



# BRAIN

00330



GLUTEN FREE



VEGAN



## DESCRIPTION

Brain is a product prepared with a mix of beneficial adaptogenic plants for all sports that involve concentration.

It becomes useful in all activities that require coordination skills (eye motor, motor anticipation, balance, synchronization) and tactics.

The main functions of this dietary supplement are to promote memory, relaxation, and physical and mental tone.

## INDICATIONS

Food supplement based on L-theanine and vegetal extracts Bacopa, Ashwagandha and Rhodiola:

Bacopa improves memory and cognitive functions; Ashwagandha improves relaxation and mental wellbeing with Rhodiola has a tonic action in case of physical and psychical fatigue .

## INGREDIENTS

Bacopa (Bacopa monnieri (L.) Wettst.) aerial part Dry extract tit. 20% in bacosides; Rhodiola (Rhodiola rosea L.) root Dry extract tit. 3% in salidrosideosides; Ashwagandha (Withania somnifera (L.) Dunal) root Dry extract tit. 2.5% in

withanolides; L -theanine; Hydroxypropyl methylcellulose; Anti-caking agents (*Silicon dioxide; Magnesium salts of fatty acids*)

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## HOW TO USE

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2 capsules per day to be swallowed with plenty of water.

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## PACKAGE

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60 capsules of 510 mg

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## STORAGE

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Store in a cool, dry place away from heat sources.

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## NUTRITIONAL VALUES

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Quantities per recommended daily dose (2 capsules)	
Bacopa (Bacopa monnieri (L.) Wettst.) Dry extract tit. 20%	200 mg
of which bacosids	40 mg
Rhodiola (Rhodiola rosea L.) Dry extract tit. 3%	200 mg
of which salidroside	6 mg
Ashwagandha Dry extract tit. 2,5%	200 mg
of which withanolids	5 mg
L -theanine	200 mg

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## WARNINGS

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Do not exceed the recommended daily dose. Keep out of the reach of children under three. Supplement should not be considered as substitute for a varied and balanced diet and healthy lifestyle.

**Brand and product owned by:**  
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