



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				
IQity				
Omega 3D				
Mood Lift				
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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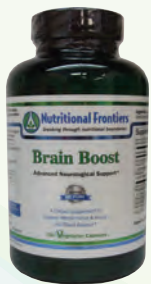
THE BRAIN AND MOODS

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:

Take 3 capsules 1-2 times per day



IQity:

Take 1 capsule, 2-3 times per day with food



Omega 3D:

Take 2-6 capsules or 1 teaspoon (Liquid) with food

ABOUT THE BRAIN SOLUTIONS NUTRACEUTICALS

Brain Boost Supports:

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

IQity:

- Helps to stabilize levels of the stress hormone cortisol
- Supports neurotransmitters that optimize mood
- Works to regulate melatonin, a hormone that regulates sleep
- Helps to manage stress-related challenges such as irritability, emotional ups and downs, restlessness, tense muscles, poor sleep, and concentration challenges.
- Shown to reduce stress related cravings for carbohydrates

Omega 3D:

- Recommended for:
- Cardiovascular health
- Hair and skin health
- Support of blood pressure within normal ranges vascular integrity and cardiovascular health
- Healthy nervous system and organ function
- Joint and bone health and comfort
- Gastrointestinal, respiratory, and immune system health
- Support of hormone balance within normal ranges

FOOD

Everyday	Moderation	Rare Occasions	Never
<ul style="list-style-type: none"> • Raw fruits • Raw vegetables • 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

