

Instructions for use

LTO3 – a natural and safe choice!

Attention deficit, hyperactivity, lack of concentration, stress, overload, fears, nervousness, poor sleep, restlessness, tension.

Essential features of LTO3

The primary effect of LTO3 is the improvement of concentration, in both adults and children. Increased rest, relaxation, stress resistance, mood improvement and a better night's sleep are also among the effects.

The effect of LTO3 is often noticeable on the first day, but this can also take several weeks. In rare cases it may take 6-8 weeks for the (full) effect to take effect. Only after 2 months can you draw conclusions about the effect of LTO3 and the best dosage. In less than 10% of cases, LTO3 has no effect whatsoever.

LTO3 starts working within 40 minutes after ingestion. The duration of action is 8-12 hours.

LTO3 is suitable for adults and children from 3 years old.

There are no contraindications, side effects or cases of overdose. Can be combined well with medication.

The components of LTO3 are L-Theanine, fish oil and Blue Skullcap.

L-Theanine

L-Theanine is an amino acid obtained from plant extracts and is 100% pure.

It increases dopamine levels and serotonin levels in the brain. These are neurotransmitters and ensure the conduction of stimuli in the brain. The improved stimulus conduction provides peace of mind and improved concentration. They also support memory and the immune system. Serotonin is the neurotransmitter that causes feelings of happiness, improves mood and is converted into melatonin in the evening, which promotes sleep. Stress and overload cause reduced dopamine and serotonin levels. The effect of L-Theanine is also a decrease in chronic stress, anxiety and tension, without negatively affecting normal brain functions.

Fish oil in the regular LTO3: Sementis

Sementis is a fish roe extract from Atlantic wild herring. This contains large amounts of oceanic DNA (21 to 31%), a powerful antioxidant that is effective against stress and fatigue. Sementis also contains vitamin C, zinc, selenium, Eicosapentaenoic acid (EPA) and Docosahexaenoic Acid (DHA).

Sementis offers an ideal ratio between Omega 3 and Omega 6 fatty acids of 36: 1.

Fish oil in the LTO3 No Taste': Omega 3-DHA-Powder(-NG)

LTO3 'no taste' has been specially developed for people who have difficulty swallowing the capsules. These can easily be opened and mixed with something liquid.

The Omega 3-DHA powder (-NG) is encapsulated in microscopic capsules, which preserves the active elements EPA and DHA, the properties of the fish oil and the purest and best source of Omega 3, while retaining the typical taste and fishy smell are barely or not at all noticeable.

Omega 3-DHA powder (-NG) is a fish oil extract from tuna from ecological fishing, of the highest quality and purity. Guaranteed without heavy metals or toxins.

The Blue Skullcap (*scutellaria lateriflora*)

The Blue Skullcap in the capsules serves to support the nervous system and to reduce stress, anxiety, nervousness and tension, even during psychological stress. It has a calming effect on physical restlessness and it ensures a better night's sleep.

Dosage recommendations

- Important: the dosage depends on age, weight, severity of the complaints/symptoms, sensitivity to LTO3, and can differ greatly from person to person. It is advisable to evaluate the dosage over time and adjust it if necessary. Adjustment is done as doctors do with prescribed medications, by varying the dosage until the correct dose is found. You can contact us for this at questions@smartvital.eu
- Basic dosage for children under 45 kilos: take 2 capsules in the morning on an empty stomach, at least 10 minutes before breakfast. This dose appears to be sufficient for approximately 45% of children. For small children aged 3-4 years and highly sensitive children, 1 capsule is often enough.
- Basic dosage for adults and children over 45 kilos: Take 3 capsules in the morning on an empty stomach, at least 10 minutes before breakfast.
- Highly sensitive people are recommended to increase the dosage very slowly, by starting with 1 capsule per day. In the absence of sufficient results, after approx. increased to 2 capsules for 10 days and - if necessary - a week later to 3 capsules per day.
- It is best to start with the basic dose and use this approx. to be maintained for 10 days. The body can adjust itself well to the LTO3. If the desired effects still do not occur, it is a good idea to increase the dose, preferably with 1 capsule at a time and to continue with each new dose for a week to get a clear picture of the effects.
- Sometimes a weekly adjustment is required. This can take 6-8 weeks.
- If the effect of the LTO3 decreases during the day, an extra dose can be given before lunch and/or around 5 p.m.
- For many adults the most effective dose appears to be: 3 capsules in the morning and 2 capsules around 5 p.m.
- In severe cases it is advisable to take a higher dose and/or an extra dose. There have never been any cases of overdose, so it is completely safe. Experience shows that feeling and intuition are good advisors.
- Do not take with products to which (refined, white) sugar has been added and preferably avoid these products for up to an hour after ingestion. They can hinder the absorption of LTO3. Natural sugars such as in fruit (juice), honey or sugar-free lemonade syrups are much better.
- Do not take with cow's milk products. These leave a mucus layer in the gastrointestinal tract, which reduces the absorption of LTO3. They can be consumed with breakfast, so at least 10 minutes after taking LTO3.
- Suggestions for breakfast after the LTO3 intake: all types of bread with toppings of meat, honey, sugar-free apple/pear syrup, sugar-free jam, sugar-free peanut butter, sugar-free chocolate sprinkles, sugar-free coconut bread, etc. As long as no sugars have been added.

- Difficulty swallowing the capsules? You can easily open the capsules and mix the contents with a drink or a bite of sugar-free applesauce, mashed banana, mashed strawberry or something similar, or with a spoonful of pure, sugar-free lemonade syrup. That often works well.
- The LTO3 'no taste' has been developed especially for this purpose.
- Combine with medication. LTO3 can be easily combined with almost all types of medication and homeopathic and other remedies. These are best taken at least 30 minutes after the morning dose of LTO3.

An exception to this are antidepressants. These should be taken at least 2 hours after the LTO3.

- After a few weeks, in some cases, the chemical medication can be slowly reduced in consultation with the treating physician.
- For sleeping problems: up to 45 kilos of body weight 2 capsules, from 45 kilos 3 capsules, take about an hour before going to sleep, on as empty a stomach as possible. So after dinner it is best to eat as little as possible.
- Missed dose: You can still take a forgotten dose at any time of the day. Please note that the effect may be slightly reduced because it is not taken on an empty stomach. You may consider taking an extra capsule or, if you find out during the morning, waiting until 10 minutes before lunch.
- Pregnancy and breastfeeding: LTO3 can in principle be taken during pregnancy and breastfeeding, but it is advisable to consult your doctor. LTO3 contains L-Theanine, which increases dopamine and serotonin in the brain, fish oil and Blue Skullcap. If the doctor doesn't think it's a problem, you can just take it.

Exceptional responses to LTO3

The following reactions may occur in exceptional cases:

- In rare cases, allergic reactions may occur with an existing fish allergy. In this case, we recommend not using the LTO3 or using it in a very low dose.
- If fatigue has built up over a long period of time, the rest and relaxation that LTO3 causes may initially cause temporary fatigue. It is best to give in to this as much as possible. This is how the body recovers fastest. If the fatigue lasts longer than 2 weeks, it is a good idea to (temporarily) reduce the dose.
- In highly sensitive people we sometimes see an increase in complaints. It is best to immediately reduce the dose to 1 or even half a capsule per day, and then - if necessary - slowly increase the dosage again as described above in the dosage recommendations. You can take half a capsule per day by opening the capsule and then dissolving about half in a drink or a bite of sugar-free applesauce or something similar. and then take the capsule with the other half the next day.

If you notice any other unwanted reactions, please contact our service team at questions@smartvital.eu

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