getting things done (GTD method)



This time management strategy that can be applied to all aspects of life and will help you to keep track of what you need to do, what you have achieved so far and how to organise these actions.

It will also allow you to incorporate new ideas and it involves not only actionable actions such as getting someone's present sorted, but it also includes unactionable actions such as filing that payment confirmation that just came through.

In fact, the GTD method is a more detailed and sophisticated version of the general steps mentioned above. It includes capturing what needs to be done, clarifying and processing these captured ideas, reviewing them, reflecting about them and then engaging.

7. Make use of resources

Try to find out what your resources are when given a project or working on a task. Who can you ask for help if you are struggling, who might be available for a second opinion and what previous projects are out there to guide your understanding of what is expected of you? Being aware of the resources around you, and using the appropriate ones, will help you to excel at your work.

8. Meaningful group work

If group work is required, split up the tasks in a meaningful way, again, making use of the resources available to you within the group.

Before you brainstorm or work as a team, try to each think of ideas on your own and then collect what you have come up with. Tasks that can be done individually in a less time-consuming manner should be done that way.

9. Plan in advance

Whenever possible try to combine tasks. For example, if you need to drop off a book at the library and need to do a food shop on the same day, why not bring your purse and shopping bags with you, return the book

and then do the food shop on the way back home. Sounds very obvious. However, it will require you to plan your day in advance.

10. Time for yourself

Make sure to schedule in time for seeing friends, doing sports, reading a book - whatever it is you would like to do in your free time, especially when at home.



11. Reward

When working smarter not harder, you should find yourself being more efficient. Reward yourself for the time gained. Don't think that being efficient simply means filling up the day with even more work to get through.

12. Reflect

Reflect on your progress, identify areas for improvement and acknowledge what is going well. This will make the experience of working smarter not harder more rewarding and will help you to improve your method for the future.

Someone who has embraced the maxim 'work smarter, not harder' knows that working with efficiency is key.

Brain fog treatment



What is brain fog?

Brain fog can also be described as mental fog or clouding of consciousness. It isn't a medical term as such, but often a sign or a symptom of another issue. Brain fog is an umbrella term describing a variety of issues, which can include:

- Lowered ability to think clearly
- Lowered ability to react and express thoughts
- Low energy
- Lack of focus and concentration
- Memory issues and forgetfulness
- Feeling confused or disorganised
- Feeling disoriented or scattered
- Overall decreased mental performance

No matter what the cause of your brain fog, it can negatively affect your day-to-day life, making it difficult to be productive at work, in university or in your free time.

What is the most common cause of brain fog?

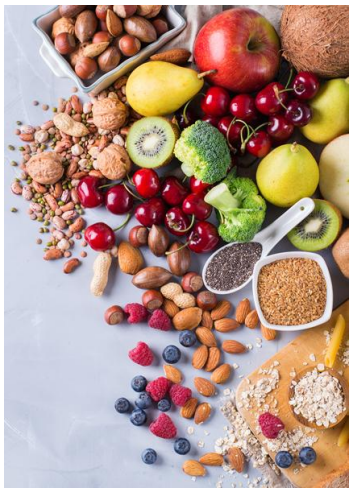
If you aren't on any medication or don't suffer from any medical conditions that may cause brain fog, it's likely that your brain fog is caused by a diet that is lacking in vitamins, minerals and nutrients. This is the most common cause of brain fog.

For example, vitamin B12 is important for brain function and the maintenance of your central nervous system, so a lack of it can lead to brain fog. Lack of vitamin D is associated with lowered cognitive ability.

Excess sugar, carbohydrates, processed foods and alcohol are also some of the cited causes of brain fog. This makes sense, as they don't tend to contain any of the nutrients that are essential for good brain function.

If you are suffering from brain fog regardless of following a healthy lifestyle, we'd recommend seeing a doctor as it could be caused by an underlying issue.

How to treat brain fog at home



Treating brain fog at home comes down to making healthy lifestyle choices. This includes sleeping 7 to 9 hours per night, exercising regularly and managing your stress levels.

Eating a healthy and nutritious diet is very important, too. You should include plenty of fresh fruit and vegetables, whole grains, good fats, and healthy protein sources like fatty fish in your diet. Our brains are made of fat and protein, after all. Foods that contain A, B, C and D vitamins and omega-3 oils may be beneficial for overall brain health.

One aspect of your diet that you might not automatically associate with the brain is improving your gut health with probiotics and prebiotics, which can naturally be found in many foods and in different supplements. Gut health has been associated with cognitive function.

What is the most efficient brain fog treatment?

Maintaining a healthy lifestyle might be the most obvious way to ward off brain fog, but how do you treat it?

The good news is that you have purchased Brainzyme® FOCUS™ supplements which actually help to relieve brain fog in under an hour. Brain supplements, such as Brainzyme® FOCUS™, contain vitamins, minerals and nutrients which you may not be getting from your diet.

