

## MindWorks Works

### Description

What is MindWorks™?

MindWorks contains key nutrients that have been shown in three clinical studies and dozens of laboratory studies to improve short-term mental sharpness and focus and help protect against age-related mental decline.\*



Scientific studies have shown the key ingredients in MindWorks work in three ways:

- Immediate improvements in memory and focus\*—3X better than the control group\*\*
- Protects against age-related mental decline\*—a 30% reduction in the rate of brain shrinkage, a common consequence of aging, over two years‡
- Supports healthy circulation\*—designed to help make key nutrients available to the brain\*

MindWorks is a revolutionary program that combines clinically supported nutritional supplementation and brain-training software to help your brain stay sharp and focused.\*

What are the key ingredients in MindWorks?

MindWorks is an exclusive formula powered by the following key ingredients:

Chardonnay grape seed extract—Only available to Shaklee, MindWorks contains a unique Chardonnay grape

seed polyphenol blend created via a patent-pending water extraction process that results in a 30X concentrate of specific polyphenols.† These polyphenols have been shown in clinical studies to be more bioavailable and impact healthy blood vessel function.\*

**Guarana**—We sourced a carefully selected guarana extract that is prepared as described in several important clinical studies of guarana—and our guarana extract has a naturally low level of caffeine. Do not confuse our guarana extract with the caffeine-spiked guaranas you may find in many energy drinks—one serving of MindWorks contains less caffeine than a medium cup of decaf coffee. Guarana has long been used traditionally by Amazonian Indian tribes and has been shown to help improve cognitive performance.\*

**B vitamins**—The B vitamin combination in MindWorks was shown to help protect against age-related mental decline in a two-year clinical trial.‡

What is **green coffee bean extract** and why is it used in MindWorks?

Research has identified specific polyphenols that have been shown to protect neurons against oxidative stress, and influence the levels of biochemical signals and growth factors that are critical for the formation of new synapses. Green coffee bean extract contains chlorogenic acid, a polyphenol, which has been shown to provide this benefit. Green coffee bean extract is less than 5% caffeine and does not make a significant caffeine contribution to the MindWorks product.

Can I take more than 1 MindWorks tablet per day?

There is no known additional benefit in consuming more than one tablet. In fact, the amounts of key nutrients in MindWorks were chosen on the basis of their optimum response in clinical trials and lab studies.

## MindWorks

Think fast. stay sharp.

\*\*At six hours versus control. †% by weight of monomeric flavanols compared to a fresh grape seed. ‡Based on a two-year study of 223 adults with mild cognitive impairment.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

Would you like to do a one month trial of MindWorks and see what your results are? Shop at [www.HiHoHealth.com](http://www.HiHoHealth.com). I noticed a difference in short term memory. You know, wondering why I went to the basement? I remembered, even though I was distracted by several others things along the way. What will you notice?

Do well, Be well, and Keep Moving! Betsy

shopping: [www.HiHoHealth.com](http://www.HiHoHealth.com)



## Category

1. Resources

## Tags

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