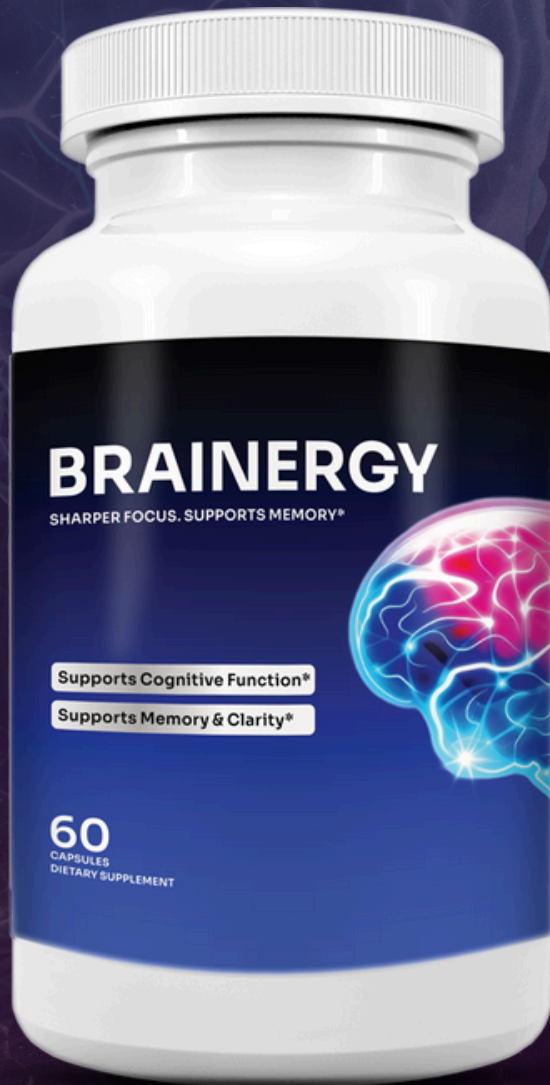


BRAINERGY

Practical guidelines to boost
your cognitive health



You deserve to feel good, with clarity and confidence in your mind. And that journey begins now.

YOU DIDN'T GET HERE BY ACCIDENT. Choosing **Brainergy** goes beyond the desire for better memory or focus—it's a commitment to a more productive, lucid, and balanced life. It's about feeling present in every moment, retaining information with ease, making decisions with confidence, and living each day with more mental energy.

Brainergy was developed with you in mind—your routine, your rhythm, and your goals. It's not just another supplement on the market; it's a unique ally, formulated to support your cognitive function and work in harmony with your body, safely and effectively. You are not alone. With every capsule, with every healthy habit you incorporate, we'll be by your side on this journey of cognitive transformation. And believe me: you already have everything you need to achieve the mental clarity and memory you've always wanted. Welcome to the best version of your mind.

Welcome to your new phase!

Congratulations on choosing Brainergy! You've taken an important step toward caring for your cognitive health and are about to experience improvements in memory, focus, and mental clarity.

Brainergy was formulated with natural and safe ingredients, selected to support each person's individual cognitive needs. We know that the mind works uniquely in each individual—that's why Brainergy works on different fronts: memory, concentration, mental energy, and stress resistance.

→ Whatever your goal—to remember better, increase focus at work or school, or simply clear your mind in your daily life—this guide will help you get the most out of the product.



Welcome

How to Use Brainergy Correctly

Recommended Amount



- Take 2 **Brainergy** capsules daily with an 8 oz. glass of water. For best results, take 20-30 minutes before a meal or as directed by your healthcare professional.

