

brainfood

enhance your productivity

ingredients



Salmon – king of the ocean – is rich in protein, vitamin A & C and brain boosting omega 3.



Tomatoes are a fantastic brain food with a unique antioxidant source which helps protect the brain against free radical damage.



Dark chocolate is rich in antioxidants and natural stimulants which increase endorphins to enhance focus and concentration.



Brown rice will help maintain concentration and improve memory because it has the perfect mix of carbohydrates and fibre to fuel the Brain.
