



FREQUENTLY ASKED QUESTIONS

MindWorks™

THINK FAST. STAY SHARP.

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WHAT IS MINDWORKS™?

MindWorks contains key nutrients that have been shown in three clinical studies and dozens of laboratory studies to improve short-term mental sharpness and focus and help protect against age-related mental decline.*

Scientific studies have shown the key ingredients in MindWorks work in three ways:

- Immediate improvements in memory and focus*—3X better than the control group**
- Protects against age-related mental decline*—a 30% reduction in the rate of brain shrinkage, a common consequence of aging, over two years‡
- Supports healthy circulation*—designed to help make key nutrients available to the brain*

MindWorks is a revolutionary program that combines clinically supported nutritional supplementation and brain-training software to help your brain stay sharp and focused.*

WHAT ARE THE KEY INGREDIENTS IN MINDWORKS?

MindWorks is an exclusive formula powered by the following key ingredients:

CHARDONNAY GRAPE SEED EXTRACT—Only available to Shaklee, MindWorks contains a unique Chardonnay grape seed polyphenol blend created via a patent-pending water extraction process that results in a 30X concentrate of specific polyphenols.† These polyphenols have been shown in clinical studies to be more bioavailable and impact healthy blood vessel function.*

GUARANA—We sourced a carefully selected guarana extract that is prepared as described in several important clinical studies of guarana—and our guarana extract has a naturally low level of caffeine. Do not confuse our guarana extract with the caffeine-spiked guaranas you may find in many energy drinks—one serving of MindWorks contains less caffeine than a medium cup of decaf coffee. Guarana has long been used traditionally by Amazonian Indian tribes and has been shown to help improve cognitive performance.*

B VITAMINS—The B vitamin combination in MindWorks was shown to help protect against age-related mental decline in a two-year clinical trial.‡

WHAT IS GREEN COFFEE BEAN EXTRACT AND WHY IS IT USED IN MINDWORKS?

Research has identified specific polyphenols that have been shown to protect neurons against oxidative stress, and influence the levels of biochemical signals and growth factors that are critical for the formation of new synapses. Green coffee bean extract contains chlorogenic acid, a polyphenol, which has been shown to provide this benefit. Green coffee bean extract is less than 5% caffeine and does not make a significant caffeine contribution to the MindWorks product.

CAN I TAKE MORE THAN 1 MINDWORKS TABLET PER DAY?

There is no known additional benefit in consuming more than one tablet. In fact, the amounts of key nutrients in MindWorks were chosen on the basis of their optimum response in clinical trials and lab studies.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.

**At six hours versus control. †% by weight of monomeric flavanols compared to a fresh grape seed. ‡Based on a two-year study of 223 adults with mild cognitive impairment.



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SHOULD I TAKE MINDWORKS WITH FOOD?

All supplements containing botanical ingredients are absorbed most thoroughly when taken with food.

CAN I TAKE MINDWORKS WITH SHAKLEE VITALIZER™ OR VITA-LEA®?

Yes, it is safe to take Vitalizer or Vita-Lea with MindWorks based on current studies.

CAN I TAKE OTHER SHAKLEE PRODUCTS AT THE SAME TIME AS MINDWORKS?

Yes.

HOW MUCH CAFFEINE IS IN MINDWORKS?

There is less than 10 mg/serving of caffeine in MindWorks, less than a medium cup of decaf coffee.

WHO MIGHT BENEFIT FROM TAKING MINDWORKS?

MindWorks provides scientifically supported nourishment for your brain.

ADULTS:

- Who desire to be sharp and focused*
- Who want support for memory, critical thinking, and decision-making skills*
- Who are concerned about normal age-related mental decline*

WHO SHOULD NOT TAKE MINDWORKS?

MindWorks is not intended for children or for women who are pregnant or breastfeeding. If taking a prescription medicine, especially blood thinners, you should consult your physician before use.

CAN I GIVE MINDWORKS TO MY CHILDREN?

No, MindWorks should be used only by adults who are 18 or older.

IS MINDWORKS GLUTEN-FREE?

Yes.

IS MINDWORKS KOSHER?

Yes.

WHAT IS THE COGNIFIT® BRAIN-TRAINING SOFTWARE?

The MindWorks program includes a free month of access to Cognifit® clinically supported brain-training software with every purchase.

The Cognifit® brain games are designed to:

- Strengthen neural connections
- Exercise your cognitive skills like memory and concentration
- Improve your cognitive performance while having fun

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