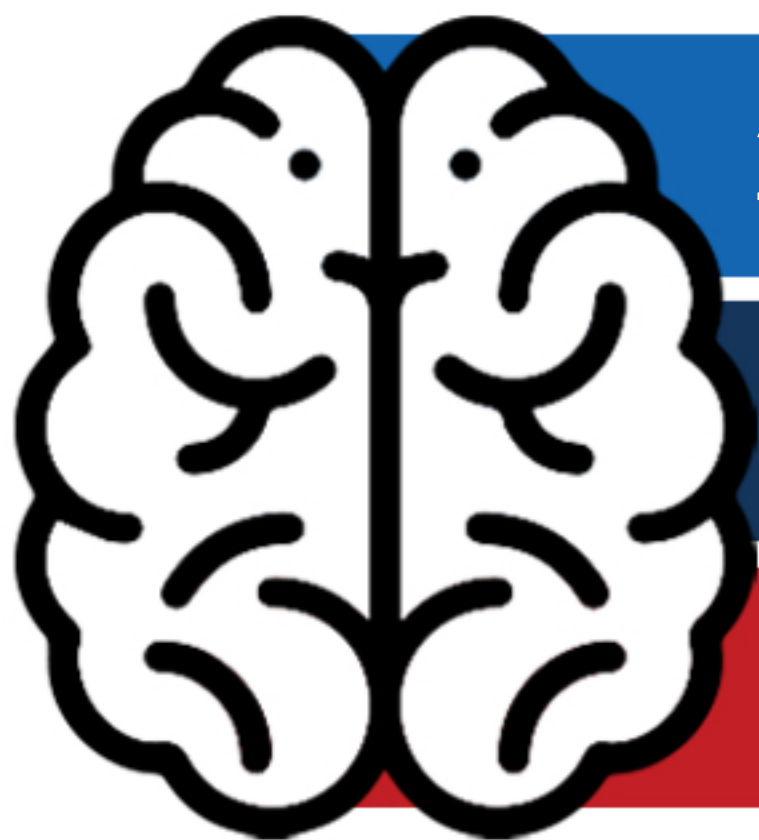




## Your Brain **BIG** on Performance

The brain is a critical and amazing organ for your overall health, well-being, and performance. Though it only weighs 2 percent of your total body mass, consider the proportion of resources from your body that it uses to get its job done:



**Approximately 20% of  
the body's total energy**

**Approximately 30% of the  
body's total oxygen consumption**

**Approximately 40% of the  
body's total glucose consumption**

People who have optimized brain health are typically very high functioning, while those who do not tend to struggle with performance.

