

CHEMISTRY AT WORK

Focus. Energy. Mood. Performance.

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.

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



- 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.

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.

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



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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 or In-Lab Screening

The **private at-home screen or in-lab option** 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 provide personalized guidance and help determine appropriate 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.

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**

Nutrition Screening

Powerful insights for employee wellness

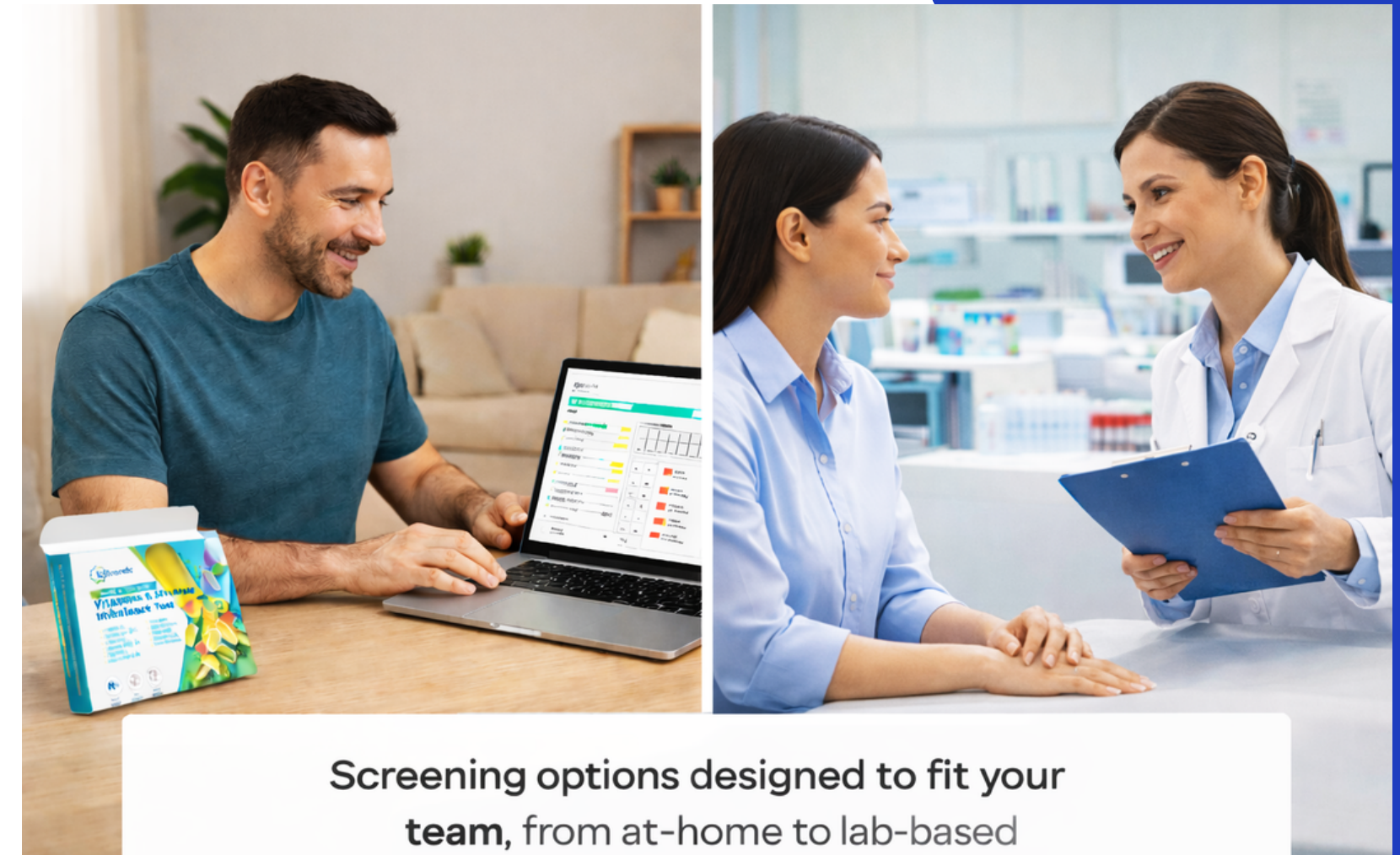
We offer flexible screening options that give each employee clear, personal insight into what may be affecting how they feel day to day.