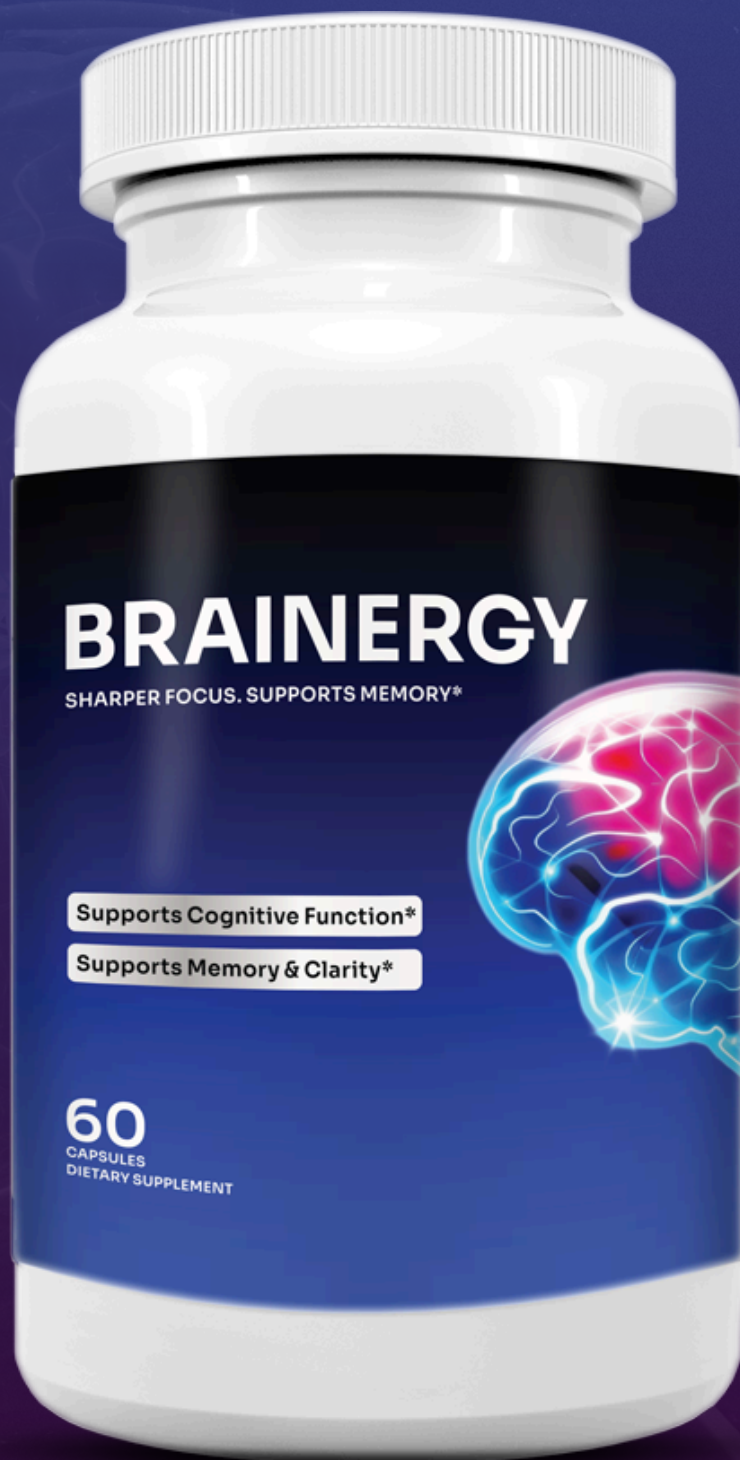
Best Times



- In the morning, to start the day with more focus and energy.
- 30 minutes before activities that require concentration, such as work, studying, or important meetings.

Consistency is Key:

The best results come with daily use. **Brainergy** works gradually but cumulatively: the more consistent you are, the greater the cognitive improvements.



Complementary Health Best Practices

Brainergy is even more effective when combined with healthy habits:



- **Balanced Diet** - Include foods that nourish the brain:

- Red fruits (rich in antioxidants).
- Fish such as salmon, sardines, and

tuna (rich in omega-3s).

- Walnuts, chestnuts, and green leafy vegetables.



- **Physical Exercise**

- Daily walks of 20 to 30 minutes.
- Yoga or stretching to reduce stress.
- Aerobic exercise that increases

blood circulation and oxygenates the brain.



- **Hydration and Quality Sleep**

- Drink at least 2 liters of water per day.
- Get between 7 and 9 hours of sleep

every night.

- Avoid screen time before bed to improve cognitive recovery.



Tips to Maximize Results



- **Monitor your progress**

Note any changes you notice:

- More mental clarity?
- Less forgetfulness?
- More energy during the day?



- **Reduce stress**

- Try 10 minutes of meditation daily.
- Use simple deep breathing techniques.
- Set aside time for hobbies and leisure time.



Ongoing Support – We're With You!

If you have any questions or need support:



contact@customerics.com

Our team is available to help you every step of the way with **Brainergy**.



Remember: Cognitive health is built with patience and consistency. By using Brainergy daily, combined with good habits, you're strengthening your memory, focus, and mental clarity. Keep at it! The results will accumulate, and in no time, you'll feel the difference in your daily life. And we'll be by your side every step of the way.

We're With You

