

Your neurons called— they want nutrients!

A simple video, a private test, and real support.  
Because feeling better at work should be simple!



# Workplace Challenges

## Common issues affecting employee productivity

- **Afternoon energy crashes**

Employees lose focus as glucose and cortisol rhythms dip.

- **Brain fog & sluggish thinking**

Often linked to low micronutrients, poor sleep, or stress signals.

- **Low mood or irritability**

Emotional chemistry shifts that affect communication & teamwork.

- **Difficulty focusing or staying consistent**

Neurotransmitter patterns that disrupt attention.

- **Poor stress tolerance**

Minor stressors feel bigger when the chemistry is off.

- **Unpredictable day-to-day performance**

Employees don't feel the same "every day," which affects output.

<b>90 % of U.S. adults</b> fall short in at least one essential vitamin or mineral	<i>Linus Pauling Institute (NHANES)</i>
<b>1 in 3 employees</b> experiences regular fatigue during the workday	<i>National Safety Council 2023</i>
<b>77 % of workers</b> report burnout or stress-related symptoms	<i>Gallup 2023</i>
<b>Fatigue and poor focus</b> cost businesses <b>\$550 billion</b> annually	<i>AJHP 2022</i>
<b>Companies investing in wellness</b> see an ROI of <b>\$6+</b> per <b>\$1</b> spent	<i>CDC Workplace Health Research 2022</i>



# The Investment

## The ROI of Chemistry at Work

### Workplace Safety Impact

Cognitive lapses related to fatigue, stress, or low clarity contribute to measurable safety risks at work; studies show fatigue-related focus loss accounts for up to 13% of workplace injuries. (Source: National Safety Council, Fatigue in the Workplace Report, 2023.)

### Nutrition-Specific Impact

Nutrient insufficiencies (vitamins + minerals) are linked to reduced cognitive performance and increased presenteeism. Addressing them can reduce lost-productivity days by 15–30%. (Source: AJHP, Micronutrient Interventions Review, 2022.)

### Mood & Team Output

Positive mood states significantly enhance collaboration, communication, and overall team cohesion. Research shows that happier employees contribute to up to 31% better teamwork and productivity, creating smoother workflows and stronger group performance. (Source: University of Oxford, “Happiness & Productivity” Study, 2022.)

### The Financial Case for Wellness

With its focus on clarity, energy, and daily steadiness, Chemistry at Work creates meaningful improvements that translate directly into performance. Even small reductions in fatigue or lost work time can produce an 8–11x return through regained productivity and stronger team capacity.

- Study by Gallup finds that employees who are not engaged or are “actively disengaged” cost their companies an average of 34% of their salary in lost productivity.
- Research from Harvard Business Review shows companies with highly engaged employees see 21% higher profitability.
- Employees with stronger cognitive wellbeing show 44% higher performance.

**Even a single day of recovered attendance or avoided absence is enough to offset the entire cost of the program – everything beyond that is pure return.**

# The Chemistry at Work Solution



## Guided Discovery

Our **1-hour Guided Discovery Session** empowers participants to identify personal energy patterns, allowing them to connect actions with daily performance and understand individual needs for improved focus.

## At-Home Screen

The **private at-home screen** provides tailored insights based on lab-processed results, ensuring employees receive personalized feedback without employer visibility, fostering a secure and trustful environment for growth.

## Access to Licensed Nutrition Specialists

Every employee receives access to a network of licensed dietitians and nutrition experts who help them understand their chemistry and take the right next steps.

## Simple Actions

The program emphasizes **simple actions** that can be integrated into daily life, making it easy for employees to adopt changes without the need for complex apps or tracking systems.

# What's in the Video?

## A Visual + Audio Learning Experience

Relatable characters, engaging scenes, and memorable music turn complex ideas into simple, digestible insights. The video blends visual storytelling with audio cues to reinforce understanding, using real-life scenarios and creative characters that help employees see themselves in the material. This multi-sensory approach keeps attention high and turns complex topics into practical, memorable insights.

