

Brain Food & Brain Food Plus

User Guide



Take with
Filtered
Water



Can take up
to 4 servings
a day



Do not
Heat

Suggested Use: 1 to 4 Servings a Day



Steps: 1. Add 1 Scoop/Serving to 4 to 8 oz of Milk, Water, or Smoothie 2. Blend, shake, or whisk 3. Enjoy!

Tips:



Best taken in
the Morning
or MIDDAY



1 Scoop
(1 Serving)



Add 4 drops of
Fulvic-Concentrate for
additional energy



Can be taken with
Dr. Tennant's®
RESTORE



Scan for delicious
Smoothie Recipes.
Feel free to replace
Vanilla Restore
with Brain Food.

Information provided is suggested use only. Consult with your healthcare provider and modify as needed. Some medication can be impacted by supplements.



Visit Our Website
to learn more!

Have you tried our shaker bottle?
You'll love it!

REV 7/2023

