

# EAT STRONG HEAL STRONG

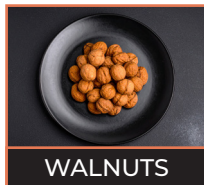


## OPTIMIZING CONCUSSION RECOVERY

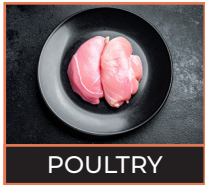
### 1 ANTIOXIDANTS LOWER INFLAMMATION



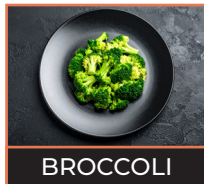
### 2 OMEGA-3s ASSIST WITH BRAIN RECOVERY



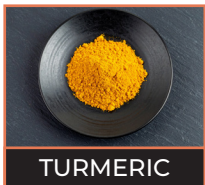
### 3 LEAN PROTEIN AIDS IN RECOVERY



### 4 FIBER IS CRUCIAL FOR GUT AND BRAIN HEALTH



### 5 SUPPLEMENTS PROVIDE ADDITIONAL SUPPORT



LOOK FOR THESE LOGOS TO ENSURE  
SUPPLEMENTS ARE THIRD-PARTY CERTIFIED.



\* NO FEDERAL ENDORSEMENT IMPLIED