### Meet Your Neurotransmitters

The NeuroPuppets bring brain chemistry to life. Employees discover how neurotransmitters influence mood, focus, and motivation — with memorable music and simple tips for managing them.

### Vitamins, Minerals & Amino Acids

Basics made easy with the Footballerz. We break down key nutrients, why the body needs them, and practical tips for successful supplementation — all in a fun, intuitive style.

### Nutrient Deficiency Essentials

How to test for and understand common nutrient gaps. Employees learn what nutrient deficiencies are, how to screen for them, and why they matter for daily energy, focus, and mood.

### Food for Mood

What to eat, when to eat it, & why it works. A fun western surreal color & texture coded food guide explains which foods sharpen focus, boost energy, or support calm & relaxation — paired with Food for Mood song.

### Move for Mood

Three simple movements that boost dopamine on demand. Employees learn quick, science-supported movements that instantly lift mood, reset attention, and increase readiness.

### Interactive Brain Games

Sharpen focus, memory, & attention on the spot. Engaging, visual brain-training activities help reinforce key concepts while strengthening cognitive flexibility & awareness.

- **Duration 1hr**
- **Digital Access Link**
- **Hi-Resolution for large screens**

# At-Home Nutrition Screening

## Powerful insights for employee wellness

The at-home nutrient deficiency screen from 5Strands provides each employee with a private, personalized report that highlights key insights into their specific nutrition levels. It offers a simple view of vitamins, minerals, and amino acids that may be influencing daily energy, focus, and overall wellbeing. All results are employee-controlled and never shared with employers, ensuring complete privacy and trust.

The report organizes information into a simple, easy-to-understand format, helping employees recognize where they may be lacking in certain nutrients. The results provide a meaningful starting point for better understanding of their chemistry and the factors that may be influencing day-to-day wellbeing. This gives employees greater awareness and helps them decide how they want to move forward with their own health journey — privately, confidently, and at their own pace.

**When employees discover their personal deficiencies, they finally understand the “why” behind their daily struggles.**



This knowledge empowers employees to support their chemistry, make informed changes, and experience clearer focus, steadier energy, and more consistent performance.