These supplements can also be referred to as natural nootropics, as they are made with naturally-sourced ingredients that enhance cognitive functions. Natural nootropics are the easiest way to deliver enhanced brain nutrition, as they are essentially feeding your brain everything it needs and more to function at its optimal level, and therefore get rid of brain fog.

The article following this will go into more detail about brain supplements and how they benefit you.

The best brain supplements for focus

What are brain supplements?



Brain supplements are supplements that support cognitive function (focus, concentration, mental performance, mental energy etc).

They can be classed as a type of nootropic, but the term brain supplement usually refers to natural substances (e.g. superfoods, herbals, amino acids, vitamins, minerals) rather than pharmaceuticals.

Brain supplements for focus or energy can be useful for students, professionals, parents, or anyone who is generally active.

The 10 best brain supplement ingredients that actually work

Below, we have listed our favourite tried and tested supplements for the brain. These are natural brain supplements for memory, concentration and cognition.

1) Matcha Green Tea containing L-Theanine - L-Theanine is an amino acid that has been shown to increase levels of serotonin, dopamine and GABA in the brain, helping reduce anxiety and stress. It can be found in high levels in matcha green tea. Additionally, it can help boost your immune system.

2) Guarana - A South American fruit, guarana seeds are a very popular ingredient in supplements as they can positively affect the brain and central nervous system, making you feel less tired and more alert. Guarana is also often used in energy drinks.

3) Choline, found in cruciferous vegetables and eggs, is another popular ingredient in brain supplements. This is because choline becomes acetylcholine in the human body, which is a neurotransmitter that's important for regulating cognitive processes, mood and intelligence. Interestingly, choline is also very useful for some medical imaging techniques.

4) Ginkgo Biloba comes from the maidenhair tree, native to China. It's one of the world's oldest trees, with fossil records showing that they have been around for at least 270 million years (around the period when the first-ever large carnivores and herbivores came into existence).

Each tree can live thousands of years, and there have been written records showing that in 2600 B.C.E, Ginkgo Biloba was used to treat asthma and bronchitis. The list of the purported benefits of Ginkgo Biloba is extremely long, making it one of the most widely used supplements today, and perhaps one of the most interesting trees in history.

5) Tyrosine - Tyrosine is an important amino acid required for producing some of our main neurotransmitters and hormones. Typically our bodies can produce it themselves, but this process depends on the synthesis of another amino acid found in most dairy products and other high-protein foods. However, some people have a disorder where they can't synthesise Tyrosine on their own or they don't eat enough protein and therefore take supplements with Tyrosine.

Furthermore, Tyrosine is also extremely helpful for those who are under a high amount of stress or are sleep deprived, as it can increase alertness, memory and learning.

6) Panax ginseng - Panax Ginseng is a plant from China. The root of the plant is used to make a popular herbal remedy that Chinese people have used for thousands of years. It has a reputation for having many positive effects on brain health and general wellbeing.

7) Acetyl L-Carnitine is an amino acid. Its name comes from the Latin word for 'meat', as it was first isolated from meat products. It is also found in asparagus, avocado and other vegetables. Acetyl L-Carnitine functions as an antioxidant in your body, which helps to mitigate brain fog. Moreover, Acetyl L-Carnitine might be able to increase metabolism in the brain, which helps boost alertness and cognitive function.



8) B Vitamins - Many brain supplements contain B Vitamins. This is because the European Food Safety Authority (EFSA) has found that B Vitamins contribute to psychological function. They generally help boost mental clarity and get rid of brain fog.

9) Curcumin - Curcumin is what gives turmeric its yellow pigment, and successive studies have shown that it is great for your body and brain. Not only may it help alleviate symptoms of depression, and act as an antioxidant, but it also helps soothe inflammation, a leading cause of brain fog.

10) Probiotics - Probiotics such as Acidophilus have been in the news recently because scientists, doctors and nutritionists have been finding more and more links between the gut and the brain. Ever had a gut feeling about something? That's the most obvious way the gut communicates with the brain, but recent research suggests what's going on in the gut can affect mood, memory, concentration and mental performance.

This is the reason why probiotics are becoming a staple in biohacker toolkits.

The brain supplement ingredients that we have listed above are used across our Brainzyme® FOCUS™ range. You can view all the ingredients in our Brainzyme® FOCUS™ range on pages 23-25 of this eBook.

The ultimate guide to nootropics



What is a nootropic?

A nootropic is "a substance that enhances cognition and memory and facilitates learning." Nootropics might be foods, drinks, supplements, drugs or other substances, and they can improve things like concentration, motivation, wakefulness, performance under pressure or even your mood.

Who uses nootropics?

As nootropics are meant to improve cognitive functions, it is often people who routinely do mentally taxing things who use them. This might include doctors, office workers, computer programmers or other busy professionals. However, the largest market for nootropics is in universities: many students and academics in the UK use them to keep up with demanding workloads or to study for longer around exams.

