



take  
one...

EleCore™  
Stress & Mood



# EleCore™ stress & mood

relax • concentrate • focus • think • create  
scientific • advanced • complete • natural

# EleCore™ Stress & Mood

nutritional supplement

## How does EleCore™ work?

By inducing Alpha brain waves.

## What are Alpha brain waves?

An awake person experiences 1 of 2 brain wave patterns: Beta or Alpha.

In Beta you can feel stressed, tense or anxious.

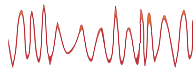
In Alpha you can feel more relaxed, focused, composed, alert, meditative and creative. Studies also suggest that learning is easier and comes more rapidly.

## How does EleCore™ induce Alpha brain waves?

L-Theanine (from Suntheanine®), the key ingredient in EleCore, is an amino acid derived from green tea leaves. It stimulates the production of alpha brain waves within 30-40 minutes.

\*Suntheanine® is a registered trademark of Taiyo International, Inc.

### 4 Categories of Brain Wave Patterns



Beta - Stress, Tension, Anxiety



Alpha - Relaxed & Focused, Composed, Meditative, Creative, Learning is Easy & Rapid



Theta - Light Sleep, Drowsy, Unconscious



Delta - Deep Sleep, Loss of Body Awareness

natural  
does not cause drowsiness  
non addictive



How is EleCore™ sweetened? With Xylitol, a naturally sweet nutrient that is found in raspberries and plums. It helps maintain healthy microflora in the mouth and may help reduce tooth decay. It is metabolized slowly and independent of insulin, with a very low glycemic index of 7 out of 100.



Will EleCore™ help me sleep? EleCore does not help you fall asleep but it can help improve the quality of your sleep.



What are the other important co-factors in EleCore™? Vitamin C supports adrenal function and the production of stress response hormones. Vitamin B-12 is required for normal nerve cell activity. Folic Acid is essential for proper function and maintenance of the nervous system.

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These statements have not been evaluated by the food and drug administration. These products are not intended to diagnose, cure, treat, or prevent disease.