# Dietitian Access



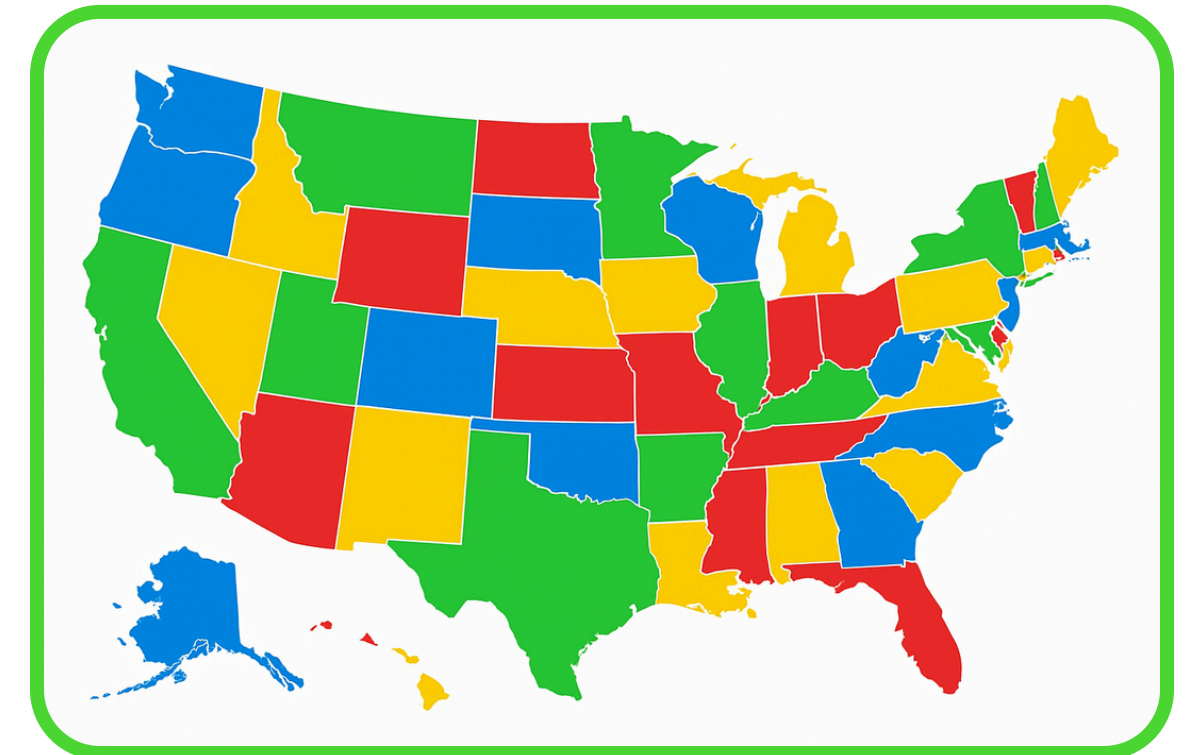
## Personalized Support

Expert guidance to help understand nutrient test results



## Healthy Choices

Guidance & Support to correct nutritional deficiencies and improve overall health.



## Telehealth Network

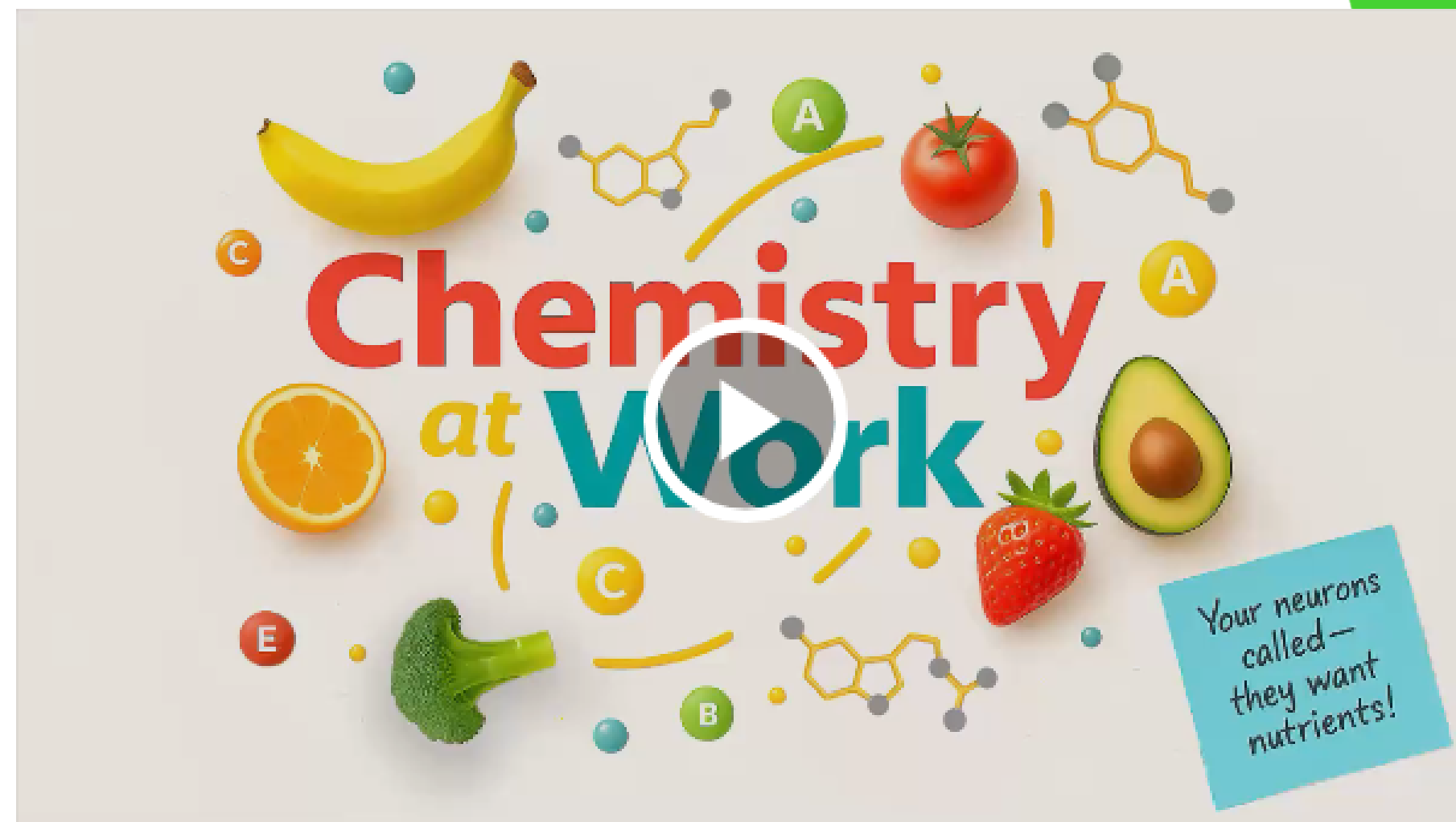
Convenient consultations with Nutri Greene's registered dietitians across the U.S.

