

## MINDTONIC®

Work-related stress has become one of the major challenges of modern working life. There is a growing focus on elucidating how work can affect mental health and how it can be addressed through workplace-based mental health and well-being interventions. Some psychosocial working conditions have been recognized as primary sources of work-related stress, which, if not managed effectively, can adversely affect workers' or students' well-being and productivity.<sup>(13)</sup>

Prolonged exposure to stress has been associated with health implications, among which impaired cognitive function, and contributes to the development of anxiety, depression and insomnia. Stress can affect the health and calls for effective interventions addressing both stress management and health-promoting tactics.

The elderly may present Mild Cognitive Impairment (MCI), a common condition characterized by mild to moderate deterioration of working memory, deficit in attention and cognitive function learning, processing speed and executive functions that is beyond what is expected, based on age and educational level. The reduction of stress, prevention of somatic diseases, implementation of mental and physical exercises as well as the use of dietary compounds like antioxidants and supplements can be protective against MCI.

The synergy of antioxidant vitamins, including vitamin B and D, and Griffonia, source of tryptophan (precursor of serotonin), Melatonin and L-Acetylcarnitine contained in **MINDTONIC®** is a specific protection of cognitive functions due to oxidative damage.

**MINDTONIC®** is useful in periods in which finding the right concentration is difficult and efficiency and mental attention are required to approach normal daily life.

## SOLUBLE TECHNOLOGY

Soluble formulations are solide immediate release forms that need to be dissolved in water with rapid stirring at the time of administration. They yield an oral solution or suspension depending on active ingredients solubility.

- **Fast onset of action**
- **Large amount of active ingredients**
- **High bioavailability**
- **Easy to manage than conventional liquids**
- **User friendly**
- **Solvent and alcohol free**

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**MINDTONIC®**  
FOOD SUPPLEMENT

# MINDTONIC®

## FOOD SUPPLEMENT

Food Supplement for the cognitive function based on Griffonia, Melatonin, L-Acetylcarnitine, Vitamin B2, Vitamin E and Vitamin D<sub>3</sub>.

**Griffonia simplicifolia** is a source of tryptophan, a precursor of serotonin, neurotransmitter involved in various physiological functions modulating cognitive function, mood, sleep, appetite and can be useful in cognitive disfunction<sup>(1,2)</sup>, depressed mood<sup>(3)</sup> and sleep troubles<sup>(4)</sup>.

**Melatonin** is a hormone released exclusively during darkness at night and play a key role in various physiological responses including regulation of circadian rhythms and sleep. Sleep disorders, low quality or lack of sleep can negatively affect cognitive function, concentration and decision making process<sup>(5,6)</sup>.

**L-Acetylcarnitine** is an amino acid mainly used for cells energy production and exerts a protective, nutrient and anti-oxidant action versus the cells of brain, spinal cord and peripheral nerves<sup>(7,8)</sup>.

**Vitamin B2, Vitamin E and Vitamin D<sub>3</sub>** have a key role on protection from cognitive impairment thanks to their antioxidant effect<sup>(9-12)</sup>.

## INDICATIONS

**MINDTONIC®** is a food supplement, available in soluble granules in sachet, useful in improving cognitive functions, in favouring mental activity and concentration especially in case of increased mental work, work related stress and in case of mild age-related cognitive decay.

## HOW TO USE

1 sachet per day to be dissolved in a glass of water

- GLUTEN FREE

- LACTOSE FREE

- PRESERVATIVES FREE



## INGREDIENTS

	Content for sachet/stick	% RNV*
Griffonia, ( <i>Griffonia simplicifolia</i> (DC.) Baill., seeds) extract, min. 95% 5-HTP	300 mg	-
Melatonin	1 mg	-
L-Acetylcarnitine	250 mg	-
Vitamin B2 - riboflavin	1.4 mg	100%
Vitamin E	12 mg	100%
Vitamin D <sub>3</sub>	10 µg	200%

(\* ) % Reference Nutrient Values

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