

Tebonin®

FOR MEMORY AND CONCENTRATION

www.schwabe-group.com



Dear Reader,

Give yourself a little nudge and do something good for your memory!

Our exercises for your mental agility will help you give your brain a strength-training workout effectively and easily.

Only a few minutes a day can lead to noticeable success within a very short time. Just like physical exercise, the success of mental exercise is a matter of being consistent.

Good luck working out, and all the best!

Sincerely, the **Tebonin®** team

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A true survivor with protective powers: Ginkgo biloba

The ginkgo biloba tree is a true master of the art of survival, and it is especially robust in fighting off environmental influences. The reason for its excellent defense system is most likely the components of its leaves that protect it: flavone glycosides, ginkgolides and bilobalide. **In the human body they help support the circulation and have a positive effect on memory and the ability to concentrate.**



Ginkgo biloba special extract EGb761® – an active ingredient of particularly high quality

The ginkgo leaves themselves only contain a small amount of the therapeutically efficacious substances. To harness the power of these components for modern medicine, they have to undergo a complex process of being concentrated.

The Dr. Willmar Schwabe company has developed a highly sophisticated manufacturing process that ensures consistently high quality of the herbal active substance. The rule for success: Ginkgo biloba special extract **EGb761®**.

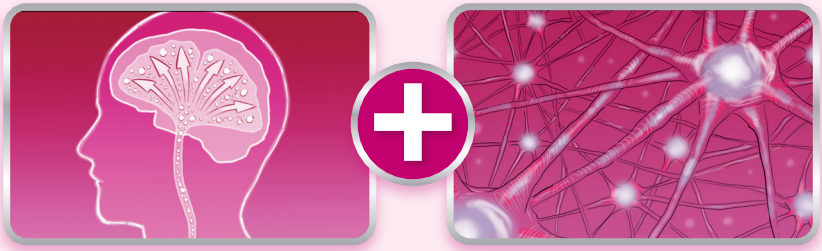
Tebonin® strengthens your memory and ability to concentrate.

Tebonin® contains Ginkgo special extract **EGb761®**, a concentrate whose safety and efficacy have been confirmed in numerous clinical trials. This herbal medicine is well-tolerated, even when taken on a long-term basis.

To feel the full effects of **Tebonin®**, you have to take the right amount: the recommended daily dose is 240 mg of the Ginkgo special extract **EGb761®**.

It's very easy to take: one tablet per day of **Tebonin®** will yield initial results after around two to four weeks. **We recommend taking it for at least eight weeks.**

Tebonin® is doubly effective



Tebonin® enhances the blood flow and increases the oxygen supply to the brain.

Tebonin® increases the viscosity of the blood without changing its clotting properties. This improves circulation to fine capillaries as well and brings more oxygen to every region of the brain.

Tebonin® improves the connections between nerve cells, which improves your ability to perform.

The ability to learn effectively requires nerve cells to be flexible in responding to stimuli and information: they have to be able to create new contacts and modify existing ones. **Tebonin®** increases the plasticity of the brain, which in turn improves mental performance.*

* Neuroplasticity = The ability of the brain to adapt to changes and respond to new situations.

This exercise helps train your short-term memory.

Beginning exercises

Train your memory

Generating words

Make a mental note of the position of each letter in the word below. The code is as follows: RELAXATION, **R = 1, E = 2 , L = 3, A = 4, X = 5,** etc. ...

R E L A X A T I O N
1 2 3 4 5 6 7 8 9 10



A Letter number:
4-5-2

.....

B Letter number:
10-9-7-2

.....

C Letter number:
1-4-7-8-9-10

.....

D Letter number:
9-1-8-2-10-7-4-3

.....

E Letter number:
1-2-3-4-7-8-9-10

.....

F Letter number:
1-2-7-8-10-4

.....