Employers can choose the approach that fits their team, from a simple at home hair strand screening through 5Strands to biometric blood testing through Quest Diagnostics.

Each option provides a private report delivered directly to the individual. Results are never shared with employers.

For many, this is the first time things begin to connect, giving them a clearer sense of direction moving forward.

When employees gain personal insights, they have a better starting point for understanding what may be affecting them.



Screening options designed to fit your team, from at-home to lab-based

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

Dietitian Access

Personalized dietitian guidance helps employees turn health insights into meaningful action. Through individualized support, participants receive practical recommendations that can help improve wellbeing, support healthier choices, and encourage long-term lifestyle changes.



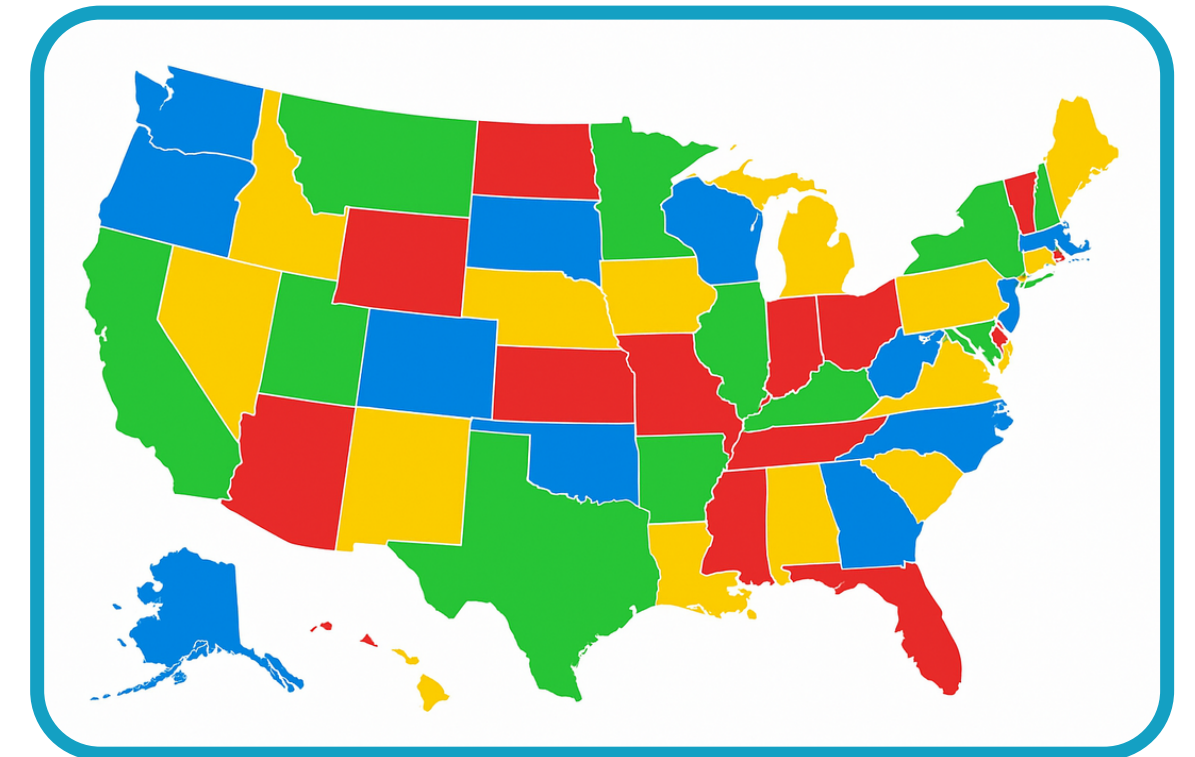
Personalized Support

Personalized guidance based on individual needs.



Healthy Choices

Guidance & support for healthier nutrition choices.



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.



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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.

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.

Nutrition Signals

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

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.

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.



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.**

Rollout Kit

You'll receive a **complete rollout kit** with step by step instructions, prewritten emails, article links, and ready to use image and video assets, making it easy to introduce the program and **drive engagement from day one.**

*Optional **concierge service** is available for those who want another level of support for the rollout and through the year.

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**, 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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