

# NEURAVIE™

## FREQUENTLY ASKED QUESTIONS:

### Q. What is it?

A. NeuraVie is a brain health product with key ingredients designed to support memory and improve cognition and focus. This product provides a comprehensive and synergistic combination designed to support short, mid, and long term brain health by supporting the 6 pillars of cognitive health: Focus, Memory, Learning, Accuracy, Concentration, and Reasoning.

### Q. Why are the ingredients unique?

A. With over 30 ingredients, each chosen for their specific beneficial nature as well as the synergistic properties of how they work in combination, NeuraVie helps to support healthy brain function across all major neurological systems.

### Q. Is it possible to get the ingredients separately?

A. Absolutely! But to get this list of unique ingredients individually you could potentially spend over \$300.

### Q. Is there caffeine in NeuraVie?

A. There is no caffeine in this unique blend. NeuraVie is designed with an advanced formula to support your focus, energy, and the acute stress response mechanisms in your body without caffeine.

### Q. Can children take this product?

A. NeuraVie is designed for adults 18 years and older.

### Q. How often should I take this product?

A. Use 1 to 2 stickpacks daily with 12 to 16 oz of water or as directed by your qualified healthcare professional.

### Q. Should I cycle this product? Why?

A. In order to prevent desensitization and maximize benefits, we recommend cycling usage of NeuraVie for 5 days of usage and 2 days of rest. Because our products are designed for consistent regular usage we only recommend that the 2 days of rest happen in a given week regardless of whether they are consecutive or not.

### Q. What is the best time of day to take this product?

A. It is best to use NeuraVie in the mornings and afternoons as needed. Start with one stickpack to assess tolerance and add a second stickpack as needed.

### Q. Can I take ½ sachet or more than 1?

A. It is always best to assess tolerance when using a new product. Although it is recommended to start with one stickpack, you may use ½ stickpack. You may add a second stickpack as needed.

### Q. Can I mix with hot or cold water?

A. For best consumption, we recommend mixing NeuraVie with cold or warm water. We do not recommend mixing this product in with hot water.

**Q. What are this product's distinguishing features?**

**A.** Key ingredients in NeuroVie may support 6 different pillars of cognitive health:

- | Focus
- | Memory
- | Learning
- | Accuracy
- | Concentration
- | Reasoning.

Not only does NeuroVie support comprehensive brain health but it does so for the immediate, short and long term. Another plus is that it is caffeine-free, completely safe and natural.

**Q. Can I use NeuroVie with other New U Life products?**

**A.** Yes, this product works synergistically with SomaDerm. Additionally, it can be used while taking all the New U Life products.

**Q. Can I take NeuroVie with my medication?**

**A.** If you are using medication, always consult your physician before using NeuroVie. If you have a medical condition, are pregnant, lactating, under the age of 18, trying to conceive, or taking medications, consult your health care practitioner before using this product.

**Q. What is the best way to store product?**

**A.** Store NeuroVie in a cool dry place away from direct sunlight.

**Q. How many stickpacks are in a box?**

**A.** There are 20 stickpacks per box.

**Q. What makes NeuroVie a premium product?**

**A.** With increased ingredients, dosages and additional nutrient synergies NeuroVie provides more robust support for attention, accuracy, and focus in stressful environments and demanding situations. A blend of this nature is near impossible to obtain through diet alone and is very difficult to find in one comprehensive blend or even system.

**Q. Is this product safe to take?**

**A.** The NeuroVie blend is formulated with the intent to include ingredients that are safe and effective. With that being said, this blend is powerful, effective and in short, it works! However, there may be some instances that you may need to consider. Do not use if pregnant, nursing, or under the age of 18. Consult your healthcare provider before using this product, especially if you are taking any prescription medication, over the counter medication, dietary supplement product, or if you have any pre-existing medical condition. Immediately discontinue use and consult your healthcare professional if you experience any adverse reactions. Do not exceed recommended serving. Do not combine with MAOI inhibitors, SSRIs, tricyclic antidepressants, or any other prescription medications with cognitive indications. This product may not be appropriate for stimulant-sensitive individuals. Do not use in combination with caffeine or any other stimulants, including but not limited to, coffee, tea, soda, and other dietary supplements or medications. Do not use under extreme conditions of heat, sleep deprivation, extreme cardiovascular exertion or dehydration. Do not combine with alcohol. Do not use if safety seal is broken or missing. Keep out of reach of children.

# Nootropics

## FREQUENTLY ASKED QUESTIONS:

Nootropics are dietary supplements built to safely optimize cognition by supporting cognitive functions in the brain. They help the brain operate more efficiently by filling in the gaps in our cognitive functions. However, some nootropics contain stimulants that can cause adverse side effects. Not to mention, some nootropics contain less effective, low-quality ingredients compared to others. As such, you should carefully read the label and check the research on any nootropics you plan to consume.