Answer

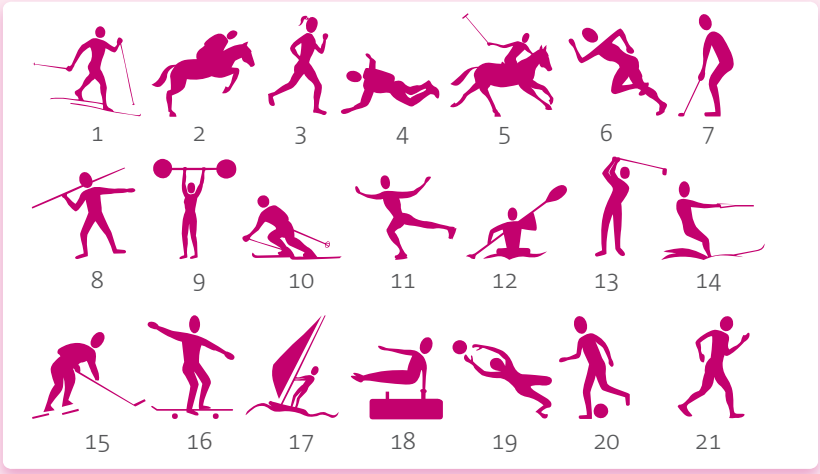
A) AXE, B) NOTE, C) RATION, D) ORIENTAL, E) RELATION, F) RETINA

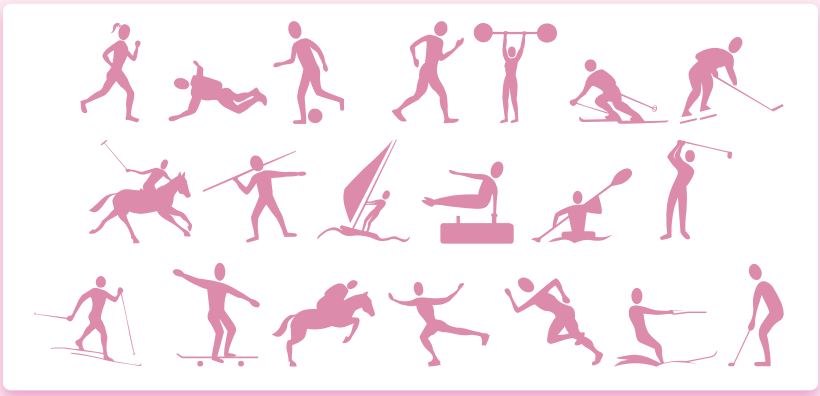
Beginning exercises

Train your memory

Looking for pairs

Every athlete in the upper box has a »twin« in the lower box. One of them has disappeared, though. Try to find the missing twin using only your eyes at first and then with a pencil as needed.





