

Understanding the Basics

ENZO Relax & Focus is a particularly useful nutritional formula to calm the brain and nervous system, improve brain power and counteracting fatigue.

Enzogenol and L-Theanine are two plant nutrients that act synergistically on our brain and facilitate functions that make us feel more relaxed and calm, while simultaneously, promote our ability to maintain high concentration levels and sustain demanding cognitive tasks without fatiguing too quickly.

ENZOGENOL®

200 mg / capsule

provides a multitude of flavonoids, natural plant antioxidants and anti-inflammatories, that act on a cellular level to improve brain cell communication, help to maintain a healthy balance of brain activities and counteract neuronal stress. These activities support improved brain functioning and reduce fatigue.



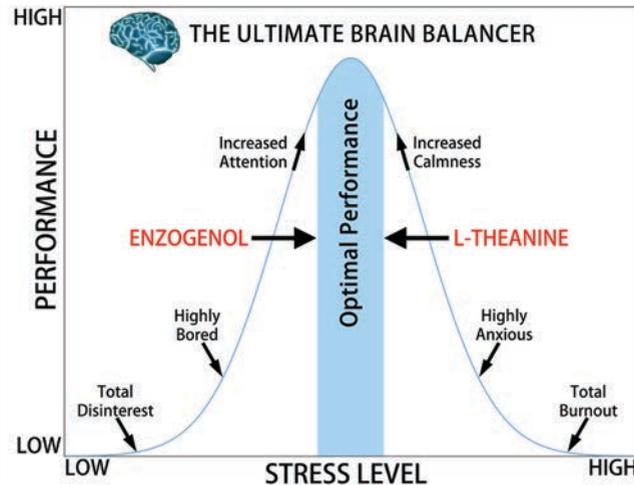
L-Theanine

125 mg / capsule,

a unique amino acid found in green tea, is very similar in structure to an important neuro-transmitter in our brain. It can therefore act on several levels on

our brain functions. It has relaxing properties as shown by research on brain activities and human behaviour studies, and has historically been used as a relaxing agent. L-Theanine induces a relaxed and alert state within the brain, thereby reducing stress perception, and improving cognitive performance.

ENZO Relax & Focus™



Stress is not all bad!
In fact, at the right amount cognitive stress, or let's call it *Stimulation*, is actually helpful.

Too little and you get bored,
Too much and you burn out!

Where ever you are on this scale,
ENZOGENOL and L-THEANINE
will balance stress levels
and tune your brain for
optimal performance.

ENZO Relax & Focus is available from select pharmacies and health food shops, qualified health professionals, and from:

www.enzo.co.nz

Enzogenol® is a registered trademark of ENZO Nutraceuticals Ltd.

ENZO Relax & Focus™



**Actively Relaxing,
and promoting
Optimal Performance.**

- Balancing brain activities for a calm, relaxed feeling*
- Reducing feelings of stress*
- Promoting concentration abilities*
- Improving cognitive function and reducing fatigue*

*This product is a nutritional support agent, not a drug. If you have a medical condition please consult your health practitioner. *These statements have not been evaluated by the Food and Drug Administration, Medsafe, TGA or other authority. These products are not intended to diagnose, treat, cure or prevent any disease.

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Dose Recommendations

Adults: 2 capsules taken together as one dose, swallowed with enough liquid, best a whole glass of water. Higher doses may increase desired effects.

Children under 10: 1 capsule

Children over 10: 2 capsules.

How often can I take it? Daily.

Is it safe for children? Yes, children can take it, too. Start with just one capsule.

What time should I take it?

For fastest effect take on an empty stomach before or between meals, or take with meal if desired.

Are there any contraindications?

There are no known contraindications. People taking prescription mood medications can take ENZO Relax & Focus, but should consult with their healthcare professional.

Recommended cautions?

Not to be taken when pregnant or breast feeding. If taking prescription medication, or in doubt, please consult your doctor. Always read the label and take only as directed.

Free Product for Your Feedback!

Send us your feedback on the Relax & Focus and we will send you a free bottle of your choice of product: **ENZO Relax & Focus,**

Enzogenol 120+CE, **ENZO Professional,** **ENZO Gut Repair,** or **ENZO Brain Recovery.**

To receive the free product your feedback must answer these 3 questions:

What did you feel after taking Enzo Relax & Focus?

How quickly did you feel this?

How did you enjoy this experience?

Please add any other feedback you like!

Email feedback to: feedback@enzo.co.nz,

or post to: ENZO - Feedback, PO Box 5, Paeroa 3640

Offer expires 31 Oct 2015. Limit 1 per customer.

When should I take it?

When you want to feel more calm, composed and fully in control.

When you need to be at your best for an exam, public speaking, or an interview.

When you feel anxious or nervous.

When you are inattentive and lack concentration.

When you need to work hard and want to stay focussed on the job.

When you are afraid of something, and you want to calm your nerves.

When you are concerned that chronic stress is affecting your health.



Stuff you should know about



Frequent or persistent stress can lead to chronic elevation of cortisol levels and exhaustion of the adrenal glands, resulting in fatigue and burn out.



Intense stress is toxic because it can change your emotions, physiology and behaviour. These changes can manifest in anxiety, depression, and other serious health impacts; i.e. if you are under chronic stress in your 40's or 50's you are 2.8-times more likely to get Alzheimers as you age.

Stress can lead to increased smoking, drinking or eating, sleep problems, decreased exercise, lack of motivation.

Chronic stress reduces cognitive abilities and can even lead to a loss in nerve cells in the hippocampus central to learning and memory function.



ENZOGENOL[®]
Plus L-Theanine