



HEALTHIEST HUB: WRAPS & CO (TOP 50)



Study – Design for Brainpower

- Omega-3s + B-Vitamins + choline = sharper focus, memory support.
- Polyphenols + low glycemic carbs = stable energy, reduced distraction.

Benefit: Better learning, test performance, and classroom focus.

Sport – Design for Performance

- 25–30g protein + complex carbs = muscle repair + glycogen fuel.
- Electrolytes + collagen precursors = endurance + joint support.

Benefit: More energy, faster recovery, stronger athletes.

Social – Design for Stamina

- Adaptogens + fiber + magnesium = stress balance + mood stability.
- Vitamin D + Zinc = immune resilience in social settings.

Benefit: Fewer sick days, calmer nerves, better social stamina.

MIDDLE SCHOOL | HIGH SCHOOL | COLLEGE STUDENTS

