

The human brain is made up of billions of cells with trillions of connections. Technological, scientific, and industrial advances have created a situation where we are constantly exposed to stress, noise, and air pollution. As a result, sleep disturbances and nervous system dysfunctions can arise. This condition is further aggravated by factors such as an unhealthy diet and oxidative stress. This is recommended for individuals dealing with anxiety, restlessness, memory issues, poor sleep, and elevated stress levels both at work and in daily life.

Fiber
Vita C
My Mind
RegenOil Liquid Gold®
ProBactilardii®
ProMigren®
ProRelaxin®
2x FIZZY EASY Mg+K+B Complex



USAGE:

Morning:

- Vita C 25 ml before meals
- My Mind 25 ml during meals
- Regen Oil 5 ml with food in the morning or at lunch
- ProMigren 2 capsules after meals

Lunch:

- Fizzy Easy Mg+K+B complex 1 tablet per glass of water after meals
- ProBactilardi 1 Synbiotic and 1 Postbiotic capsule 5 days a week 1 hour after meals

Evening:

- Fiber 25 ml before meals, with a glass of water
- ProRelaxin 2 capsules after meals