

Focus & Brain Guide

A companion guide to your Focus & Brain Bundle

Supporting a Clear, Focused Mind

Mental clarity and memory aren't just about what you take — they're shaped by sleep, stress, movement and what you eat, working alongside the right herbal support. This guide pairs with your Focus & Brain Bundle to help you build simple daily habits that support sharper thinking and steadier focus.

Daily Habits for Mental Clarity

- Protect your sleep — memory consolidation happens overnight; 7-9 hours matters more than any supplement.
- Take real breaks — short breaks every 60-90 minutes support sustained focus better than pushing through.
- Move your body — even a short walk increases blood flow and oxygen to the brain.
- Limit multitasking — single-tasking in focused blocks supports deeper concentration.
- Stay hydrated — even mild dehydration measurably affects concentration and mood.

Foods That Support Brain Health

- Oily fish, walnuts & flaxseed — omega-3s support healthy brain structure and function.
- Blueberries & other berries — antioxidants traditionally linked to memory support.
- Leafy greens — rich in nutrients that support cognitive health over time.
- Dark chocolate (in moderation) & green tea — support alertness and focus.
- Turmeric — traditionally used to support healthy brain function.

How Your Bundle Supports You

Adaptonerve is an adaptogenic tincture traditionally used to help the body and nervous system adapt to daily stress — supporting the calm, steady focus that clear thinking depends on.

Neuro Q10 combines Ginkgo, Lion's Mane, Bacopa, Ashwagandha, Turmeric, Salvia, Rosemary, Rhodiola, Bilberries, Lemon Balm, Coenzyme Q10 and Black Pepper — a broad-spectrum formula traditionally used to support memory, mental clarity and healthy blood flow to the brain.

Memory Boost combines Schisandra, Rosemary, Peppermint, Ginseng, Wood Betony, Gotu Kola, Cayenne Pepper, Ginkgo and Lemon Balm — traditionally used to improve memory, mental stamina, and alertness, rounding out your bundle's full daily support for focus and recall.

A Simple 5-Day Brain-Boosting Meal Plan

Light, nutrient-dense meals that support steady energy and focus through the day.

Day	Breakfast	Lunch	Dinner
1	Oats, walnuts & blueberries	Salmon & leafy green salad	Turmeric lentil curry & rice
2	Green tea & eggs on wholegrain toast	Quinoa, avocado & spinach bowl	Grilled fish & steamed greens
3	Smoothie: berries, spinach, flaxseed	Leftover curry	Stir-fried veg with ginger & garlic
4	Oats with cinnamon & walnuts	Big mixed salad, chickpeas	Baked fish, sweet potato, broccoli
5	Eggs, avocado & greens	Quinoa bowl with roasted veg	Vegetable & lentil soup

Tip: take your Adaptonerve, Neuro Q10 and Memory Boost as directed, ideally at the same time each day to build a consistent routine.

Your Simple Weekly Checklist

Habit	Goal
Sleep	7-9 hours nightly
Focused work blocks	60-90 min with real breaks
Water	6-8 glasses daily
Bundle	Take Adaptonerve, Neuro Q10 & Memory Boost as directed

This guide is for general educational purposes and reflects traditional herbal use. It is not medical advice and does not diagnose, treat, cure or prevent any disease. Please consult your healthcare provider before starting any new supplement, especially if pregnant, nursing, or taking chronic medication.