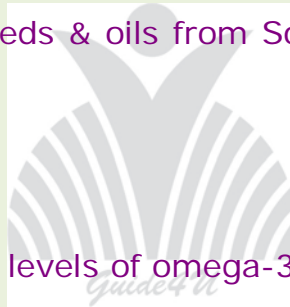


"Be Focussed"



☞ Eat right

- Omega 3 & omega 6 fatty acids contribute to optimum brain performance
- Fish, shell-fish, nuts, seeds & oils from Soya bean, safflower, flax seeds and walnuts
- All of these contain high levels of omega-3 & omega-6 fatty acids.



Be TUNED IN to know more.....

For more guidance & tips email to - children@wellnessway4u.com

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