


HOW TO USE BRAIN-HEALTH



www.projectbrainhealth.co.za

 @BrainHealthSA

1

Sprinkle Two Scoops of **Brain Health** over: Porridge (cold or warm, not hot), Unsweetened Yoghurt or a Breakfast Smoothie

2

The unique, chocolatey-vanilla flavoured granular formula of **Brain Health** makes it easy to use, even for small children, invalids and the elderly.



3

If the Omega-3 softgel is too large, puncture and soak into a small piece of toast with sardine (or share the Omega-3 with someone you love, and purchase smaller caps to make up the dosage).

4

BRAIN HEALTH

MAY HELP IMPROVE

EXAM RESULTS

ADHD

DEPRESSION

HYPERACTIVITY

LEARNING

IQ MEMORY

ALZHEIMERS

PARKINSON'S



DOSAGE

Children:

3 - 7 Years

1 x Scoop Daily

+1 x Omega -3 Soft Gel

Adults

8 Years +

2 x Scoops Daily

+ 1 Omega -3 Soft Gel

Two scoops Brain Health is the equivalent of 11 Capsules taken daily. This is the amount of nutrients Required to Nourish your Brain Effectively For Optimum Functionality