Answer

Number 19

Beginning exercises

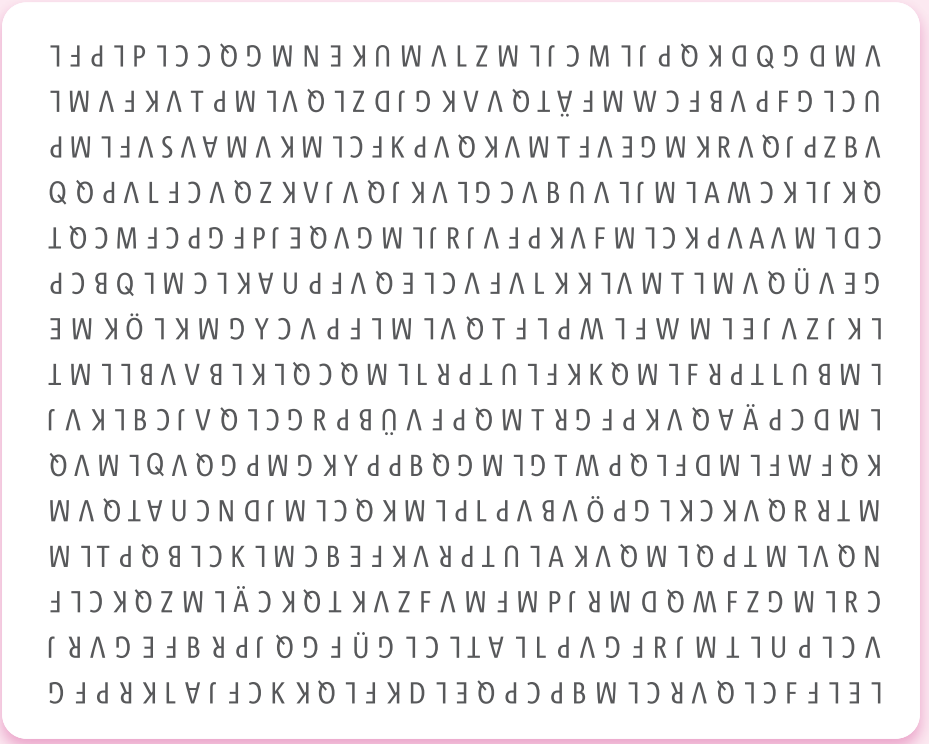
Train your speed

Find the right letters

Only five letters are the right way round in each line. All of the others have been flipped upside down. Underline the right letters as fast as you can!

Example:



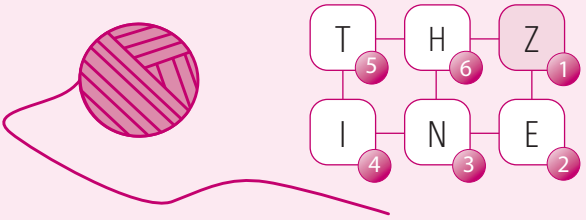


Beginning exercises

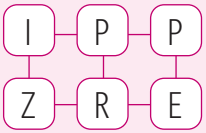
Train your concentration

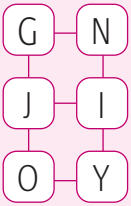
Word maze

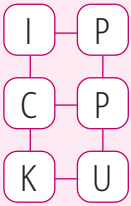
The letters of individual words are strung together here as if they were linked by a thread. Look around and see if you can find the beginning of each sequence. Then you will definitely be able to spot the invisible thread.

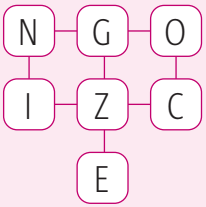


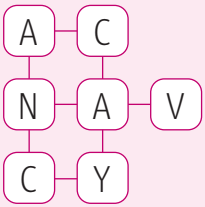
The first letter here is **Z**. If you read the letters from 1 to 6 you will find the word Z - E - N - I - T - H

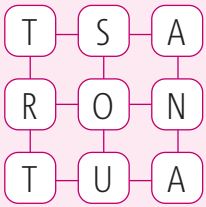












Answer

Zipper, Joying, Pickup, Cognize, Vacancy, Astronaut

Beginning exercises

Train your mental agility

Spot the differences

Quickly underline the **three differences** between the upper row and lower row in each group of characters.

6v31eFK59	g15746F8F	2v82F$K1z
6v3zeFk53	b15z4pF8F	2482FSKLz
j09ugTzcE	xE5r§gh90	mZt4&83!b
j89ubTzaE	xF5r§bh60	mZT4&63!g
4s84tFBK1	17u46Fh8F	4B8Z6U658
4s94tFbk1	15uz6Fh9F	4b8z6U6s8
Tf973k1K9	B141zZ591	951K56b5f
Tf873K1K6	B7412Z561	351K56B5F
j7NfLh4i6	d81gB4072	1KS5BS6B0
jzNfLk416	d81GB5042	1Ks5B86n0
34g67F96h	7UKg4LZ45	6B8B4S245
54g67F66K	7uKb4L745	6P8B4s246
ks54v1H67	o18a50v41	Uz7e76B23
Ks54v1h61	o18c50V4L	UzZe76P28

Beginning exercises

Train your stamina

Bridge words

Think of as many words as you can that go with the pictures shown. The terms **CHICKEN, PENGUIN, FISH** and **CAKE** can appear at either the beginning or the end of the word.



fried CHICKEN, CHICKEN coop

.....

.....

.....



emperor PENGUIN, PENGUIN egg

.....

.....

.....



fresh FISH, FISH net

.....

.....

.....



cheese CAKE, CAKE pan

.....

.....

