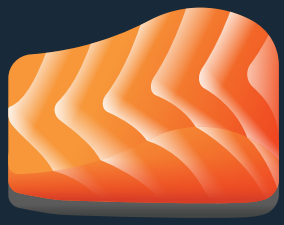


# FOODS THAT BOOST YOUR BRAIN



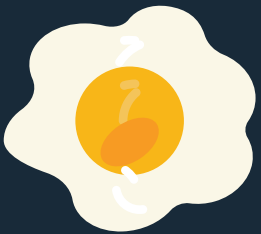
## Salmon

*Omega 3 & Fatty acids*  
Boosts mood, memory & concentration



## Whole Grains

*Vitamin B6 & Thiamine*  
Boosts memory and focus



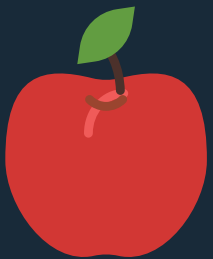
## Eggs

*Protein & Choline*  
Boosts memory & energy



## Blueberries

*Antioxidants*  
Boosts memory & concentration



## Apples

*Vitamin C*  
Supports immune system & reduces inflammation



## Carrots

*Lutein*  
Boosts memory & healthy brain function



## Bananas

*Potassium*  
Boosts memory and brain function



## Avocado

*Healthy Fats*  
Boosts concentration & blood flow to the brain



## Spinach

*Antioxidants & Vitamin B6*  
Maintains healthy brain function



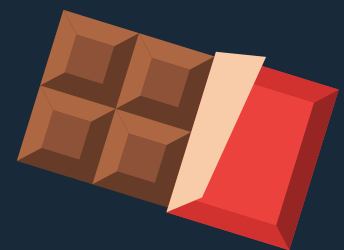
## Broccoli

*Vitamin K & Choline*  
Boosts memory and cognitive function



## Nuts

*Omega 3 & Fatty acids*  
Boosts mood & reduces inflammation



## Dark Chocolate

*Antioxidants*  
Boosts memory & improves blood flow to the brain