*Type your name and surname here*

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*Main heading: uppercase, 14pt, bold, underline, center*

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**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.

*Alignment: Full/Justified ✓*

Your brain needs amongst others the following:

1. Plenty of Choline
2. More Omega-3
3. Less carbohydrate
4. Moderate use of caffeine
5. Adequate sleep

*Bold, italic ✓*

1. ***Choline***
   1. Choline is a B-vitamin.
   2. Choline has a positive effect on the brain's memory center, the hippocampus.
   3. Choline is found in fish.

*Bold, italic ✓*

1. ***Omega-3***
   1. Cod liver oil contains high levels of omega-3 fatty acids.
   2. Studies have shown that the IQ of children, who take cod liver oil, is significantly higher.

*Bold, italic ✓*

1. ***Carbohydrate***
   1. Carbs are an essential part of nutrition, but most of us eat more than we need.
   2. When given an overdose of carbs, our bodies essentially shut down, making us sleepy.

*Bold, italic ✓*

1. ***Caffeine***
   1. Caffeine is a stimulant and is found in coffee, chocolate, and many carbonated beverages.
   2. Caffeine is addictive and too much of it can cause sleeplessness.

*Bold, italic ✓*

1. ***Sleep***
   1. The brain learns better with a good night's sleep of at least 7 hours.
   2. The brain needs sleep to function properly.
   3. Sleep helps the brain consolidate memories.

For more information, contact your nearest Vital Pharmacy:

Health Pharmacy Club Pharmacy Vital Pharmacy

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0001 8000 2000

*Apply multi-level numbering and indent text correctly: 8 marks*

*[20] Marks for manipulation*