Many nootropics can also improve wakefulness. Therefore, people like shift workers, emergency services personnel or security guards, who must be awake for long periods, might use them.

What are the most common nootropics in Britain?

The most commonly-used nootropics are the so-called smart drugs. Modafinil is perhaps the most popular one. The Tab found that around 20% of students used modafinil in 2014. This means almost 460,000 users in total. Adderall and Ritalin are also smart drugs. They are quite widely used but people seem to view them with more scepticism than modafinil. There are many other smart drugs available, such as Noopept and Piracetam. However, modafinil, Adderall and Ritalin are the most common pharmaceutical nootropics in the UK. In the UK, nootropic smart drugs are not legal following the 2016 Psychoactive Substances Act.

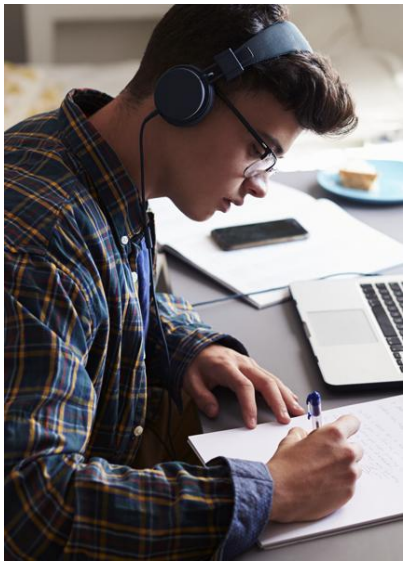
Natural nootropic supplements (such as Brainzyme® FOCUS™) are a legal alternative to smart drugs. They are less frequently used than smart drugs but are quickly growing in popularity. Natural supplements use natural ingredients with nootropic properties, such as matcha tea, guarana, and choline from sources like

broccoli. They do not use pharmaceuticals, which sets them apart from smart drugs.

We prefer natural brain food supplement nootropics rather than pharmaceuticals. The reason for this is:

- They tend to be better value for money.
- They come with fewer side effects.
- They contribute to a healthier lifestyle.
- They can be just as effective as pharmaceuticals.

Why are more people using nootropics?



As mentioned before, many nootropics users in the UK are students. There are several reasons for this. Rising tuition fees make students feel pressure to succeed. Many students are stressed about their futures, so they want to excel academically to secure better jobs. Additionally, students have to juggle many other things alongside studying, so some of them might feel that they need a nootropic to cope with everything they need to do.

Other people who use nootropics have similar concerns. Office workers and professionals find nootropics are a great way to up their game and improve productivity. For many people, their productivity might drop drastically in the afternoon and nootropics can help get rid of that afternoon tiredness and brain fog.

As prices are rising and wages may not always be enough, some people might use nootropics to work longer or harder to help make ends meet, or so that they can take their own performance to the next level.

Competition in the workplace is also higher, and as a result, people who want to secure a promotion might use nootropics to boost their productivity.

Many workers in demanding jobs also feel under pressure. Cuts to public spending mean that doctors, nurses, police officers, teachers and many other vital professions have to get more work done with fewer resources.

Another common reason to try nootropics is anxiety, especially performance anxiety at work or university. If someone's working life becomes more stressful or they need to work additional hours, they might turn to nootropic use to keep up with the higher workload.

People might also take nootropics for job interviews, to help with the anxiety that usually comes along.

Others simply use nootropics for focus. Both short-term and long-term lack of concentration is common, and I'm sure that you've experienced it at least once.

Another common reason to take nootropics is for motivation - having the energy and drive to get out of bed and perform tasks that you don't want to do.

Brainzyme® FOCUS™ ingredients, directions for use, side effects & tips

Our advanced formulas contain plant extracts, vitamins and minerals that are scientifically proven to support concentration, cognition, energy, memory and mental performance.