# Intro Video

**A short introduction to the Chemistry at Work program.**

This quick video highlights the key elements of the CAW experience, including how daily chemistry affects focus, energy, and mood, and gives a preview of what employees will learn in the full 1 hour session.

**It's a simple snapshot of the tools, testing, and support that make the program effective.**



# What Employees Learn

## Energy Framework

Employees will gain a solid **framework for understanding energy**, helping them identify patterns and fluctuations throughout their day, ultimately leading to improved focus and productivity in their work.

## Immediate Actions

Employees will learn simple, actionable steps they can take immediately to improve their energy levels, **enhancing their energy and mood, leading to greater performance** in both personal and professional settings.

## Clarity Tools

Participants will be equipped with practical tools for gaining clarity on their energy levels, **enabling them to make informed choices** that support sustained focus and performance throughout the day.

## Long-Term Benefits

Gaining insight into these concepts will enable employees to embrace long-term benefits, leading to **sustained energy levels, improved mental clarity, and enhanced well-being** over time, positively impacting their careers.

## Nutrition Signals

Understanding how food affects chemistry will allow employees to **make simple dietary choices**, directly impacting their energy levels and overall health, fostering a more balanced lifestyle and work experience.



# Rollout Steps

## Getting Started

Book a quick call with a GHG representative to place your order and secure your program start date. **It only takes a few minutes to begin,** and we'll guide you through the steps.

## Discovery Session

1-hour discovery session that teaches simple ways to improve energy, focus, and mood through creative visuals, imagery, and music — making the **concepts easy to understand and remember.**

## Pre-Approval

Once your company joins the program, a Nutri Greene representative will contact you to pre-qualify your company's insurance. **With 94% of our clients, the dietitian service is covered at 100%.**

## Companion Guide

Employees will receive a companion guide that reinforces key concepts learned during the session, **providing ongoing support and actionable steps for maintaining clarity and energy.**

## Kits & Guides

The materials needed for engaging in the Chemistry at Work experience (program kits and printed companion guides with links to your company dietitians) will be conveniently **delivered to your desired location(s),**

## Nutrition Support Network

Participants will benefit from access to our **nutrition coaching network – Nutri Greene,** connecting them with professionals who offer tailored advice and assistance in achieving their wellness goals.



# Book an Introduction

## We're here to help!

Schedule a quick 10-minute call with your rep to get a clear, simple overview of how Chemistry at Work can support your employees and strengthen your wellness strategy.

In this short introduction, we'll walk you through the core benefits, answer your initial questions, and help you determine whether the program is a strong fit for your business. It's an easy first step toward bringing clarity, energy, and better focus to your workplace.

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