

brainfood

enhance your productivity

ingredients



Green tea enhances memory and focus and fights mental fatigue. It contains catechins which help you relax mentally and maintains your focus. Safely enjoy two small cups a day. Rich in antioxidants, amino acid and vitamins.



Avocado contributes to a healthy blood flow which is required for a healthy brain.



Seeds contain a lot of protein beneficial fat and vitamin E as well as stress releasing antioxidants and important brain boosting minerals like magnesium.



Wheat germ is a powerful brain booster, because it is rich in selenium.
