



A Window to Wellness Tracing Book



www.cheminutra.com

I belong to _____

Let's trace in the mechanisms.

When you think of science, what do you picture? Whether your answer is research, microscopes, studying humans, or testing technologies, one thing is clear: There is no shortage of wonder when it comes to what science gives us.

Window to Wellness is about celebrating mental wellness and this little book is our way of helping you do just that. Take it outside, enjoy your surroundings, and let your creativity bring to life mechanisms of action for mind and mood.

We love sharing.

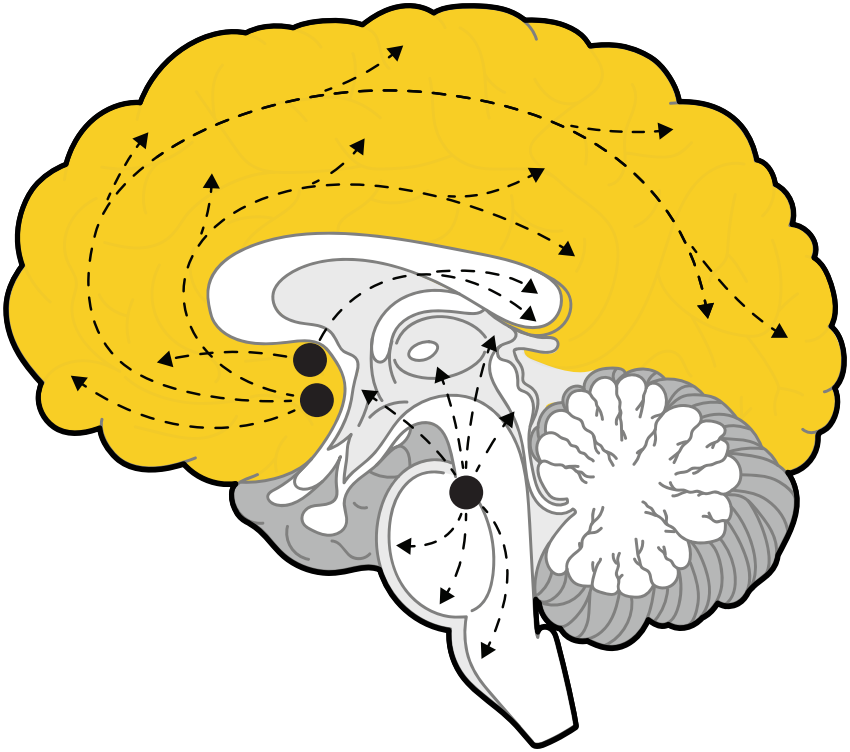
Snap a pic of your handiwork and
share it with us on Instagram.



@CHEMINutra
#WindowToWellness

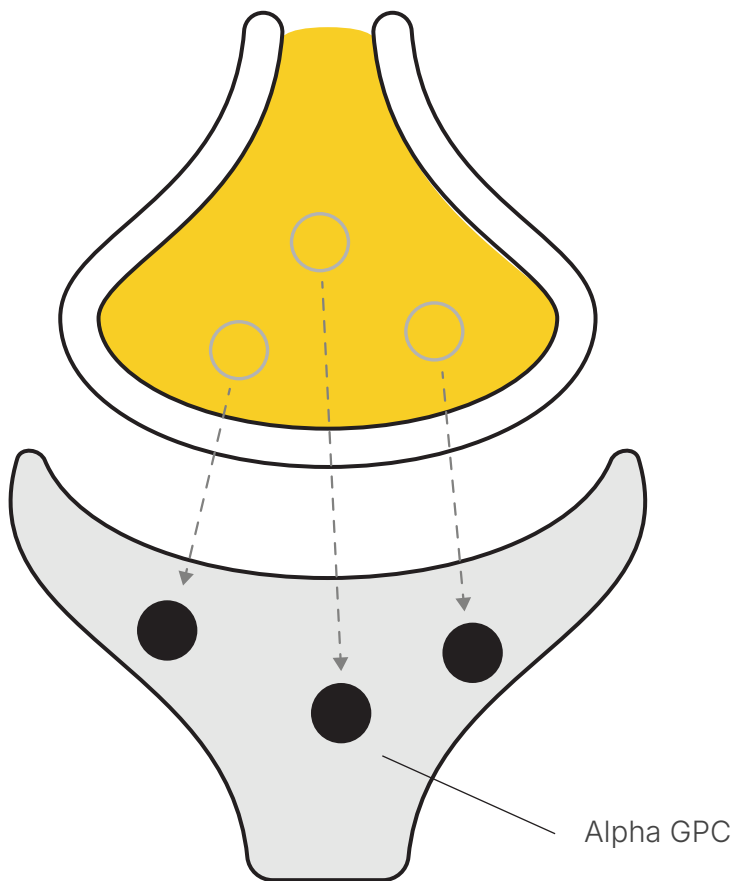
Fun Fact:

Your hippocampus, cortex, striatum, and thalamus are the brain's ultimate road trip crew—navigating memory, decisions, habits, and directions all at once!



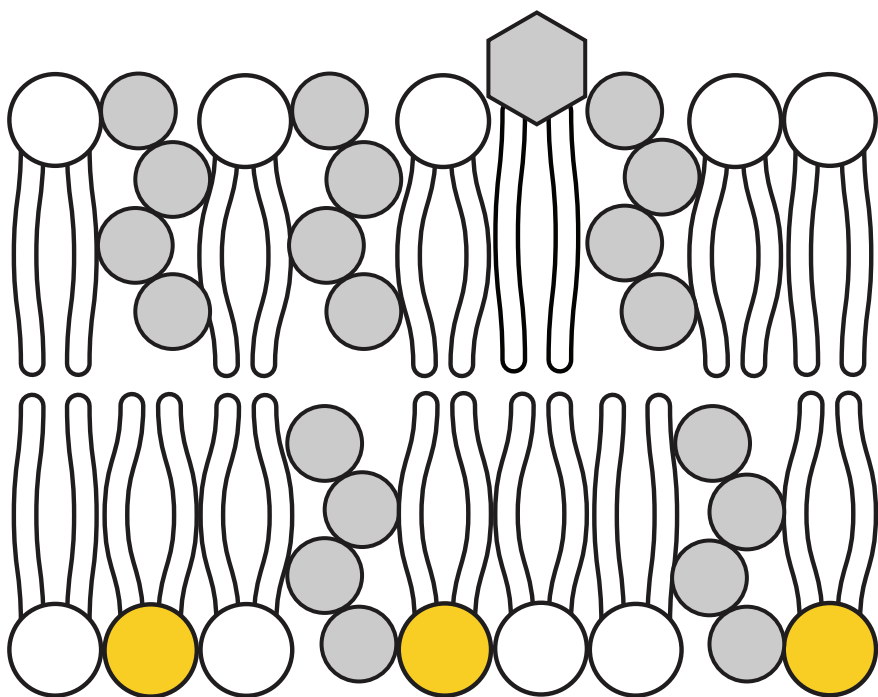
Trace the mechanisms.

AlphaSize® helps your brain cells “talk” by fueling the gap between them—called a synapse—with choline and acetylcholine for smooth and efficient neurotransmission.



Fun Fact:

Whether you're lifting weights or just keeping your heart beating, AlphaSize® helps nerves talk to muscles so your body knows what to do—on purpose or on autopilot.



Phosphatidylserine

Fun Fact:

SerinAid® helps your cells stay connected and strong—supporting smooth communication and maintaining the integrity of cellular structure.

What's the most beautiful thing you've ever seen in science?
A brain? A black hole? A bubble under a microscope?
Whatever made you go "Whoa!"—draw it here and show
science some love.



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