

# FLOW

NEUROSCIENCE



## Understanding depression & treating it effectively

Science-based • Noticeable results after just 3 weeks  
No significant side effects • Try at home for 30 days

NEUROLITE

Advanced Medical Solutions

# Understanding depression – targeted

**Gentle. Targeted. Scientifically proven.**

## **Modern neuroscience shows:**

Depression affects not only chemical processes but also the activity of certain brain regions—especially the dorsolateral prefrontal cortex (DLPFC). This area regulates our mood, motivation, and emotional balance.

In depression, the activity of nerve cells in this area is reduced – which can lead to the following symptoms:

- Persistent low mood
- Loss of pleasure and interest
- Changes in sleep and appetite
- Concentration problems
- Exhaustion and lack of drive

In the past, depression was explained as a «chemical imbalance» in the brain. Today, we know that **depression changes the overall functioning of the brain**—and requires a targeted treatment approach.

The headset gently stimulates the DLPFC with electrical impulses (2 mA – about as strong as a AA battery in standby). This gradually restores healthy brain activity—addressing the root cause and alleviating depressive symptoms.



# Is Flow right for me?

**Gentle support for depression – without significant side effects.**

Flow can be an effective and well-tolerated addition to depression treatment – including in combination with other therapies. It is a non-invasive method without significant side effects, suitable for many people.

- Flow works as a **complementary** treatment to antidepressants and can enhance their effect.
- **Safe** – also suitable for other mental or physical conditions.
- Suitable for adults diagnosed with **mild to severe depression**.

*Before starting treatment, it is recommended to consult your doctor—especially if you are pregnant, have skull issues, metal implants, epilepsy, or skin problems on your forehead.*

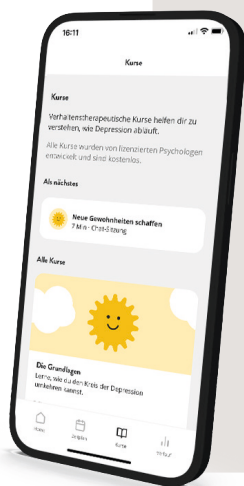
You have nothing to lose—only quality of life to gain.

Flow can be tested risk-free, is scientifically validated, and user-friendly. Test the headset for 30 days—simply order it at:

**[www.flowneuroscience.ch](http://www.flowneuroscience.ch).**

Then download the app, which guides you step-by-step through the use and treatment.

This way, you can easily find out for yourself if Flow is right for you.



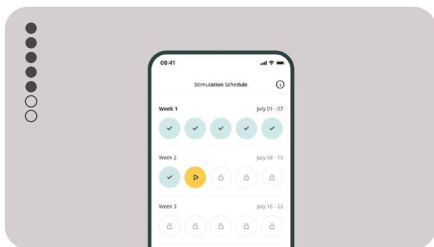
**Download the free app.**

Connect your headset to your phone via Bluetooth and start the stimulation.



# Bring your brain into balance

**First results after 3 weeks – 6 months for lasting balance.**



## **Activation phase (weeks 1 – 3)**

5x\* per week, for 3 weeks

## **Why 6 months of treatment?**

Improvements usually appear after about 3 weeks. However, the first 6–12 months after treatment are crucial to prevent relapses. During this time, your brain remains more vulnerable to depressive patterns. Continuous treatment with Flow supports the long-term stability of your mood.



## **Strengthening phase (weeks 4 – 10)**

2x\* per week, until the end of the 10-week cycle

*\* One Flow stimulation session lasts 30 minutes.*

*In the app, you'll find complementary exercises based on cognitive behavioral therapy – these can further enhance the effects.*



## **Maintenance phase (from week 10)**

After 10 weeks, you can either reset the headset to increase the number of sessions per week—or continue with 2x\* per week.



## How Flow helps your brain

### Proven improvements after 10 weeks

A clinical study<sup>1</sup> showed significant improvements in symptoms after 10 weeks of using Flow:

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**Mood:**

+37 %

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**Joy of life:**

+32 %

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**Concentration:**

+31 %

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**Less anxiety:**

+31 %

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**Sleep quality:**

+25 %

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**Emotional engagement:**

+35 %

<sup>1</sup> Source: Woodham, R.D., Selvaraj, S., Lajmi, N. et al. *Not Med* (2024).



# You take no risk

## Try Flow at home

### **A 30-day trial period is automatically included with every order.**

Order the Flow trial package for CHF 98.–, including pads, VAT, and shipping. After placing your order, you will receive the Flow headset within 1–3 business days.

Start your treatment by downloading the free app and test Flow at home for 30 days – comfortably and easily.

### **After 30 days, you decide:**

**Keep Flow:** You'll receive an email with a payment link for the remaining amount of CHF 452.–. If you prefer to pay by invoice, just contact us.

**Return Flow:** Send the headset back within the trial period and pay only the CHF 98.– trial fee.



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