



## Steps Toward Better Health

- **Consume a balanced, nutrient rich diet**
- **Drink adequate amounts of water**
- **Exercise regularly**
- **Obtain adequate sleep**
- **Maintain a healthy body mass index (BMI)**
- **Set up appointments for routine check-ups with your doctor, dentist and any other necessary healthcare providers**
- **Reduce exposure to substances that negatively impact your body, such as toxins**
- **Track factors that affect your moods and general wellness**
- **Set goals that will make a positive impact on your life**
- **Establish and/or maintain healthy, meaningful relationships with family and friends that enrich your life**
- **Establish a daily routine that allows at least 10 to 20 minutes for quiet reflection**

Lifestyle choices and nutrient needs are individually based. Talk with your healthcare provider to decide if amino acid nutrient support makes sense for you.

## What's in a Name?

CHK Nutrition, our name says it all. CHK stands for Clinical Health and Knowledge. Our company evolved from scientific research that started in 1995. For more than 25 years, CHK Nutrition has been holding true to its name by offering healthcare providers scientifically researched, balanced nutritional products.

So, what's in our name? It's the knowledge that your health and wellness is supported by scientifically researched, premium nutrients which doctors throughout the world have been selecting for years.

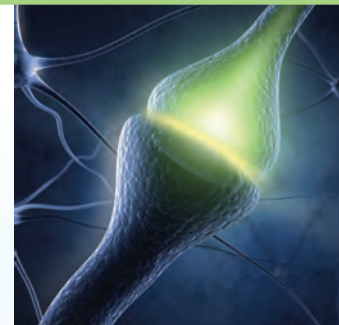


Scientifically Researched • Premium Ingredients • Reliably Delivered

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**\*DISCLAIMER: These statements have not been evaluated by the Food and Drug Administration (FDA). CHK Nutrition's products are not intended to treat, diagnose, cure, mitigate, or prevent any diseases.**



# Optimize Your Health with Properly Balanced Neurotransmitter Support

Properly balanced serotonin and dopamine levels are an important component of health and wellness.



Since 1995, our scientifically researched formulations have been used by doctors to support healthy neurotransmitter levels and the overall health of their patients.



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## Has Running Your Life Left You Feeling Rundown?

Life's day-to-day grind can create challenges that impact your health. Beyond managing a long to-do list, your health can be affected by stressors, environmental toxins, what you consume or fail to consume, certain medications and genetic factors.

As a result of these burdens, you may feel rundown, overwhelmed or “not quite yourself”. When life's demands are high, the brain's ability to communicate and function effectively can be negatively impacted, which may affect your overall well-being.

## How is Brain Health Related to General Health and Wellness?

Your brain is your body's main source of control. It is essential for many tasks including thinking, feeling, learning, and moving. When there is an imbalance between the demands placed on you and the resources available to manage those demands, your brain may struggle to cope with these challenges. As a result, some people may feel unfocused, overwhelmed and rundown.

## How Does the Brain Coordinate and Control the Body?

There are over 100 billion neurons in the human body. The brain uses neurons to control activities and communicate with the rest of the body.

*All sensations, movements, thoughts, memories, and feelings are the result of signals that pass through neurons.*

Neurons do not touch when they communicate; there is a small space between them called a synapse. In order for neurons to “pass on” their message, they must release chemical signals known as neurotransmitters. Neurotransmitters allow the brain's message to continue through the body. Two vital neurotransmitters for this communication are dopamine and serotonin.

**Dopamine and serotonin are two important neurotransmitters found in regions known to control energy, emotions, movement, appetite, balance and memory.**

Neurotransmitters do not directly enter the brain. A protective layer covers the brain, preventing dopamine and serotonin from entering because they are too large. The brain constructs neurotransmitters from smaller natural chemicals known as amino acid precursors, which can cross through the brain's protective barrier.

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## How Does Amino Acid Nutrition Support Health and Wellness?

With so many potential influences on health, some people find that amino acid precursor supplements can support optimal health.

CHK Nutrition's line of amino acid supplements offer nutrients known to support dopamine and serotonin. In addition, our formulations address a key area that many other amino acid support products ignore — the need for properly balanced amino acids.

Why does balanced amino acid nutrition matter? Optimal brain communication depends on the proper conversion of L-dopa to dopamine and 5-HTP to serotonin. When L-dopa and 5-HTP are incorrectly balanced, the body may feel overtaxed, leaving some people further exhausted and mentally worn.

CHK Nutrition's scientifically balanced formulations are designed to support optimal health without further straining the body. Talk with your healthcare provider to decide if CHK Nutrition's amino acid nutrient support products make sense for you.

