

## Focus and Improve Your Short-term Memory

A consistent intake of polyphenols has been found to sharpen attention and improve short-term memory among young adults.



## Slow Down Brain Ageing

Your brain shrinks as you age, affecting your memory, planning and making sound decision.

- Polyphenols are able to modulate blood flow in the brain, delaying the brain's ageing process, keeping your brain as young as it can.<sup>1</sup>

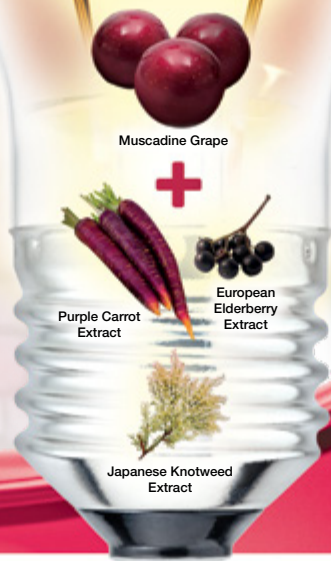
## Elevate Your Mood

A research showed that polyphenols consumption leads to lesser anxiety, anger, depression, fatigue and they feel more energetic after 14 weeks.<sup>3</sup>



## Keep Your Mind Sharp with Polyphenols

Are you a forgetful person? Polyphenols can help.



## Forgetful No More!

- Polyphenols helps to increase blood and oxygen flow to the brain so brain synapses work optimally, consequently improving your memory.
- A research found that healthy adults with daily consumption showed that they have a better recall ability.<sup>2</sup>



Scan to know more about polyphenols!

### References:

1. Veronica Witte, Lucia Kerti, Daniel S. Margulies and Agnes Flöel. Effects of Resveratrol on Memory Performance, Hippocampal Functional Connectivity, and Glucose Metabolism in Healthy Older Adults. *Journal of Neuroscience* 4 June 2014, 34 (23) 7862-7870; DOI: <https://doi.org/10.1523/JNEUROSCI.0385-14.2014>
2. Witte, A.V., Kerti, L., Margulies, D.S., & Flöel, A. (2014). Effects of resveratrol on memory performance, hippocampal functional connectivity, and glucose metabolism in healthy older adults. *The Journal of neuroscience: the official journal of the Society for Neuroscience*, 34 23, 7862-70.
3. Evans, H. M., Howe, P. R., & Wong, R. H. (2017). Effects of Resveratrol on Cognitive Performance, Mood and Cerebrovascular Function in Post-Menopausal Women; A 14-Week Randomised Placebo-Controlled Intervention Trial. *Nutrients*, 9(1), 27. doi:10.3390/nu9010027