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How Focused you are right now



**Out of focus?**

Having occasional trouble concentrating is a normal, albeit irritating occurrence for most of us. We have a lot on our plates, and a lot of distraction to contend with, but when your concentration is at it's highest, you work easier, faster, and better. Everything just feels so...seamless.

Nootro-Focus is designed to bring that feeling into your everyday. Our cognitive supplement stimulates the production of alpha brainwaves (associated with creativity and focus) while reducing the effects of stress in brain cells, allowing for improved mental performance so that you can zone in on the task in front of you.

If you've managed to get this far without your mind wandering mid-read, read more on [Nootro-Focus](#) and how it can help you operate at your peak potential.

[SHOP NOW](#) →

**INCREASE ATTENTION**


Using ingredients clinically proven to increase neurotransmitter activity, Nootro-Focus aids your focus and attention.

**IMPROVE MEMORY**

Tailored ingredients have been clinically proven improve memory + delayed recall within a six week period.

**REDUCE ANXIETY**

Focused adaptogenic extracts reduce the cortisol response and anxiety. L-Theanine is clinically proven to increase alpha-brain waves, delivering a calm focused state.



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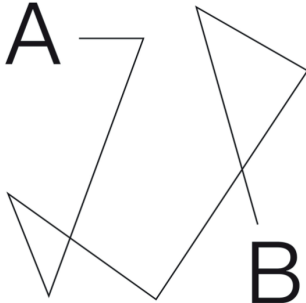
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2

How to travel smarter and not get sick



**TRAVEL SMART**

**Flying has never been so popular.**

According to the International Air Transport Association, nearly four billion passengers traveled via commercial aircrafts last year. That's nearly half of the entire world's population, and double the number of 12 years ago.

The impact on our bodies isn't pretty.


Hopping time zones can unsettle our natural circadian rhythm [read: crippling jet-lag], while cabin air pressure can result in chronic bloating + constipation.

All that before you factor in the likelihood of getting sick, which is 80% higher than on the ground.

But we aren't here to scare you with stats. We're here to offer targeted solutions—so you can get from A to B, without feeling sloppy.

- Worried about getting sick? You need **Defense Drops**.
- Ate the plane food? Reach for **Debloat Food + Probiotic**.
- In a new time zone? **Sleep Drops** will do the trick.
- Can't decide? Try the minis in our **Travel Kit**.

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I am going to change your life

**THE NUE CO**



**I'm going to change your life.**

Last week someone asked me what I did for a living. I smiled and thought, *we're in the business of changing lives.* That's what I should have said, but I'm a cynical Brit so instead just said, "I run a supplement business." I did us a disservice, because we really do change lives.

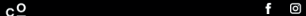
If you struggle with sleep, you'll know that a good night sleep can truly improve your life.

My journey with sleep is a common one. I used to sleep like a baby, but now, just like many of you, I need some help. Generally, I can get to sleep alright, but I wake up at 3 AM to mentally run through my to-do list.

For sleep issues, my best advice is to commit to a routine and stick with it. I'm half Colombian so I can't survive without coffee, but I try not to drink it after 1 PM and rely on quick energy foods, like bananas, if I need an energy boost later in the day.

When bedtime arrives, I have three simple steps that make a real difference. The first is lighting. I set my bedroom lights to dim as I settle into bed. Then I spray our **MAGNESIUM EASE** on my shoulders, back, chest and legs. Magnesium is essential for tension, stress and the regulation of melatonin, which guides sleep cycles.

After this I use two whole droppers of **SLEEP DROPS** under my tongue. I hold for 30 seconds, then swallow. This allows them to absorb into the bloodstream faster.



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