



## **How CRTN Works**

**Daily smart fuel. Minimal effort. Maximum clarity.**

### **Step 1: Take CRTN Daily**

CRTN is a daily micro-dose sachet (or soon: a sublingual spray)  
→ No mixing. No prep. Just brain fuel — in seconds.

### **Step 2: The Science**

- **Creatine HCl** builds brain energy at the cellular level
- **Alpha-GPC & L-Theanine** enhance memory + calm focus
- **Lion's Mane** supports long-term brain health
- **Electrolytes** keep your system firing clean

### **Step 3: Feel the Effects**

- Within days: **Improved clarity + reduced mental fatigue**
- Within weeks: **Sharper memory + better focus under pressure**

Built for tradies, students, parents & professionals.

 **Easy. Clean. Proven.**

Coming in **sachets now**