

The role *CLEVER-4-EVER* plays in healthy brain function



What is cognitive decline?

It is a part of the aging process, but there are certain factors that can accelerate, or slow down this decline. Diseases and emotional conditions like high stress levels, shock, trauma, dementia, and Alzheimer's disease contribute to cognitive decline, which affects one's ability to receive and respond to information.

Dementia and Alzheimer's disease particularly affect older individuals, but high stress levels and the inability to cope with life's circumstances also lead to cognitive decline. Healthy brain function will then start deteriorating at a much younger age.

What is healthy brain function?

It is the ability to perform a given cognitive or physiological task. It involves the ability to acquire knowledge, process it meaningfully, and reason about it. This includes aspects such as memory, learning ability, attention, decision-making, the ability to create new memories, recall information, etc.

70% of cell membranes in the brain are composed of *phosphatidylserine* (PS), therefore PS plays a crucial role in learning ability, memory, sustained attention, and the successful performing of tasks.



Positive influence of PS on the brain

- PS enhances the brain's ability to receive new information freely and unhindered, improving thinking skills and the ability to act accordingly.
- Studies conducted with PS have shown improvement in cognitive performance, especially among older adults.
- Studies have also indicated that PS assists in managing stress and anxiety by reducing cortisol levels. Cortisol is a stress hormone released by the body in response to stress.
- Research has shown that PS can positively influence the release of neurotransmitters such as serotonin and dopamine, thereby improving mood.
- Research suggests that PS supplements can help alleviate symptoms of ADHD, leading to improved focus and behaviour.

ADHD symptoms include brain fog, an inability to focus properly, poor concentration, or difficulty processing information meaningfully.

As PS is a key component of brain cells, PS supplements can help protect the brain against oxidative stress, reduce degenerative decline, and thus contribute to brain health.

Vitamin B5 in *CLEVER-4-EVER* aids in regulating the stress hormone cortisol and helps the body recover after stressful situations.

Vitamin B6 in *CLEVER-4-EVER* assists in reducing symptoms of depression.

Name the 3 ingredients found in *CLEVER-4-EVER* capsules.

Send your answer to freegift@af.co.za and receive free marketing material.

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Specials

August 2026

July, 2026



**CLEVER-
4-EVER**
30 caps

R181
SAVE R25

- Aids cognitive function.
- Maintains and improves memory.
- Helps improve focus and reason.
- May aid treatment of ADHD in children.
- May be beneficial to Alzheimer's disease.
- May reduce the risk of developing dementia.
- Managing stress and anxiety by reducing cortisol levels.
- Relieves depression symptoms.



Tone⁺
150 ml

R140
SAVE R25

- Fresh-pressed cucumber fruit extract is rich in vitamin A, which produces collagen.
- Closes pores and tightens cell gaps.
- Restores natural pH balance after cleansing.
- Removes excess oil.
- Calms irritated skin.
- Restores moisture balance.
- Inhibits bacterial growth.
- Protects against environmental toxins and impurities.



**NAIL &
CUTICLE GEL**
15 ml

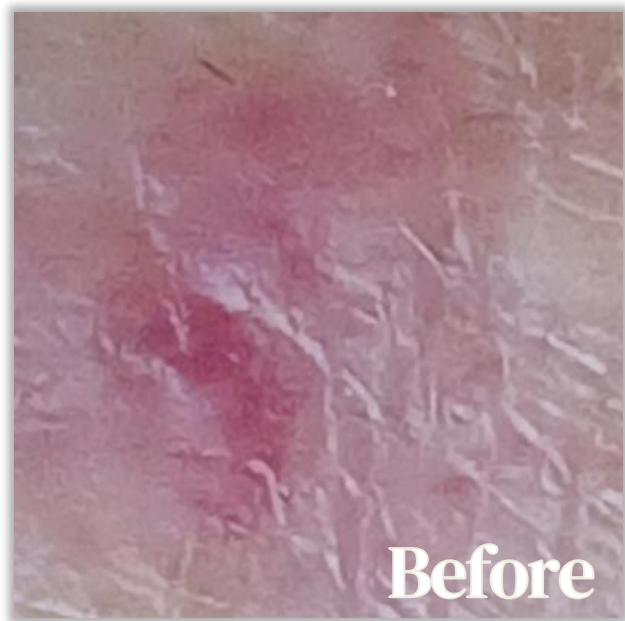
R40
SAVE R14

- Nourishes and protects nails and cuticles.
- Strengthens nails.
- Softens cuticles.
- Prevents nails from becoming cracked and brittle.
- Brightens dull and yellowed nails.

“ Testimony

#114 / 2026-07

July, 2026



English:

"*FEROX GEL* is a miracle remedy, and I am incredibly grateful for the positive results I have experienced with it. I have always been very active and sporty – over the years I have enjoyed running, cycling, and many wonderful seaside holidays. I also spend many hours in my garden, especially during the summer months.

