

# Study tips 4 You!



## 5. Consistency not cram

Have a study plan that helps you to study consistently. Doing this allows your brain to store information in the long and short-term memory. You will thank yourself later.



## 6. Exercise and keep positive

Exercising helps to rejuvenate the brain and will help in giving your body the energy it needs. It is also important to keep calm and stay positive. A calm mind is more receptive.



## 7. Take a break

Take a break, give yourself time to relax between studying. It will help to refresh you.



The Himalaya Drug Company (Pty) Ltd  
Tel: +27 11-656-4284  
www.himalayawellness.com

Check out our page and give us a thumbs up!  
f Himalaya - Wellness - SA

WANT MORE GREY MATTER?



Herbs that  
make **Mentat**  
matter



**Bacopa (Brahmi)**

MEMORY ENHANCER



**Increases memory, focus and attention**

Well-documented herb that for decades has proven to:

- ▶ Increase concentration & attention span
- ▶ Improve long & short-term memory
- ▶ Strengthen the brain's pathways to improve recall



**Winter Cherry (Ashwagandha)**

NATURAL STRESS BUSTER



**Reduces stress, increases calmness**

Known as Indian Ginseng - Ashwagandha, root and berry have been used for decades in medicine. Ashwagandha is proven to:

- ▶ Reduce stress by reducing the stress hormone - cortisol
- ▶ Help the body to relieve stress, fatigue and sleeplessness

**Himalaya**  
SINCE 1930

For a  
**SHARP &  
FOCUSED MIND**

**Mentat**  
(TABLET & SYRUP)



PRODUCT INFORMATION LEAFLET



## Learning & cognition

Learning is a part of everyday life. It starts as a child and grows with age to a different extent though. Present day children are faced with, many activities at school, learning to cope with gadgets of the day, and developing their knowledge base on contemporary subjects, while learning and memorising.

Thus there is a need to facilitate stress free learning.

#76322723



## What is Mentat®?

Mentat is an all-natural, clinically proven formulation that works as a brain tonic. Mentat is clinically proven to improve cognition, long and short-term memory, increase attention span, and to create a calm, focused mind.

Mentat therefore acts as the perfect study partner and is suitable for both adults & children. Using a combination of herbs that has been proven to increase learning capacity, improve memory, and reduce stress, Mentat aims to unlock your mind's full potential.

MENTAT IS EFFECTIVE, THANKS TO SCIENCE!  
IT IS SAFE, THANKS TO MOTHER NATURE!






## Enhancing learning & cognition

### BACOPA MONNERI

- ▶ **Increases** the rate of remembering new information (remembering / processing and memorizing)
- ▶ **Enhances** processing of information and learning activities by supporting the brain networks

## How Mentat® improves the long and short-term memory?

-  **Improves** mental functioning by stimulating the nerve cells - helping to increase focus and attention-span
-  **Strengthens** and renews brain pathways (Improving recall and memory during pressured exam time!)
-  **Promotes** protein synthesis in brain cells to improve memory

## Keep Calm and Use Mentat®

**Mentat** contains the herb **Ashwagandha**, which reduces the stress hormone, cortisol. Thus it reduces stress, providing a calm mind for successful learning!



## Study tips 4 You!



### 1. Find your place of success

Everybody studies differently and may have greater success in different environments. Before studying it's best to get started in the environment you are most comfortable in. Some place quiet with no distractions may help bring out your best.



### 2. Understand rather than memorise

Many students try to memorise, this creates a lot of strain on trying to remember. It is better to take time to simplify and understand concepts in a manner that is easier for you.



### 3. Don't forget to summarise

During the exam period it is beneficial to make simplified notes that are easier to remember and learn from.



### 4. It's what you know.

To make studying easier and fun, try and connect difficult material to things you already understand well. Research suggests that the difference between quick learners and slow learners are that quick learners are able to make connections of concepts to things they understand