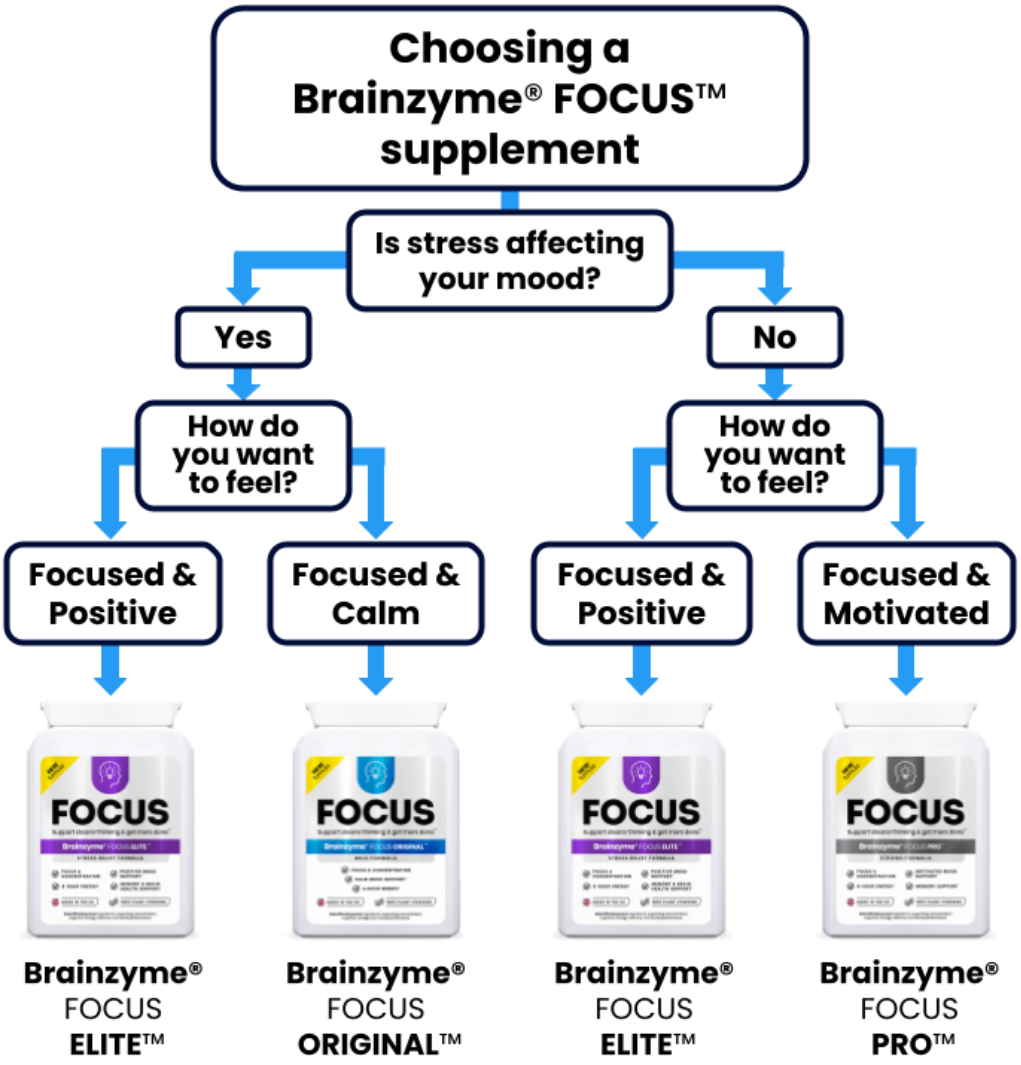
The active ingredients in **Brainzyme® FOCUS ORIGINAL™** include Enhanced Matcha Theanine (EMT™) Blend, guarana, choline, vitamins and minerals.

The active ingredients in **Brainzyme® FOCUS PRO™** include Enhanced Matcha Theanine (EMT™) Blend, guarana, choline, tyrosine, ginkgo, vitamins & minerals.

The active ingredients in **Brainzyme® FOCUS ELITE™** are ginseng, Enhanced Matcha Theanine (EMT™) Blend, ginkgo, acidophilus, guarana, choline, carnitine, curcumin, vitamins & minerals.

All these ingredients are naturally-sourced, so unless you're allergic to a specific ingredient, it is unlikely you will experience side effects.

See pages 23-25 for the full list of ingredients in the Brainzyme® FOCUS™ range.



Directions for use

- **Directions for Use (Aged 16+):** Take 2 capsules, 60 minutes after food, with half a glass of water before and another half immediately after. Alternatively, for a stronger effect, take the capsules at least 30 minutes before food, and/or increase the dosage. Take capsules at least 2 hours away from other supplements and medication.
- **Children aged 10-15:** Open 1 capsule and sprinkle the contents onto food to consume. Alternatively, for a stronger effect, take 1 capsule with water as directed above. Children should try Brainzyme® FOCUS ORIGINAL™ before Brainzyme® FOCUS PRO™ and ELITE™.
- **Maximum Dosage:** Aged 16+: up to 6 capsules per day. Pregnant and breastfeeding women: up to 4 capsules per day. Children aged 10-15: up to 2 capsules per day. Do not exceed the recommended daily dose.

  If you would like some advice on how to maximise the effects, please click here to contact us.
- Please refrigerate Brainzyme® FOCUS ELITE™ after opening, as the product contains a live culture.

Are there any side effects?

Brainzyme® FOCUS™ supplements do not generally cause any side effects for the majority of people.

The most commonly reported side effect is an increased need for water. This can be resolved easily by drinking more water than usual.

Increased thirst (in 20-30% of customers):

Some people find that when they take Brainzyme® FOCUS™ supplements they become more thirsty than usual. This is because the extra 'work' the brain does can mean that it needs extra water, similar to how a person becomes thirsty after doing a workout at the gym. Your brain is doing more work, so it needs more water.

