PAMPHLET 3

- Move 1: IC
- Move 2: AA
- [Move 2: AA & Move 4: JP]
- Move 10: UA
- Move 2: AA
- Move 5.1: IP
Move 10: Urging Action

Move 5.1: IP
Move 5.2: DP
Move 5.3: EP

Move 4: JP

Move 5.1: IP
Move 5.2: DP
Move 5.3: EP

Move 2: AA

Move 4: JP
Move 5.1: IP
Move 5.3: EP
The brain is 60% fat – that’s why the quality of fat in any milk formulation is very important. **Gain Plus 10** contains a unique blend of vegetable oils to provide my child with a balanced ratio of unsaturated: saturated fats (2:1), and Omega 6: Omega 3 (10:1).**

**Move 4:** JP

**Move 5.2:** DP

**Move 5.1:** IP

**Move 5.3:** EP

**Move 2:** AA

**Move 13:** GRI
## Phospholipids
- Major component of all cell membranes, including brain cells
- Found in myelin, the protective layer surrounding nerve cells
- Essential for communication between brain cells

## Alpha Linolenic Acid (ALA)
- An essential Omega 3 fatty acid that can be converted to DHA

## Linoleic Acid (LA)
- An essential Omega 6 fatty acid that can be converted to AA

## DHA & AA
- Important components for brain cells

## Taurine
- A type of amino acid that is abundant in the brain and eye
- Important for efficient and rapid nerve communication

## Choline
- Called the “memory vitamin”
- Important for learning and memory

## Iron
- Important for efficient and rapid nerve communication

## Antioxidants (Lutein, Selenium, Vitamins A,C,E)
- Protect brain cells that are high in fats from oxidation

## Zinc
- Important in the development and function of nervous system

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### How it works?

- **BUILD**
  - the right structure for brain and retina cells

- **NETWORK**
  - brain cells for optimal communication

- **PROTECT**
  - the brain cells
Move 5.2: DP
Move 5.3: EP
Move 5.2: DP
[Move 4: JP]

Move 5.3: EP
Move 5.2: DP
[Move 4: JP]

Move 10: UA

Move 13: GRI

Move 5.1: IP

[Move 12: T&C]
Move 10: UA
Move 2: AA

Move 10: UA

[Move 8: OI]

Move 5.1: IP

Move 12: T&C

{Move 10: UA}

Move 1: IC