

MindCare BALANCE- our nutritionist's guide

MindCare BALANCE has been developed as part of our wellbeing range to support times of stress and anxiety, with use of important nutrients including methylated B vitamins, vitamin D3, omega-3 fatty acids - EPA and DHA, and importantly, magnesium and l-theanine. Before you begin supplementation, we have prepared some additional information about this product which you may find useful for optimal results with your nutrition regime.

How to maximise absorption

Each box contains 30 fish oil capsules and 30 micronutrient capsules. We recommend that you take 1 of each at the start of a meal (breakfast, lunch or dinner, for example) and, to maximise



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the absorption of the fish oil, we recommend that the meal preferably contains a source of fat (e.g. oily fish, olives, avocado, nuts or seeds) as this will stimulate the body's natural production of bile and digestive enzymes, which will further aid the absorption of the fish oil.

Dosing guidelines

You only need to supplement with 1 fish oil capsule and 1 micronutrient capsule per day to receive the full serving of the supplement.

Taking other supplements alongside MindCare BALANCE?

Many people take other supplements alongside *MindCare BALANCE*. Whilst this is generally fine, please do pay attention to your total nutrient intake each day, ensuring you do not exceed the upper limits of 25mg for zinc and vitamin B6. If you do find that by combining your supplements, the above limits are exceeded, we recommend reducing your daily serving of one or both of your supplements to a half dose, depending on your personal requirements.

Due to the importance of vitamin D and the incidence of vitamin D deficiency, many Igennus customers are also already supplementing with a vitamin D supplement such as *Pure & Essential Daily Vitamin D3 2000iu*. As *MindCare BALANCE* contains 1000iu (25µg) vitamin D per serving (half the amount of *Pure & Essential Daily Vitamin D3 2000iu*), we recommend reducing your vitamin D supplement by half. So if you are taking 1 *Pure & Essential Daily Vitamin D3 2000iu* per day, take one every other day instead.



If you're still unsure, feel free to contact us..

Fishy smell and taste

The fish oil used in *MindCare BALANCE* is derived from small, sustainable, oily fish and therefore may have a natural odour. We have added natural lemon oil to the capsules to help overcome any fish reflux. For this reason, we also recommend taking the supplement at the start of a meal rather than at the end, as it may sit in the stomach for a longer period leading to reflux. In the same instance, ensure you do eat something when you take your supplement as the digestive enzymes you will naturally produce when consuming food will also support the quick digestion of the capsule and prevent it from sitting in the stomach.

Swallowing difficulties?

Those of our customers who report problems swallowing capsules tell us they struggle more with the fish oil capsule than the micronutrient capsule. If you do find swallowing capsules a challenge, the natural lemon oil contained within the fish oil capsule largely disguises any fish odour or flavour, so you could consider piercing the capsule and mixing the oil into a fluid or yoghurt for easier consumption. If you do this, please consume the oil as soon as possible as it will no longer be protected from oxidation.

....another note on oxidation

We have added vitamin E to the formulation to protect the oil from oxidation within the capsule. As stated above, opening the capsule will expose the oil to oxidation and is therefore only recommended if you are going to consume it straight away.

Similarly, please do not store the capsules anywhere warm (room temperature is generally fine). If you are lucky enough to live in a warm climate, it might be worth considering refrigeration at the hottest times of year. Although the foil blister provides extra protection against oxidation, we've had reports that the humidity of Southeast Asia requires cool storage.

Feeling the benefits

Many of our customers supplement with *MindCare BALANCE* because they are under stress and/or experience symptoms of anxiety. Unfortunately, no supplement is going to remove sources of stress, especially if the stress is mental or emotional; however, times of stress place high demands on nutrient stores so the body requires additional nutrients to help support optimal function. Long term, stress that is not supported through optimal nutritional practices may lead to nutrient deficiencies which may present in various ways. *MindCare BALANCE* helps to keep nutrient levels topped up during times of higher need, whilst also supporting the correct functioning of the brain and nervous system, reducing tiredness and fatigue, and supporting psychological function, thyroid function, neurotransmitter production and mental performance.



Be kind to your health™

Benefits therefore come in various ways, depend on the reason for supplementation, as well as current nutrient status. Perhaps you could record your reasons for taking *MindCare BALANCE* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice very gradual improvements in your health. If you are unsure at any point that you're doing all you can to address your health concerns and you aren't seeing any changes, do get in touch.

The safety of MindCare BALANCE

MindCare BALANCE is also compatible with most prescription drugs, herbs and other supplements but if you are taking any medications, we do recommend that you check for any interactions with your GP, healthcare practitioner, or by contacting us.

Ongoing nutrition support & advice

Igennus nutritionists are available to answer any queries you may have about any of our products. You can contact us via live chat at Igennus.com, email askourexperts@igennus.com or call +44 (0)1223 421434.

Wishing you health and longevity,

Maxine & the Igennus team

