



A little kick when you need it!

INTRODUCING NEW

Berocca
Boost
 with guarana

New Berocca® Boost will help give you a **fast mental and physical boost** so you can think on your feet and be at your best whenever you need. Berocca® Boost contains **Guarana**, a fast acting energiser also packed with a **unique combination of B vitamins & minerals** to give you a **little kick when you need it**.

An innovative study using functional magnetic resonance imaging (fMRI) showed the neurocognitive benefits of Berocca® Boost in healthy young adults.

After a single dose of Berocca® Boost, the study showed:¹



Single dose of Berocca® Boost



Assessment of neurocognitive performance

1 Neuroimaging (fMRI) showed increased activation of brain regions associated with working memory and attention.

Look inside the brain to see how the brain is activated by Berocca® Boost to get the Ninja Kick.

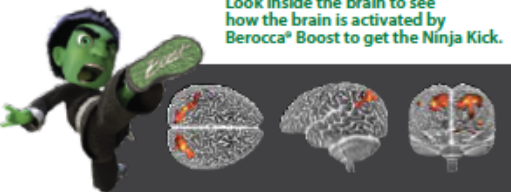
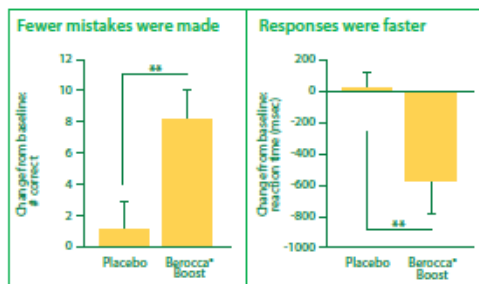


Figure 1: fMRI: computed brain surface images showing brain activation: left image – dorsal; middle image – left lateral; right image – posterior view. Warm colours in the images indicate increased brain activation. Adapted from reference 1.

2 Concentration and reaction time in participants undertaking cognitive tasks was significantly improved. Fewer mistakes were made and responses were faster.



*Berocca® Boost: multivitamins & minerals plus guarana (40mg caffeine); ** p<0.01

NEW Berocca® Boost contains 75mg caffeine.

3 Berocca® Boost was also associated with improved mood (ie. self-rated contentment).



Reference: 1. Scholey A, et al. Acute effects of different multivitamin mineral preparations with and without guarana on mood, cognitive performance and functional brain activation. *Nutrients* 2013; 5:3589-3604. 20 young healthy adults participated in the study. An additional 5 participants took part in the fMRI investigation.

Always read the label. Use only as directed.