Brain-boosting nutrients
SUPPLEMENTS TO KEEP YOUR MIND FIT

Qmeqa-Pro
Essential
OMEGA-3
Our brain and eyes need good fats. A recent study of 939 subjects found low levels of omega-3 fatty acids are linked to cognitive decline. In a review of Framingham Heart Study observations, about 180 mg per day of DHA, an omega-3 fat, resulted in a 50 percent reduction in the risk of dementia. Omega-3s have also been found to delay the progression of age-related macular degeneration.

GINSENG
[PANAX GINSENG]
A famous longevity herb, ginseng may also help support brain function. The combination of ginkgo and ginseng improves learning ability, cognition, and memory. In a trial of 256 middle-aged participants, those who took 60 mg of ginkgo and 100 mg of ginseng daily had significantly better assessments in cognitive function and in both short- and long-term memory.

GINKGO BILoba
Ginkgo biloba is also a brain friend. This herbal extract improves circulation, stimulates neurotransmitters, and protects against free radical damage. In several trials, ginkgo has shown cognitive benefits. In a one year study, more than 300 participants with dementia who took 120 mg of ginkgo extract showed stabilized and even improved cognitive performance.
Why are fish so smart? Because they spend a lot of time in schools.

Or maybe it’s the brain-boosting essential fatty acids they contain. To help keep your mental edge sharp, consider the following supplements.

**PHOSPHORYL CHOLINE (PC)**

A precursor to acetylcholine, PC has been shown to improve neurological and clinical symptoms of cerebral deterioration; a review of 13 studies found that PC was far superior in these regards compared to placebo and equal or superior to prescription drugs, leading the study’s authors to further speculate on PC’s possible benefits on stroke patients hoping to regain cognitive function.

**PHOSPHATIDYLSEERINE (PS)**

As we age, the level of acetylcholine, a primary neurotransmitter for learning and memory, decreases. By boosting acetylcholine production, supplemental PS enhances cognitive function in patients with dementia, slows mental aging and improves memory in animal models. In one study, 15 healthy seniors took 100 mg of PS three times daily. Over 12 weeks, 13 of them experienced significant cognitive improvement.

**BACOPA**

This traditional ayurvedic plant is making waves—brain waves, that is, for its anti-stress, brain-supportive, anti-inflammatory, and anti-aging effects. In earlier research, children who took a bacopa supplement for nine months had better math skills, memory, and reading on IQ-like tests compared to those who took a placebo.

In a double-blind, placebo-controlled study with 46 healthy men and women, the half who took 300 mg of bacopa daily for 12 weeks processed visual information 15 percent faster, had a 14 percent greater learning rate, a 33 percent lower rate of forgetting, as well as a 108 percent better ability to retain new information.
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