### Q. Are Nootropics Good for you?

A. Nootropics can be good for various aspects of human cognition depending on the ingredients, ingredient dosage, ingredient quality and your unique cognitive functions. For example, if you have a history of mental issues or substance abuse, you should consult your doctor before using nootropics.

### Q. Are Nootropics Legitimate?

A. In short, it depends on the ingredients, dosages and quality. Numerous studies confirm the positive effects of various nootropics on the brain and body. However, this does not apply to all supplements labeled as nootropics. Thus, when you buy them, make sure to read the label carefully and do your research.

### Q. How do Nootropics Work?

A. Nootropics work by manipulating brain functions to optimize cognitive output. For example, some nootropics manipulate dopamine to enhance motivation. And some nootropics buffer excitatory or stressful chemicals like cortisol to reduce stress in arousing situations.

### Q. What are Nootropics Used for?

A. Nootropics are used to optimize human cognitive processes. Ultimately, they may help us improve productivity, creativity, sleep, anxiety and learning by boosting our focus, memory, motivation and more.

### Q. Are Nootropics Legal?

A. Yes, nootropics are legal, especially natural nootropics. But the rules may differ depending on where you live and which nootropics you want to take. In countries like Australia and certain European countries, synthetic, stimulant nootropics like racetam are heavily regulated and require a prescription.

### Q. Are Nootropics Dangerous?

A. Nootropics are not typically dangerous. But anything can become dangerous when you misuse it. Brain supplements should always be used as directed and never more than directed for this reason. And if you have other health issues or if you're on other medications, make sure to check with your doctor before adding a nootropic to your daily routine.

## Q. Are Nootropics Cognitive Enhancers?

A. Yes, nootropics may enhance your cognition and brain function. They may help your memory, focus, motivation, creativity, and learning.

## Q. What Is the Difference Between Nootropics and Cognitive Enhancers?

A. Nootropics and cognitive enhancers are two terms that are used interchangeably. They may mean the same thing. However, nootropics is a more restrictive definition.

All nootropics are cognitive enhancers. However, not all cognitive enhancers are nootropics. Cognitive enhancers may include any substances that boost your cognition, mood, or concentration, not only nootropics.

Natural nootropics are non-toxic and have neuroprotective properties. Synthetic nootropics and some other cognitive enhancers may have stimulant qualities, negative side effects, and toxic effects on your body.

## Q. Can Nootropics Make You Smarter?

A. Nootropics are designed to optimize your cognitive functions. They may help your learning, memory, productivity, focus, multitasking, and problem-solving. They may help with exam anxiety, social anxiety, and anxiety from public speaking, big events, or big projects.

## Q. How Do I Know if Nootropics Are Working?

A. Some nootropics take a few minutes, while some take hours to work. Some may give you a distinct feeling that you know that they are working. With others, you may notice subtle changes in your cognition but no specific feeling at all.

## Q. Are Nootropics FDA Approved?

A. As dietary supplements, nootropics do not require FDA approval for sale in the US. That said, the ingredients included in NeuraVie have an extensive record in both safety and efficacy.

## Q. Do Nootropics Show Up on Drug Tests?

A. Common drug screenings test for THC, cocaine, PCP, opiates, and amphetamines. Nootropics should not show up on such common drug screening tests. However, drug tests are not perfect and false positives are always possible.

## Q. What are Nootropics?

A. Nootropics are any oral therapy that can have a positive effect on cognitive function. There is a range of cognitive improvements that can be gained through proper usage of nootropics. Just some of the benefits possible from nootropic supplements include improvements to memory, mood, creativity, motivation, and energy. It is therefore easy to see just how nootropics might be able to improve your life, and possibly your success. But it is important to keep in mind that nootropics aren't a cure-all, they can't magically give successful qualities to someone, but they can provide a boost that might help your brain function at an optimal level.

## Q. Nootropics May Increase Your Motivation

A. One of the ways that nootropics might be able to improve your success in life is by increasing your motivation. With increased motivation comes the potential for an increase in work output, which is certainly one way to increase your odds of success in whatever you do. Sometimes you might find it hard to build up the motivation to start a project, and research tells us that there is a range of nootropics that might be able to help give you the motivational boost you need to be successful.

One of the key components of motivation is dopamine. Dopamine is involved in reward responses that are key to initiating feelings of positive motivation. When dopamine is released in our brain, it can initiate positive feelings that promote reward-seeking and therefore increase motivation. In their tonic, or baseline state, dopamine neurons fire at a steady level while maintaining normal function. However, when their phasic mode is activated dopamine neurons can fire at a much higher rate, causing increases in dopamine concentration. This phasic response can be triggered by many reward cues where dopamine plays an important role in reinforcing learning through motivation.

