

Neurobalance - a nutritionist's guide

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.

Dosing guidelines

A serving of *Neurobalance* consists of 4 small tablets, providing you with the full serving amount as indicated on the nutritional panel. Some people are highly sensitive to new supplements and changes in their diet, so if this sounds like you, try starting with 1 tablet per day and increasing the dosage gradually throughout the next few weeks until you can comfortably take the final dose of 4 tablets per day. If you're not as sensitive to change, it is perfectly safe to start



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with 4 tablets straight away, preferably divided into morning and evening doses and taken with food. *Neurobalance* is suitable for children. The recommended dose for children aged 4-8 is 1 tablet per day; for children aged 9-15 years we recommend 2 tablets per day.

Having trouble swallowing?

The tablets are very small, so most of our customers report that even children can swallow them easily. However, if you have difficulties, it is absolutely fine to crush them and mix them with yoghurt or a liquid, for example. This will not affect the quality if consumed straight away.

How to maximise absorption

Split dosing is recommended to ensure maximum absorption and to maintain nutrient levels throughout the day. We also recommend taking the tablets with food as this will stimulate the body's natural production of digestive enzymes, assisting in the breakdown and absorption of the nutrients.

Using Neurobalance effectively

When split dosing, we recommend taking two tablets with breakfast, and two with your evening meal to keep your levels topped up throughout the day and night, thus continuously supporting cognitive function and the functioning of the nervous system. Personal differences always occur though, so if you feel like you have too much energy in the evening and that taking a supplement containing B vitamins is disrupting your sleep, try taking the tablets with your breakfast and lunch instead.



Be kind to your health™

Feeling the benefits

Some people feel the benefits of *Neurobalance* almost immediately, for example with a reduction in tiredness and fatigue and normalised cognitive function; this tends to be those with deficiencies in B6, zinc, and magnesium. For others, the effects may be less obvious or take longer to manifest. You might want to try recording your reasons for taking *Neurobalance* (e.g. symptoms), and score them on a scale of 1-10. By reviewing this each month, you may start to notice gradual improvements in your symptoms.

Taking other supplements alongside Neurobalance

Many people take other supplements alongside *Neurobalance*. 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.

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

The safety of Neurobalance

Neurobalance is compatible with most prescription drugs, herbals and other supplements but if you are taking any medications, we do recommend that you check for any interactions with your GP or healthcare practitioner.

Ask a nutritionist

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