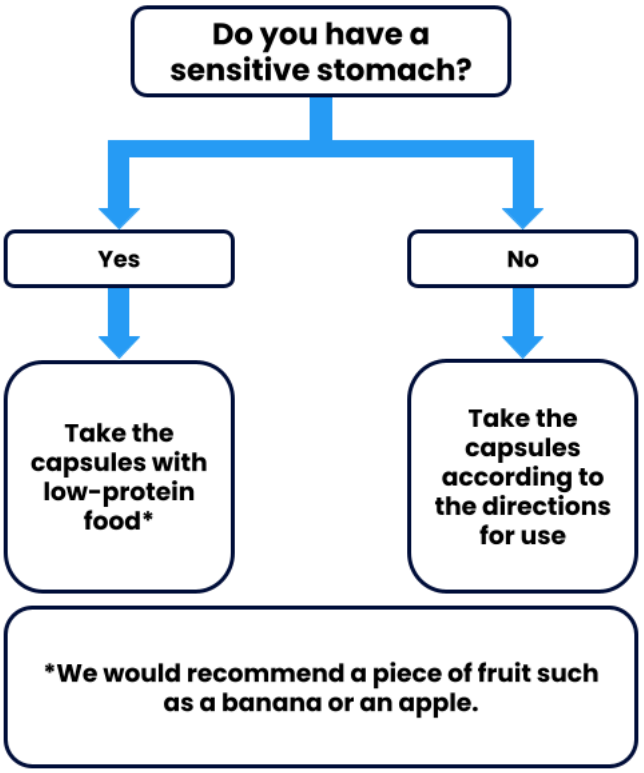
We therefore recommend drinking at least 1-3 extra cups of water throughout the day when taking the supplements.

Difficulty taking on an empty stomach (rare):

For best effect, it's necessary to take Brainzyme® FOCUS™ supplements in isolation from other proteins. We recommend taking the capsules with a large glass of water, 60 minutes after food, or alternatively for a stronger effect, take the capsules at least 30 minutes before food. If you take them with food, the effects may be lessened.

For some people, especially those with a sensitive stomach, taking the capsules on an empty stomach can be difficult. This is likely to be due to the Green Tea's 'tannins' which some people react sensitively to.

Option 1: If you do have a sensitive stomach, please drink extra water, as this will make it easier for your digestion. This typically means between 1-2 cups or 250-500ml of water. Taking half a cup before the capsules and half a cup of water immediately after the capsules can help a lot.



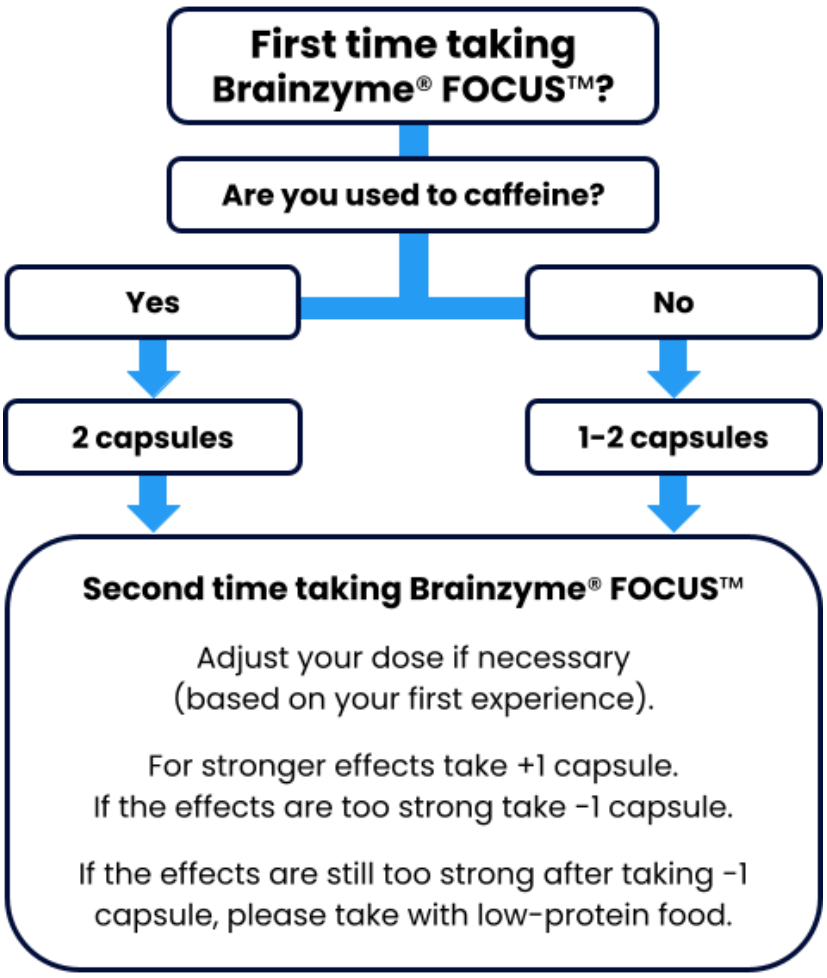
Option 2: You can take the capsules with food as long as it is low in protein, such as a piece of fruit. This is usually very efficient in alleviating issues with sensitive stomachs.

