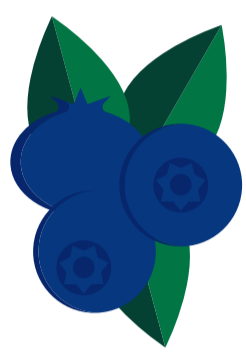


# TOP 10 BEST FOODS FOR PRODUCTIVITY

Brought to you by the new Lotus Sit-Stand Workstation from Fellowes!



1

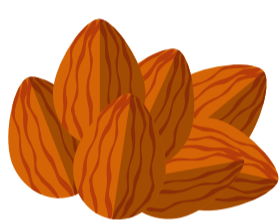
## BLUEBERRIES

Blueberries contain a group of natural phytonutrients (plant nutrients) called proanthocyanins which have a unique ability to protect both the watery and fatty parts of the brain against damage from environmental toxins.

Pumpkin seeds are rich in Zinc, an essential mineral that can aid in enhancing memory and thinking skills. They also contain L-tryptophan, which helps promote sleep and fight depression.

2

## PUMPKIN SEEDS



3

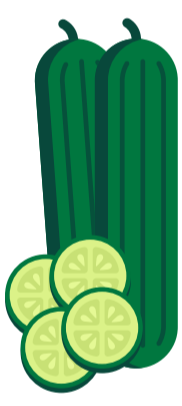
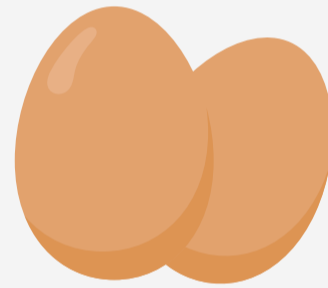
## ALMONDS

Almonds are among the world's best sources of Vitamin E, with just one ounce providing 37% of the recommended intake. Studies have linked Vitamin E intake with lower rates of heart disease, cancer and Alzheimer's disease.

Eggs contain fat-like B vitamins called Choline that enhance memory and minimize fatigue. Eggs are also rich in unique antioxidants lutein and zeaxanthin, which help protect against eye diseases like macular degeneration and cataracts.

4

## EGGS



5

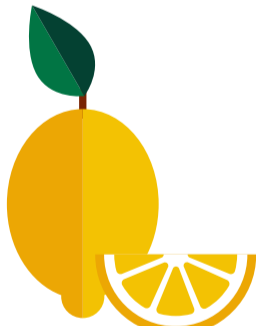
## CUCUMBERS

Cucumbers contain an anti-inflammatory flavonol called fisetin that helps to improve your memory and protects your nerve cells from age-related decline. Fisetin has also been found to prevent progressive memory and learning impairments in mice with Alzheimer's disease.

The monounsaturated fats in avocados benefit brain function and promote healthy blood flow. They also help in lowering cholesterol levels and may help prevent blood clotting.

6

## AVOCADOS



7

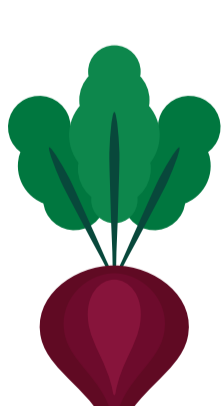
## LEMONS

Lemons are high in potassium, which is good for heart health, as well as brain and nerve function. Lemon juice is also packed with antioxidants that helps decrease blemishes and wrinkles too.

Aside from caffeine, Green Tea is packed with the amino acid L-theanine, which helps improve brain function and has anti-anxiety effects. Multiple studies have also shown that green tea can help lower the risk of Alzheimer's and Parkinson's.

8

## GREEN TEA



9

## BEETS

Beets are high in natural nitrates, which are converted to nitric oxide in the body. Nitric oxide is known to expand the walls of blood vessels so you can enjoy more oxygen, more nutrients and more energy. Cyclists who drank a single larger serving (500 ml) of beetroot juice were able to ride up to 20% longer.

Rich in Omega-3, Salmon is shown to help increase the efficiency of various brain functions, including improved memory. Omega-3's also help reduce systemic inflammation and the risk of developing atherosclerosis, hypertension and stroke.

10

## SALMON



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