I now realize that many years of sun exposure, together with times when I did not apply sunscreen or failed to reapply it regularly while exercising, led to sun damage and sunspots. First, there was a spot on my nose, then one next to my temple, and finally one on my forearm. The sunspot on my forearm was no longer just brown; it had started to turn red.

I immediately began applying *FEROX GEL* several times a day. The photographs speak for themselves – the mark on my forearm, as well as the previous two on my nose and temple, gradually disappeared over time. I am truly amazed by the results and very thankful for *FEROX GEL* that has worked so well for me."

Afrikaans:

"*FEROX GEL* is 'n wondermiddel, en ek is ongelooflik dankbaar vir die positiewe resultate wat ek daarmee ervaar het. Ek was nog altyd baie aktief en sportief – oor die jare het ek gehardloop, fietsgery, en talle heerlike seevakansies geniet. Ek spandeer ook baie ure in my tuin, veral gedurende die somermaande.

Ek besef nou dat baie jare se sonbloomstelling, tesame met tye wanneer ek nie sonskerm aangesmeer of nie gereeld tydens oefening heraangewend het nie, tot sonskade en sonvlekkies gelei het. Eers was daar 'n vlek op my neus, daarna een langs my slaap, en die laaste een op my voorarm. Die sonvlekkie op my voorarm was egter nie meer net bruin nie, maar het rooi begin word.

Ek het dadelik begin om *FEROX GEL* 'n paar keer per dag aan te smeer. Die foto's spreek vanself – die merkie op my voorarm, sowel as die vorige twee op my neus en slaap, het mettertyd verdwyn. Ek is werklik verstom oor die resultate en baie dankbaar vir *FEROX GEL* wat so goed vir my werk."

Die rol wat CLEVER-4-EVER speel in gesonde breinfunksie



Wat is kognitiewe agteruitgang?

Kognitiewe agteruitgang is deel van die oudword-proses, maar daar is sekere faktore wat hierdie agteruitgang kan versnel, of vertraag. Siekte- en emosionele toestande soos hoë stresvlakke, skok, trauma, demensie, en Alzheimer se siekte dra by tot kognitiewe agteruitgang, en beïnvloed 'n mens se vermoë om vinnig en helder te kan dink en optree.

Demensie en Alzheimer se siekte kom veral onder ouer persone voor, maar hoë stresvlakke en die onvermoë om 'n mens se lewensomstandighede te hanteer, veroorsaak ook kognitiewe agteruitgang. Gesonde breinfunksie begin in so 'n geval reeds op 'n baie jonger ouderdom agteruitgaan.

Wat is gesonde breinfunksie?

Dis die vermoë om 'n gegewe kognitiewe of fisiologiese taak te kan uitvoer. Dit sluit die vermoë in om kennis op te doen, betekenisvol te verwerk, en daaroor te kan redeneer. Dit sluit in 'n mens se geheue, leervermoë, volgehoue aandag, besluitneming, die vermoë om nuwe herinneringe te skep, inligting te herroep, ens.

70% van selmembrane in die brein bestaan uit *phosphatidylserine* (PS), daarom dat PS so 'n belangrike rol speel in leervermoë, geheue, volgehoue aandag en die suksesvolle uitvoering van take.



Positiewe invloed van PS op die brein

- PS verbeter die vermoë van die brein om nuwe inligting vrylik en ongehinderd te kan ontvang en daarop te reageer.
- Studies wat met PS gedoen is, toon dat kognitiewe prestasie veral onder ouer volwassenes verbeter het.
- Studies het ook getoon dat PS help om stres en angs te bestuur deur kortisolvlakke te verminder. Kortisol is 'n streshormoon wat deur die liggaam afgeskei word in reaksie op stres.
- Studies het getoon dat PS die vrystelling van neurosenders soos serotonien en dopamien positief kan beïnvloed, en sodoende gemoedstoestande kan verbeter.
- Navorsing dui daarop dat PS-aanvullings kan help om simptome van ADHD te verlig, wat kan lei tot verbeterde fokus en gedrag.

ADHD-simptome sluit in breinmistigheid, 'n onvermoë om te fokus, swak konsentrasie, en probleme om inligting sinvol te verwerk.

Omdat PS 'n sleutelkomponent van breinselle is, help PS-aanvullings die brein beskerm teen oksidatiewe stres, verminder degeneratiewe agteruitgang, en dra sodoende by tot breingesondheid.

Vitamine B5 in *CLEVER-4-EVER* is behulpsaam met die regulering van die streshormoon kortisol, en help die liggaam herstel na stresvolle situasies.

Vitamine B6 in *CLEVER-4-EVER* help om simptome van depressie te verminder.

Noem die 3 ingrediënte wat in *CLEVER-4-EVER* kapsules voorkom.

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Hier vind jy al ons nuutste aankondigings, opleidingsinligting en weeklikse Zoom-inskakelbesonderhede.



Skakel kennisgewings aan, maak so:



Tik op die klokkie regs bo sodat die strepie verdwyn.



Tik op die drie kolletjies (:)



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