.....

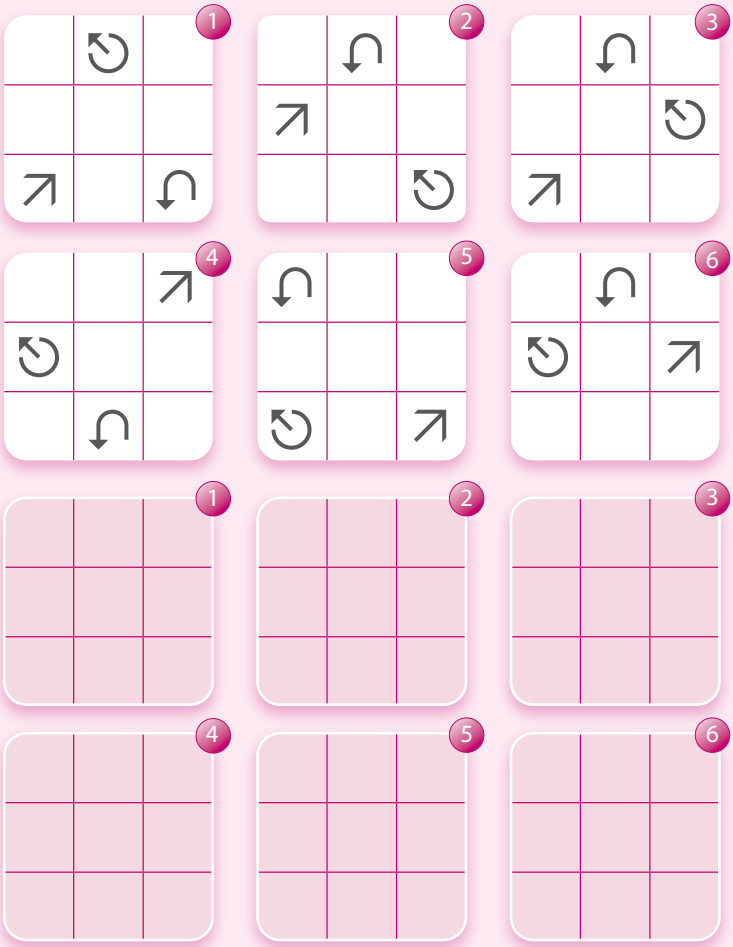
This exercise helps you improve your attention span and short-term memory.

Advanced exercises

Train your memory

Remembering and repeating patterns

Remember the positions of each of the characters in one box. Start with number 1. Then cover up the box in question and draw the characters in the lower box from memory.



Advanced exercises

Train your speed

Fishing for words

Now you can go fishing! Go through the clusters of letters below, and as quickly as possible, cross through them in the sequence of the words listed at the top.

TUNA • HERRING • BASS • SALMON • MACKEREL
CODFISH • HAKE • GILTHEAD • HADDOCK • TENCH

TU HERR SAL MA CO CK GI SS
BA ER AD HA DF LT HE NCH
HA KE NA ISH CH TE EV
OCK EL ING RO MON DD TA IN



The remaining clusters of letters will create a word that definitely does not swim:

.....

Answer
CHEVROTAIN

This task helps you work on the ability to group things and concentrate.

