



Nutritional Frontiers

breaking through nutritional boundaries

WELLNESS

BRAIN AND MOOD SOLUTIONS

ACTIVITY

	A.M.	Noon	P.M.	Duration	# per week
Walking					
Aerobic					
Strength					
Flexibility					

RELAXATION & SLEEP

	A.M.	Noon	P.M.	Duration	# per week
Deep Breathing					
Meditation					
Yoga					
Hobbies					
Other _____					

NUTRACEUTICALS

	A.M.	Noon	P.M.	With or without food
Brain Boost II				
NeuroMax				
Mood Lift II				
Neuro Tincture				
Calm Day				
Other _____				

HEALTH CARE PROFESSIONAL NOTES:

* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.



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THE BRAIN AND MOODS

The brain is the most complex part of the human body and requires care to function properly. The brain is the driving force for human intelligence, interpreting the senses, initiator of body movement, and the controller of behavior. Because the brain is so important for us to even function properly it is important that we care for it by keeping it healthy. Supplements designed to keep the brain healthy are the best choice for naturally and safely maintaining brain health. With the Brain and Mood solutions maintaining or improving brain health is easy.

SYMPTOMS OF BRAIN AND MOOD DEFICIENCIES

- | | | |
|---|--|---|
| <input type="checkbox"/> ADHD/ADD | <input type="checkbox"/> Daytime sleepiness | <input type="checkbox"/> Trouble making decisions |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Eating too much | <input type="checkbox"/> Bipolar disorder |
| <input type="checkbox"/> Dysthymic disorder | <input type="checkbox"/> Low energy | |
| <input type="checkbox"/> Poor appetite | <input type="checkbox"/> Low self-esteem | |
| <input type="checkbox"/> Trouble sleeping | <input type="checkbox"/> Trouble concentrating | |

THE BRAIN AND MOOD SOLUTION



Brain Boost II:

Take 3 capsules per day with food



Neuromax:

4-11 years old: 1/2 Tablespoon, twice daily

Over 12 years old: 1/2 Tablespoon, 3 to 4 times daily



Mood Lift II:

Take 2 capsules 1-2 times per day

ABOUT THE BRAIN SOLUTIONS NUTRACEUTICALS

Brain Boost II:

- Cellular energy levels in the brain
- Cognitive function
- Memory recall
- Mental alertness
- Nerve conduction
- Neurotransmitter production
- Oxygen uptake by brain cells

Neuromax:

- Balancing behavior and socialization skills
- Helping to cope with stress
- Improving mental clarity
- Supporting immune system function

Mood Lift:

- Depressed Mood
- Eating disorders
- Sleep disturbances
- Neurological Disorders
- Mental alertness
- Nerve conduction
- Neurotransmitter production
- Oxygen uptake by brain cells

FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> • Raw fruits • Raw vegetables <ul style="list-style-type: none"> • Lightly steamed, stir-fried, or roasted veggies • 100% whole grains (wheat less frequently) • Oatmeal • Legumes • Olive oil • 6-8 glasses of pure water • Unroasted nuts and seeds 	<ul style="list-style-type: none"> • Clean meats (organic, wild game- no hormones or antibiotics) • Wild fish, shellfish • Unprocessed fruit and veggie juices • Organic & free range eggs • Coconut oil, high oleic unrefined safflower oil • Peanuts (raw) 	<ul style="list-style-type: none"> • Pasteurized dairy • Pizza • Alcohol • Coffee • Canned foods • Sweets, cane sugar 	<ul style="list-style-type: none"> • Hydrogenated and partially hydrogenated fats & oils (margarine, fried foods, commercial peanut butter, etc.) • Artificial sweeteners (aspartame, Splenda a.k.a. sucralose, Sweet N'Low, etc.) • Soda • White bread • Fast food • High fructose corn syrup and seeds

