

Mental Force

coralclub

Mental Force

is a multifaceted program for supporting the cognitive functions of the brain. The program consists of 8 products, which all aim to improve brain cells' nutrition and their protection from the effects of negative environmental factors, and increase resistance to psycho-emotional stress.

Properties:

- improve short-term and long-term memory
- increase attention and concentration
- normalize sleep-wake cycles
- reduce acute anxiety and irritability

The program is designed for 30 days and consists of 3 stages of 10 days each.

The set includes:

- **Stage 1** — MindSet (10 capsules), Omega 3/60 (10 capsules), Coral Taurine (10 capsules), Coral Lecithin (10 capsules), Coral Magnesium (10 capsules), Coral-Mine (10 sachets);
- **Stage 2** — MindSet (10 capsules), Omega 3/60 (10 capsules), Coral Taurine (10 capsules), Coral Lecithin (10 capsules), Coral Magnesium (10 capsules), GreenGreen (20 capsules), Coral-Mine (10 sachets);
- **Stage 3** — MindSet (10 capsules), Omega 3/60 (10 capsules), Coral Carnitine (10 capsules), Coral Taurine (10 capsules), Coral Lecithin (10 capsules), GreenGreen (10 capsules), Coral-Mine (10 sachets).

MindSet is a combination of herb extracts (ginkgo biloba, gotu kola, ginger, rosemary, St. John's-wort (*Hypericum perforatum*), amino acids (tyrosine and theanine) and B vitamins. These improve blood supply and nutrition to the brain, attention, memory, performance and stress resistance.

Omera 3/60 is a source of essential polyunsaturated fatty acids (PUFA) that are a structural component of nervous system cells and ensure the cells' normal function.

Coral Lecithin is a source of vitamin-like substances, choline and inositol, that are vital components for the full functioning of the brain and the entire nervous system. Choline improves metabolism in the nervous tissue, contributes to the preservation of short term memory and has a sedative effect. Inositol affects the production of dopamine and serotonin, helping to reduce anxiety and irritability.

Coral Magnesium. Magnesium is associated with many biochemical and enzymatic processes in the body. It is directly involved in the regulation of the nervous system and its protection from stress. Magnesium has a relaxing and calming effect and promotes concentration. The best bioavailability of magnesium in the product is provided by organic salts - bisglycinate and taurate.

Coral Taurine is an amino acid found in high concentrations in the brain and heart. It has a calming effect on the nervous system and contributes to the normal functioning of the cardiac muscle in stressful situations.

Coral Carnitine. Carnitine helps the body to transform fat into energy Brain and muscle tissues (including cardiac muscle) are in most need for this substance. A sufficient content of carnitine in the body ensures high mental and physical performance and endurance, concentration, and good memory.

GreenGreen is a source of antioxidants-flavonoids from different group of plants – cereals, algae, fruits, berries, and vegetables. Promotes metabolism stabilizing and helps to prevent early aging.

Coral-Mine is a mineral composition of relict corals, consisting of salts of useful macro- and microelements (calcium, magnesium, potassium, iron, phosphorus, sulphur, silicon, chromium, manganese, zinc, etc.). When interacting with water, minerals from these salts merge with water, positively affecting its physiological usefulness and organoleptic properties, regulating the mineral composition and acid-alkaline balance.

Dosage and directions

	Stage #1 (days 1 to 10)	Stage #2 (days 11 to 20)	Stage #3 (days 21 to 30)
 Morning	MindSet, Omega 3/60, Coral Taurine 1 capsule with a meal	MindSet, Omega 3/60, Coral Taurine, GreenGreen 1 capsule with a meal	MindSet, Omega 3/60, Coral Carnitine, Coral Taurine 1 capsule with a meal
 Evening	Coral Lecithin, Coral Magnesium 1 capsule with a meal	Coral Lecithin, GreenGreen, Coral Magnesium 1 capsule with a meal	Coral Lecithin, GreenGreen 1 capsule with a meal

Place one unopened sachet of **Coral-Mine** into 1.5 L of drinking water. The water becomes ready for consumption within 5 minutes.

If pregnant or nursing, consult your health care practitioner before taking this product. Those with thyroid problems or if taking medications containing iodine, consult your physician before taking this product.

General dietary guidelines:

- choose foods rich in vitamins and minerals
- eat more protein foods, as the body loses a lot of protein under stress
- avoid long breaks between meals (no more than 3 hours)
- eat lukewarm food whenever possible
- steam, boil or bake your food in the oven
- have dinner no later than two hours before bedtime

Recommended daily water intake:

- during the program course, we recommend you drinking at least 1.5 L of water with the Coral-Mine mineral composition per day
- you should drink high-quality, purified water

- average daily liquid intake for an adult is 30-40 ml per 1 kg of body mass
- it is better to drink in 200-250 ml portions before and between meals

During the course of the program, it is not recommended to eat:

- fast food, fatty and fried food
- too sweet or salty foods
- products with chemical preservatives and artificial flavours
- energy drinks, carbonated sweet beverages
- coffee, strong black tea, any alcoholic drinks