



Brain Balance

Daily Calm & Mental Balance



What Is Brain Balance?

Brain Balance is our focused clarity formulation, created to support mental clarity, steady focus, and healthy nervous system balance.

It is designed to support mental clarity during periods of fatigue, poor concentration, stress overload, or emotional overwhelm — offering steady balance without overstimulating the body.

Who is it Best for:

- Individuals experiencing mental fatigue or brain fog
- Those under ongoing stress or emotional pressure
- Anyone wanting calm, steady focus without stimulants



Powered by L-Glutamine

500 mg per serving

L-Glutamine supports both gut health and neurotransmitter balance, helping maintain the gut-brain connection.

- Supports neurotransmitter function.
- Maintains gut lining integrity.
- Supports cognitive function during periods of stress or fatigue.
- Supports the body's stress response pathways.



How L-Glutamine Supports Brain Balance

The Gut-Brain Connection

L-Glutamine is a naturally occurring amino acid that supports both brain function and gut health. These two systems are closely connected through what is known as the gut-brain axis.

In the brain, L-Glutamine helps the body produce important neurotransmitters (brain messengers):

- Glutamate – supports learning, memory, and mental activity
- GABA – helps calm the nervous system and supports relaxation

Together, these help the body maintain a healthy balance between mental alertness and calm.

L-Glutamine also supports the cells that line the digestive system, helping maintain a healthy gut lining.

Because the gut and brain constantly communicate, supporting gut health can also support mood, focus, and overall nervous system balance.



Why Choose Brain Balance?

Brain Balance is ideal for individuals needing steady cognitive support – offering clarity and balance without overstimulation. It is designed to work gently with the body, making it suitable for consistent daily use.

Brain Balance is typically chosen as part of a balanced wellness approach to support:

- Mental clarity and alertness
- Focus and sustained concentration
- Emotional steadiness
- Nervous system support
- Healthy stress response
- Daily cognitive performance

Rather than acting as a stimulant, Brain Balance supports steady mental performance and internal balance.

Important: This product may support these functions. It is not positioned as a cure or a replacement for medical treatment.

Your Daily Routine



Adults:

- Take 1 capsule every morning, daily.

Children (6 years and older):

- Open 1 capsule and dissolve the contents in 500–750 ml of water.
- This may be consumed gradually throughout the day.

Consistency is recommended for best results.
Note: If pregnant, breastfeeding, taking medication, or managing a medical condition, consult a qualified healthcare professional before use.

Precautions and Storage

Non-stimulant formula - Suitable for daily use.

Precautions:

- Not recommended during pregnancy or breastfeeding
- Clients taking medication should consult a healthcare provider before use
- If managing a medical condition, consult a qualified professional

Storage:

- Store in a cool, dry place
- Keep out of reach of children

Disclaimer: This product is a dietary supplement and is not intended to diagnose, treat, cure, or prevent any disease. All stated benefits relate to the known nutritional roles of the listed ingredients. Individual responses may vary.

Frequently Asked Questions

Is Brain Balance safe for daily use?

Yes. Brain Balance is designed for daily use when taken as directed.

Can I take Brain Balance with other supplements or medication?

Brain Balance is a nutritional support supplement. If you are taking medication or have a medical condition, consult your healthcare provider before use.

How long before I notice results?

Many users report improved mental clarity, focus, or a calmer mood within 7-10 days, though individual results may vary.

Will this make me feel jittery or overstimulated?

No. Brain Balance is non-stimulant and does not contain caffeine or harsh stimulants.

Is this product suitable for men and women?

Yes. Brain Balance is suitable for adults of all genders.

Can Brain Balance help with stress or emotional eating?

Yes. By supporting stress regulation and gut-brain communication, Brain Balance may help support more balanced stress-related eating habits.

Do I need to change my diet while taking Brain Balance?

No strict diet is required. However, balanced meals, hydration, and reduced processed foods may enhance results.

Can I take this while pregnant or breastfeeding?

No. Brain Balance is not recommended during pregnancy or breastfeeding unless approved by a healthcare professional.

When is the best time to take Brain Balance?

Take 1 capsule in the morning with water for optimal daily support.

Is Brain Balance vegan-friendly?

Yes. All capsules are vegan-friendly.