Be careful not to take too many capsules:

Generally, we suggest starting on a lower dose. If you need a stronger effect, please take more. If you feel the effect is too strong, please take less. Do not take more than 6 capsules in one day.

The ideal amount of capsules will depend on your own requirements, such as body weight, metabolism, regular caffeine intake and your overall levels of tiredness, sleep, diet and mood.

The following flow chart is a useful guide to help you determine how many capsules you should take:



Frequently asked questions

What's the difference between the Brainzyme® FOCUS™ products?

Brainzyme® FOCUS PRO™ is for people looking for a strong focus, energy, motivation & memory support.
Brainzyme® FOCUS ELITE™ is for people looking for more focus and energy with stress-relief, positive mood, memory and brain health support.
Brainzyme® FOCUS ORIGINAL™ is for people looking for more focus and energy whilst feeling calm.
The Brainzyme® FOCUS™ Starter Bundle is perfect for first time customers as it includes 1 pack of each Brainzyme® FOCUS™ formula with a 17% discount.

How safe are Brainzyme® FOCUS™ supplements?

Brainzyme® FOCUS™ supplements are very safe. Brainzyme® FOCUS™ nutritional food supplements contain 100% plant, vitamin and mineral ingredients, which are classed as 'food' under UK Department of Health regulations for food supplements and GRAS (Generally Recognised As Safe) under US FDA regulations for dietary supplements.

Our products are compliant with statutory regulations enforced by the Department of Health (UK), Medicines and Healthcare products Regulatory Agency (UK), Food Standards Agency (UK), City of Edinburgh Environmental Health (Scotland), Trading Standards (Scotland) and the European Food Safety Authority (EU).

How have Brainzyme® FOCUS™ supplements been tested?

Brainzyme® FOCUS™ supplements are triple-tested:

1. For exclusion of all 14 FSA (Food Safety Authority) identified allergens, pesticides, toxins and heavy metals.
2. All ingredients have been tested for quality (purity).
3. A full source trace-test in line with the FSA and Trading Standards guidance.

Who can take Brainzyme® FOCUS™ supplements?

Brainzyme® FOCUS™ nutritional food supplements are made from food ingredients and completely safe to take. They are suitable for vegetarians and vegans.

However, Brainzyme® FOCUS™ supplements are not suitable for children under 10. For children aged 10-15, we would advise taking a maximum of 2 capsules per day.

As with other food supplements, if you are breastfeeding, pregnant, under medical supervision or suffer from allergies, you should first take medical advice from your doctor.

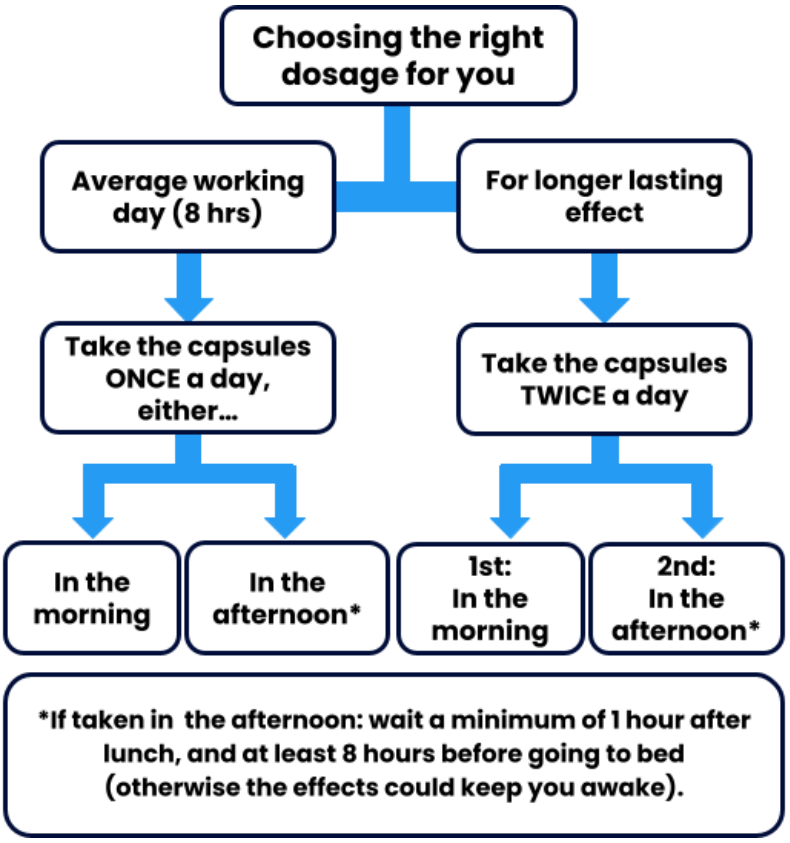
Can I take Brainzyme® FOCUS™ supplements every day?

