

MEMORY & CONCENTRATION



This **Personal Coach program** is designed to help you live more serenely. The objective is to help you achieve a healthy lifestyle using easy-to-adopt measures to restore optimum concentration and a good memory.



DEVELOP THE RIGHT HABITS!



IN THE MORNING

- **Choose a healthy breakfast** (with whole-wheat bread or cereals, a dairy product, fruit juice and one cup of tea or coffee).
- **Concentrate** on one task at a time to avoid memory lapses through simple distraction (e.g. where have you put your keys or your papers?).



DURING THE DAY

- **Eat a balanced meal** rich in antioxidants (vitamins C and E, beta-carotene and selenium), vitamin B and magnesium, for optimal nutrition.
- **Avoid stimulants** (coffee, tea, soda, tobacco and alcohol).
- **Do not clutter your memory** with useless information. Write them down on paper and move on to something else.
- **Boost your memory** with activities such as crossword puzzles, memory games, Sudoku, etc.



AT THE END OF THE DAY

- **Take time for physical exercise** (one or twice a week), ideally outdoors where you're guaranteed a breath of fresh air!
- **Walk your dog** leaving your phone at home. It relaxes you and oxygenates the brain.
- **Have a light meal at a fixed time**, two to three hours before bed.
- **Pay attention to your sleep.** Is it restful and refreshing?



LACTIUM® RECOMMENDED DOSAGE

To ensure Lactium®, your daily partner, is as effective as possible, **take 150 to 300mg per day** ⁽¹⁾⁽²⁾ for 15 days to one month or **600mg** ⁽³⁾ per day for two days (one day before and on the day of a particular event).

⁽¹⁾ Lanoir D. (et Al.), *Stress*, 5 (suppl.), 124, (2002)

⁽²⁾ Dr Abdul Samad F. (et. Al.), Unpublished, (2011)

⁽³⁾ Messaoudi M. (et Al.), *Stress*, 5 (suppl.), 124, (2002)