

THYNKTIVE IQ+ Protocol

The Smartest You - Naturally

Part 1: The Supplement - THYNKTIVE ADVANCED

THYNKTIVE ADVANCED is your biochemical foundation for smarter performance. It optimizes neurotransmitters (dopamine, acetylcholine), supports neuroplasticity, improves working memory, and enhances brain energy and resilience. Take 2 capsules daily.

Part 2: Brain Training Protocol - 30 Minutes/Day

Structure your brain workouts in 3 segments:

- 10 minutes: Working Memory (Dual N-Back, Lumosity, Peak)
- 10 minutes: Fluid Reasoning (Elevate, CogniFit, Neuronation)
- 10 minutes: Processing Speed (BrainHQ, Fast ForWord)

Recommended combo: BrainHQ + Dual N-Back + Lumosity

Part 3: Lifestyle Stack (Daily Habits)

- Sleep 7-9 hours/night
- Intermittent fasting (16:8) for brain regeneration
- 20 minutes aerobic exercise daily
- Read complex materials daily
- Cold showers or sauna therapy for dopamine
- 10-15 minutes of mindfulness or deep focus practice

Progress Timeline

Week 1-2: Sharper focus, improved mood, mental energy boost

Week 3-6: Stronger memory and faster thinking

Week 8-12: Measurable gains in IQ-style performance tests

3-6 months: Long-term increase in learning speed, attention span, and decision-making ability

Optional Tracking

- Take IQ assessments every 8 weeks (Mensa Practice, WAIS-IV analogs)
- Track daily mental clarity in a journal
- Record brain training scores weekly

THYNKTIVE IQ+ is not just a supplement - it's your daily system to unlock real-world intelligence, naturally.