Yes, you can take Brainzyme® FOCUS™ supplements every day. In addition to the effects you feel within an hour, there are benefits of taking Brainzyme® FOCUS™ supplements over a longer period (several weeks or months) as your body and brain absorb the vitamins and minerals.

We suggest taking Brainzyme® FOCUS™ supplements daily for at least 30 days in order to maximise the effects. Additionally, some customers like to switch between formulas from time to time to maximise the tangibility of the effects.

How often should I take Brainzyme® FOCUS™ supplements per day?

The following flow chart shows when, and how often, you can take Brainzyme® FOCUS™ supplements on both an average working day, or if you want a longer lasting effect.



How can I maximise the benefits of Brainzyme® FOCUS™ supplements in the long-term?

You can maximise the benefits of Brainzyme® FOCUS™ supplements in the long-term by switching between the different Brainzyme® FOCUS™ formulas from one day to another.

The formulas work in different ways, so using another formula has the beneficial effect of using the brain differently.

Another method is to stop taking the capsules at the weekends or when you are not working or don't need to be at 100%. This will give your brain time to relax and change gear so that when you take the capsules again, you can take it up to a higher level of productivity.

Can I take Brainzyme® FOCUS™ ORIGINAL™, PRO™ and ELITE™ together at the same time?

Yes, it is safe to take different Brainzyme® FOCUS™ supplements together on the same day. However, this might not give you the strongest effects, as the formulas work in different ways.

We usually recommend sticking to one formula per day. If you have all three Brainzyme® FOCUS™ supplements at hand, you can choose the formula that best suits your requirements for the day.

Some customers like to switch formulas during the week, for example by taking Brainzyme® FOCUS PRO™ Monday-Wednesday for a strong start to the week, and then switching to Brainzyme® FOCUS ELITE™ Thursday-Friday for a more relaxed and happy transition into the weekend.

Can children take Brainzyme® FOCUS™ supplements?

Yes. Children aged 10-15 should start with one capsule of Brainzyme® FOCUS ORIGINAL™ initially.

Open the capsule and sprinkle the contents onto food to consume. Alternatively, for a stronger effect, take 1 capsule, 60 minutes after food, with half a glass of water before and another half immediately after.

Once they have tried Brainzyme® FOCUS ORIGINAL™, to try Brainzyme® FOCUS PRO™ or ELITE™, follow the same method.

Brainzyme® FOCUS™ supplements are not recommended for children under the age of 10.

Can I take Brainzyme® FOCUS™ with existing medications?

Brainzyme® FOCUS™ nutritional food supplements contain 100% plant, vitamin and mineral ingredients, which are classed as 'food' under UK Department of Health regulations for food supplements and GRAS (Generally Recognised As Safe) under US FDA regulations for dietary supplements. Thus, they are generally safe to take for all customers.

However, we would suggest you take Brainzyme® FOCUS™ supplements at a different time of day to your existing medication and start with only one capsule to evaluate how you feel. If possible, it is advisable to leave a minimum of 2 hours between taking medication and taking Brainzyme® FOCUS™ supplements.

Extra tips

Here is a list of some further tips you can try in order to achieve the best effects from your Brainzyme® FOCUS™ supplements.

Please note: the effects will depend on each individual person and we recommend trying out different options to find the most suitable method for you.

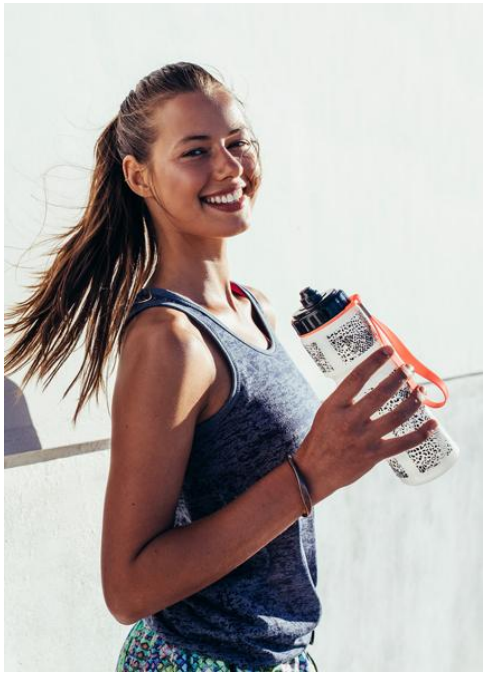
Alternative ways of taking Brainzyme® FOCUS™ supplements:

- **Open the capsules and mix the contents with a glass of water**, which you could drink immediately (or leave under your tongue for approximately 1-2 minutes or longer, termed a 'sublingual intake'). Doing this should work equally as well as swallowing the capsules, but the results would depend on your metabolism.