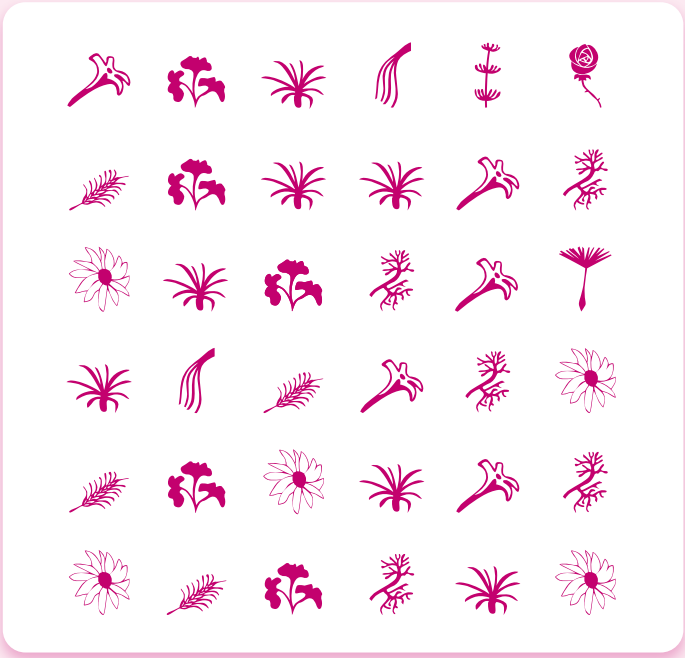
Advanced exercises

Train your mental agility

Decoding a secret language

Here you have to decrypt six words and match them horizontally to the symbols in the rows. To do this, you have to crack the code. A given symbol always represents the same letter. Where can you find the terms.

EATING • MATTER • STARED • TIMERS • MASTER • ...?



What is the sixth word? ➡ .....

Answer

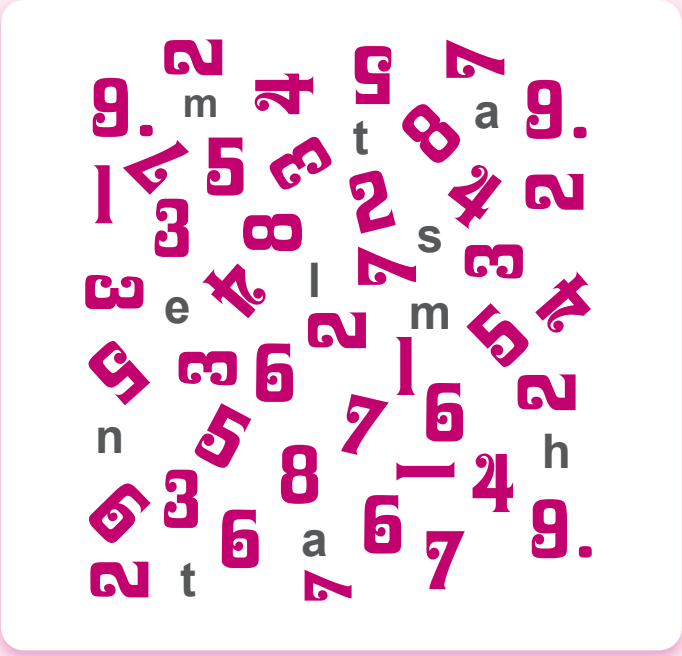
Smarts

Advanced exercises

Train your concentration

Adding numbers

Numbers one through nine are scattered across this picture. There is always a period after the nine. Now cross out all of the numbers and add them in your head as you go.



! There are 11 letters amongst the numbers. When read in the proper sequence, they spell a word you should make a point of doing more often!

Answer

Sum = 201, MENTAL MATHS

The easy way to take Tebonin®:

Active substance:
Ginkgo special extract EGb761®

Insert local dosage

Dosage:
2 tablets of Tebonin® 120 mg
or 1 tablet of Tebonin® 240 mg a day.

Period taken:
Effects felt after 2–4 weeks,
at least 8 weeks are recommended

Tolerability:
Good, even in the long run

Stamp



GS&BD-EGBRB0-0520

Tebonin® 240mg// coated tablet. For adult use. **Active substance:** Dry extract from gingko biloba leaves. For the symptomatic treatment of mental losses due to organic brain syndrome within the framework of a general therapeutic concept for dementia syndromes having as major symptoms: Deficient memory, disturbances of concentration, depressive mood, dizziness, tinnitus and headache. The primary target group includes patients with dementia syndrome in primary degenerative dementia, vascular dementia and mixed forms of both. Individual response to the treatment cannot be predicted. **Note:** Prior to starting treatment with Ginkgo extract, clarification should be obtained as to whether the pathological symptoms encountered are not based on an underlying disease requiring a specific treatment. For risks and side effects, please read the package leaflet and consult your doctor or pharmacist.

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www.schwabe-group.com

insert local company address

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