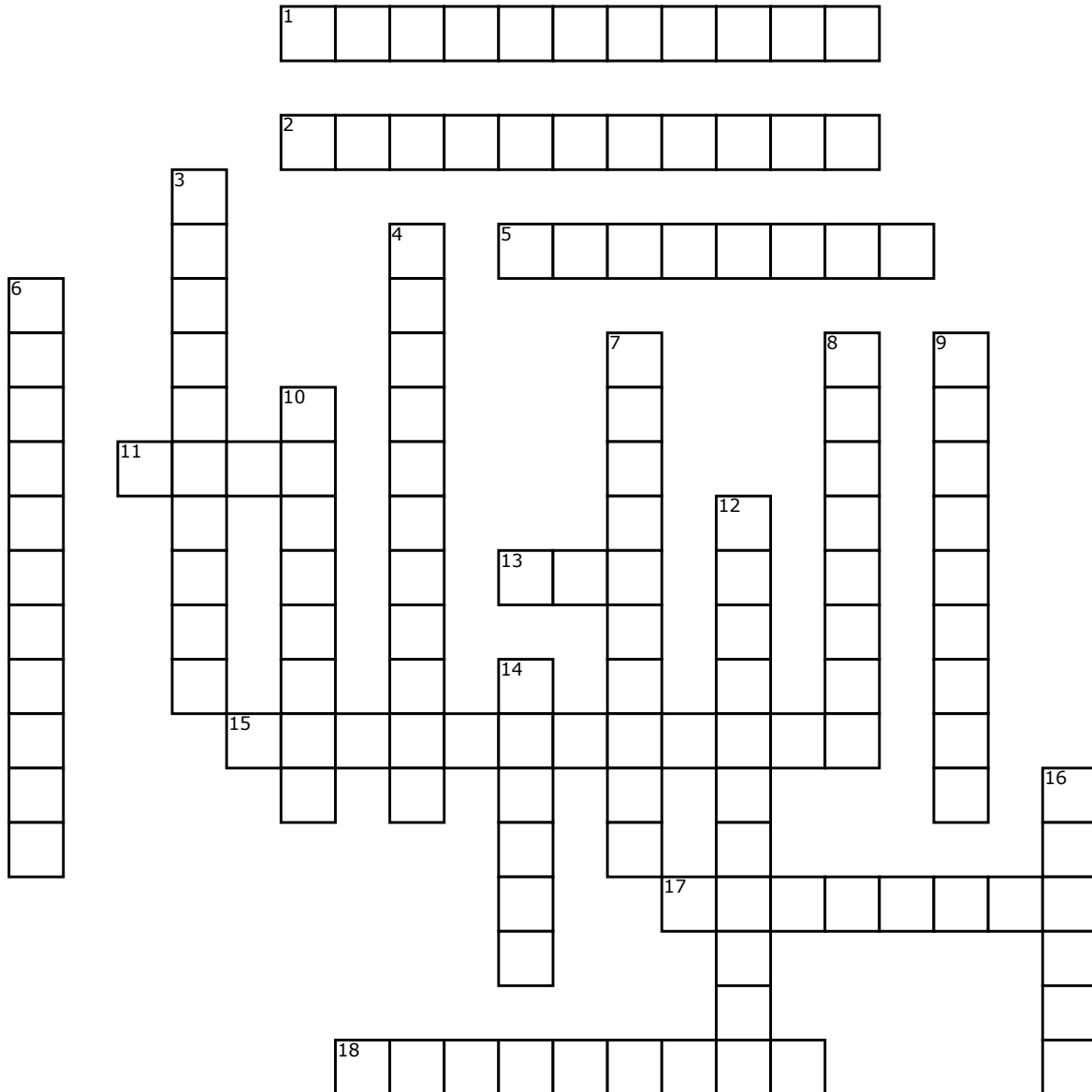


DAILY BRAIN BOOST



Across

- 1. Chia contributes to the Detox Boost because of its _____ ability, which allows it to absorb 10X its own weight in liquid, helping draw out and eliminate waste from our bodies.
- 2. The Focus Boost contains both Maca and _____, which are powerful adaptogens
- 5. _____ contains the powerful compound curcumin.
- 11. This "Longevity Berry" contains both zinc and vitamin A, winning it a shining spot in the Immunity Boost.
- 13. 70% of the immune system lives here. (Hint: It's why we put probiotics in the Immunity Boost!).
- 15. Curcumin has been considered a healing compound in Ayurvedic medicine for centuries for its anti-_____ properties.
- 17. Acerola Cherry and _____ are the two highest known sources of naturally occurring vitamin C.

- 18. This fungi, found in the Focus Boost, reigns supreme in the mushroom world for supporting memory and healthy brain cells.

Down

- 3. This category of medicinal plants is included in the Beauty Boost because it helps balance hormones, some of which regulate sleep—and quality shut eye is essential to achieving that healthy glow!
- 4. Consuming this compound is one of the best ways we can support the body's natural detoxification system. It neutralizes toxins, helps cleanse the liver, builds healthy blood and balances pH levels in the body.
- 6. This potent herb supports and detoxifies the liver and is found in the Detox Boost.
- 7. The answer to the question above is abundant in this Navitas product, found in the Detox Boost.
- 8. This Boost contains a combination of mushrooms that are antiviral, antifungal and antibacterial

- 9. Two amazing medicinal green teas can be found in the Focus Boost, Matcha and _____.

- 10. Goji, Acai and Maqui support healthy skin via their abundant antioxidants, which fight free radicals. This particular antioxidant is essential in helping amino acids (protein) synthesize into collagen in the body, which supports skin elasticity
- 12. Acai and Maqui are included in the Focus Boost due to their concentrated amounts of this antioxidant, which supports brain health and cognitive function.
- 14. This nutrient, found in flax seeds, is a main component of the Beauty Boost because of its ability to reduce inflammation and build cell membranes
- 16. Derived from agave, this is a type of prebiotic fiber. Prebiotics survive the small intestine and reach the lower GI tract, where they serve as food for healthy probiotic gut bacteria, helping them thrive.