- **Open the capsules and sprinkle the contents onto food that is low in protein**, such as a piece of fruit. Doing this should work equally as well as taking the capsules 60 minutes after food, but the results would depend on your metabolism.

We find that when our customers are **doing work that actively requires thinking, the results are more discernible.** For example, watching TV or going for a walk after taking Brainzyme® FOCUS™ supplements might not have a strong discernible effect, but if you are reading, doing computer work or something that requires concentration, you will find the supplements have a more tangible effect.

Take the supplements consistently over a long period. The benefits of each supplement can increase over time as your body and brain absorb the vitamins and minerals. Brainzyme® FOCUS™ supplements have two effects: short-term and long-term. The short-term effects last up to 8 hours. There are also benefits of taking the supplements over a longer period, as the vitamins and minerals build up in your body and brain. You would therefore see short-term effects and long-term effects (i.e. benefits after several weeks of use). You can take Brainzyme® FOCUS™ supplements for as long as you need.



In conjunction with taking Brainzyme® FOCUS™ supplements, it is very important to **maintain a healthy lifestyle** for good mental performance. The key things to remember are:

- **Drink more water.** Even mild (1%) dehydration impairs cognitive performance such as working memory.
Ref: Dr. Matthew S. Ganio, British Journal of Nutrition.

- **Do some exercise.** Aerobic exercise can improve multiple aspects of cognition and brain function.
Ref: Dr. Charles H. Hillman, Nature Reviews-Neuroscience.

- **Sleep properly.** Sleep plays an important role in memory, both before and after learning a new task.
Ref: Dr. Robert Stickgold, Harvard Medical School.

Nutritional information

Brainzyme® FOCUS **ORIGINAL™**

Two capsules provide:		**NRV%**
Enhanced Matcha Theanine (EMT™) Blend*	400mg	-
Guarana seed*	330mg	-
Choline	195mg	-
Bromelain (1,200GDU/g)	20mg	-
Piperine (95%)	10mg	-
B5 Pantothenic Acid	10mg	166
Iron	4mg	28
Zinc	3mg	30
Vitamin B6-Pyridoxine	2.8mg	200
Vitamin B1-Thiamine	2mg	182
Iodine	100µg	66
Vitamin B12	5µg	200

NRV = Nutrient Reference Value
*** = equivalent weight**

Brainzyme® FOCUS **PRO™**

Two capsules provide:		**NRV%**
Enhanced Matcha Theanine (EMT™) Blend*	350mg	-
Guarana seed*	330mg	-
Choline	290mg	-
Ginkgo Biloba*	240mg	-
L- Tyrosine	230mg	-
Magnesium	56mg	15
Piperine (95%)	21mg	-
Bromelain (1,200GDU/g)	20mg	-
Maca Root*	20mg	-
Vitamin C	16mg	20
Vitamin B3-Niacin	8mg	50
Iron	4.2mg	30
Vitamin D3	400iu	200
Zinc	3mg	30
B5 Pantothenic Acid	3mg	50
Vitamin B6-Pyridoxine	2.8mg	200
Vitamin B1-Thiamine	0.56mg	50
Vitamin B9-Folate	400µg	200
Iodine	75µg	50
Vitamin B12	5µg	200

NRV = Nutrient Reference Value
*** = equivalent weight**

Brainzyme® FOCUS **ELITE™**

Two capsules provide:		**NRV%**
Panax Ginseng*	400mg	-
Enhanced Matcha Theanine (EMT™) Blend*	350mg	-
Guarana seed*	330mg	-
Organic Turmeric & Pure Curcumin	270mg	-
Ginkgo Biloba*	240mg	-
Choline	195mg	-
N-Acetyl L-Carnitine	150mg	-
L. Acidophilus (150Bn CFU/g)	120mg (18 Bn CFU)	-
Cinnamon (5:1)*	100mg	-
Magnesium	56mg	15
Maca Root*	30mg	-
Piperine (95%)	21mg	-
Bromelain (1,200GDU/g)	20mg	-
Vitamin C	16mg	20
Vitamin B3-Niacin	8mg	50
Vitamin E	9iu	50
Iron	4.2mg	30
Vitamin A	1333iu	50
Vitamin D3	400iu	200
Zinc	3mg	30
B5 Pantothenic Acid	3mg	50
Vitamin B6-Pyridoxine	2.8mg	200
Vitamin B2-Riboflavin	0.7mg	50
Vitamin B1-Thiamine	0.56mg	50
Vitamin B9-Folate	100µg	50
Iodine	75µg	50
Vitamin B7-Biotin	25µg	50
Chromium	20µg	50
Selenium	13.8µg	25
Vitamin B12	5µg	200

NRV = Nutrient Reference Value
*** = equivalent weight**



Thanks for reading!

Thank you for reading through our eBook. We hope you have found it useful and that you now have a better understanding of how our brain supplements work. You can now look forward to clearer thinking and getting more done!

To contact us, please click the following link: CONTACT US