*Type your name and surname here*

Supercharge your brain

The brain has a basic need for sleep and nutrition. There are certain foods you can eat and nutritional habits you can develop that may help your brain function better.

Your brain needs amongst others the following:

Plenty of choline

More omega-3

Less carbohydrate

Moderate use of caffeine

Adequate sleep

For more information, contact your nearest Vital Pharmacy:

Health Pharmacy Club Pharmacy Vital Pharmacy

PO Box 678 Private Bag X123 PO Box 9

PRETORIA CAPE TOWN JOHANNESBURG

0001 8000 2000

*Students should use the Tab, Caps Lock, Shift and Enter keys correctly.*

*[10] Marks for accuracy*