Brain and Memory Support

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Additional Recommended Supplements for Optimal Health…

Foundation of Health:

- **Ultimate One**
- **CoQ10**
- **Omega 3 Fatty Acids**
- **Greens N' Things**
- **Chewable Calcium & D**
  or
- **Liquid Cal-Mag-Zinc**

These superior quality supplements may be purchased on Our Store:

FreedomFromMenopause.com

These recommendations are for informational and educational purposes only. They are not intended as a substitute for advice from your medical professional, nor intended to diagnose, treat, cure, or prevent any disease. The information provided herein has not been evaluated by the Food and Drug Administration. WARNING: Before taking any of the products listed here, please consult with your healthcare professional if you are pregnant, nursing or if you have any medical condition or are taking any medicines. Dietary supplements can affect the way medicines work. If you are given a prescription for medicine, always tell your healthcare professional what dietary supplements you are taking.

It begins in the womb—with the scientific discovery that folic acid plays a key role in preventing neural tube defects, health care professionals now routinely prescribe folic acid (in addition to prenatal vitamins and minerals) supplementation before, during and after pregnancy.

In addition to being important at the beginning of life, nutrition is the key to a healthy brain throughout the lifespan. Scientists continue to unravel more details about how specific nutrients sharpen our mental capacities:

Omega 3 fats: These essential nutrients become the protective fats surrounding cell membranes. This allows better nerve and signal transduction than if the diet is high in "bad" fats such as trans fats. In particular, DHA (a type of omega 3) is taken up rapidly by the brain cells. This is especially important for developing minds.

Choline: An essential nutrient found in a variety of foods, choline is a precursor for phosphatidylcholine, acetylcholine and other neurotransmitters important for brain information flow and intracellular communication. The National Academy of Sciences recommends a higher intake of choline for pregnant and nursing moms in particular to help ensure normal fetal brain development.

B-vitamins: Each of these individual vitamins support brain health in a number of ways. In a large cohort study, low folate levels were associated with atrophy of the cerebral cortex—resulting in poor cognitive function. Deficiencies of other B vitamins also incur cognitive and mental health consequences, since they are key to nerve cell formation and function.

Ginkgo Biloba: Facilitates proper brain signal transmission and may hold cognition-enhancing activities.

Antioxidants: Free radicals damage cell membranes, including brain and nerve cells. Antioxidants interfere by acting as a shield to ward off free radicals from destroying cells.

The above listed nutrients are contained in our superior product:
Brain Support Softgels.