

# How Chemistry at Work™ Works

## Program Structure

The Chemistry at Work™ program combines science-based education, private at-home screening, and access to registered dietitians. The goal is to help employees better understand the biological factors that influence energy, focus, mood, and day-to-day functioning at work.

The Foundation program includes:

- 1hour discovery video
- Printed companion guide for easy reference
- Private At-Home Nutrient Screen (via 5Strands)
- Access to a network of licensed nutrition coaches (via Nutri Greene)

## What Employees Learn in the Video

- Understanding what nutritional imbalances are and how to test for them
- How to correct nutrient gaps with the right supplements and nutrition
- How vitamins, minerals & amino acids fuel your brain (motivation, calm, balance)
- How food choices shape mood, energy, and clarity
- How simple movements and brain-games can quickly shift focus and awareness
- Fun interactive brain games designed to stimulate focus and memory
- The printed/digital guide captures all major take-aways so employees can revisit & apply the information long after the session ends

## Why Functional Testing Matters

- Reveals the root causes of performance issues: The5Strands test gives employees a clear baseline of their nutrient status, turning guesswork into insight.
- Personalized clarity: Knowing real deficiency data allows for targeted corrections that improve energy, mood, focus, and overall health.
- Data-driven results: Research shows nutrition-focused workplace programs improve workforce health, reduce absenteeism, and boost productivity. (GAIN Global Review 2022; AJHP 2022)

## Access to Real Support

Through our partnerships with several dietitian networks, each employee receives direct access to licensed nutrition specialists, often covered by insurance at no cost.

Those specialists will:

- Interpret the 5Strands test results
- Help employees build a simple plan to address deficiencies
- Guide them through practical, sustainable strategies for better health

This support layer removes guesswork and empowers employees to take action

