

WHAT'S INCLUDED IN THIS KIT

Adrenal Calming: This supplement is designed to relieve stress and anxiety, increase mental clarity, improve sleep quality, and promote a state of restful comfort. By using an exclusive blend of herbal extracts and other naturally occurring substances, this supplement boosts brain health and calms the mind.

Essential Greens: Each stick-pack mixes with water to provide your body with the vitamins, minerals, and antioxidants that nourish your body and energize your mind. We've packed in a potent blend of greens like spinach, kale, kombu seaweed, and spirulina. Each time you drink your Essential Greens, you'll know your body is getting 100% nutrition.

Salmon Oil: Often referred to as "Liquid Gold," this supplement nourishes the body with an organic source of omega-3 fatty acids derived from Wild Alaskan Salmon. Salmon Oil reduces inflammation, increases circulation, and naturally improves overall health and brain function.

Serotonin Support: This supplement is designed to improve mood and reduce irritability, utilizing an exclusive blend of all-natural ingredients including a vitamin/mineral complex and 5-HTP. Together, these ingredients reduce stress, balance mood, and improve cognitive function, providing a powerful foundation for optimal brain health and wellness.

Vitamin D: When taken in supplement form, Vitamin D has been shown to reduce inflammation and decrease the pain and discomfort. Vitamin D also boosts the mood, increases energy, strengthens the bones, boosts the immune systems, and reduces the risk of many chronic health conditions.



Contact Us For More Information

BRAIN SUPPORT KIT

Support for Mild Traumatic Brain Injury,
Memory Issues, and Age-Related Degeneration



Solutions4TM
NATURAL CLINICAL HEALTH

HOW THIS KIT WILL BENEFIT YOU

The Solutions4 Brain Support Kit offers an all-natural, holistic approach to support mild traumatic brain injury, memory issues, and age-related degeneration. With a combination of dietary guidelines and supplementation, this system will rejuvenate your body and brain, allowing you to be at your very best and brightest!



BRAIN SUPPORT KIT

ADDITIONAL PRODUCTS USED IN THIS KIT

(PURCHASED SEPARATELY):

To provide your body with the nutrients it needs, we recommend using our Solutions4 Wellness Kit in conjunction with the Brain Support Kit. The Wellness Kit combines the Solutions4 Daily Essentials and the Solutions4 Nutritional Shake. The packets in the Wellness Kit are full of the essential vitamins, minerals, and anti-inflammatory nutrients that your body needs to stay healthy for the rest of your life.

Solutions4 Nutritional Shake:

This quick-and-easy meal replacement shake provides a perfect blend of protein, digestive enzymes, vitamins, and probiotics. The high-quality whey comes from New Zealand and is casein-free, lactose-free, with zero sugar. Take within 24 hours of injury.

Solutions4 Daily Essentials:

These convenient grab-and-go packs provide you with all of the vitamins, minerals, enzymes, antioxidants, and fatty acids that your body needs.

INSTRUCTIONS

Adrenal Calming:

Take two in the morning and two in the afternoon.

Essential Greens:

Drink one packet daily, mixed with water.

Salmon Oil:

Take two in the morning and two in the afternoon.

Serotonin Support:

Take two in the morning and two in the afternoon.

Solutions4 Nutritional Shake:

Replace one to two meals each day with the shake (within 24 hours of injury.)

Solutions4 Daily Essentials:

Take one packet daily.

Vitamin D:

Take two in the morning and two in the evening.

TIPS FOR SUCCESS

Cleanse First:

To get the most out of the Brain Support Kit, we recommend using the Solutions4 7-Day Cleanse Kit first. Cleansing will help prepare the body for healing by detoxing your system internally, creating an ideal environment for the Brain Support Kit to replenish and restore brain health.



Solutions4
NATURAL CLINICAL HEALTH

OTHER SUGGESTED PRODUCTS:

Solutions4 B12:

Vitamin B12 is essential to the functioning of the brain, nerves, and circulatory system. This essential vitamin is known to insulate nerve cells and help the body build new, healthy cells!

Solutions4 Daily Antioxidant Essentials:

Each serving of the Daily Antioxidant Essentials has essential vitamins, minerals, enzymes, antioxidants, and phytonutrients that your body needs to heal quickly and stay healthy! Use this quick-and-easy beverage to enhance your results and maintain a lifetime of good health.

WHERE TO GO FROM HERE:

Maintain Your Progress with the Solutions4 Wellness Kit: To retain your results (and stave off any relapse) be sure that you are getting all of the nutrients your body needs. For this, we recommend using our Solutions4 Wellness Kit comprised of Solutions4 Daily Essentials and the Solutions4 Nutritional Shake.

If you're looking to achieve other results – lose weight, reduce pain, sleep better, reduce stress, etc. – you can also find specific kits or supplements designed to help with these conditions. Talk to your doctor to determine which course of action is right for you.

EATING GUIDELINES

If you're eating foods that put undue stress on the body, you'll be actively working against the supplements that you're taking. To help you get the most out of this kit, we recommend that you follow these dietary guidelines:

RECOMMENDED:

Organic dark leafy greens and brightly colored vegetables
Organic fruits
Organic eggs and poultry
Wild-caught fish
Unrefined, cold-pressed olive oil and coconut oil
Organic butter

ACCEPTABLE:

Whole grains and legumes (rice, quinoa, lentils, beans, etc.)
Non-organic fruits and vegetables
Non-organic poultry and eggs
Farm-raised fish
Organic, grass-fed red meat
Refined olive oil and coconut oil
Unrefined natural sweeteners (honey, pure maple syrup, agave, etc.)

OFF LIMITS:

Dairy products
Refined vegetable oils
Refined grains, flours, and sugars
Processed foods, fast foods and junk foods
Alcoholic or caffeinated beverages
Artificial sweeteners
Large amounts of red meat