

A Healthy Brain & Body Program

Supplements for a Healthy Brain

This is a guideline for promoting a healthy brain through supplements you take. This addresses Synergistic Steps #5. *It is CRITICAL that you have a good diet first.*

5. Supplementation – For any poor health condition, there are certain vitamins, mineral, & probiotics that form an important foundation. **These foods and supplements are recommended as nutrients that have been studied to be uniquely beneficial for brain health.** This is a generalized recommendation. Your situation should be individually evaluated by your doctor.

Specific Recommendation: What do I take?...and Why do I take it?

- ★ **(2-3/day of large (4-6 of small))**-Multivitamin: [Source of Life Gold \(Nature's Plus\)](#) or [Multigenics w/o iron \(MU030\)](#)
 - Second only to a good foundational diet (follow the M.I.N.D. diet), a good multi-vitamin insures a balance of nutrients available. This brand multivitamin is top notch in quality control, wholefood sources, nutrient complexes, instead of just the isolated nutrients, and adding in extra nutrients to make sure there is enough. Bonus: it comes in large, small, liquid, and chewable. Also get Co Q10(50 mg) and Resveratrol (50 mg)
- ★ **(1/day)-Vitamin D3 5000(MG 120)** (5000IU /1) -[N16196](#) + 1000IU in Source of Life Gold multi. : to get Vit. D3 (5,000 IU/day, until levels >= 30 ng/ml, then ~2,000IU/d)
 - **Food sources:** Salmon, Sardines, Tuna, Cow milk, Eggs AND Sun at the right time of year & day on large skin area. ([Dr. Mercola has a very thorough discussion and suggestions](#) - Note: He recommends >50 as the good level.)
 - If your levels are below 30ng/dl on a blood test, you need to supplement. Since 60% of older adults are low, you likely are. Get regular, moderate exposure to the sun on LARGE portions of your body and supplement.
 - Adequate Vitamin D levels are CRITICAL for brain health (and many other health aspects): “The two domains were episodic memory (your recollection of people, places, and events) and executive function (your ability to reason, solve problems, and plan, among other skills)... were declining at a rate 2.5 times faster among those with low vitamin D than those who had adequate vitamin D,” ([Neurology 2015 -link](#))
- ★ **(1/4 – 1/2 tsp/day)**-Ultraflora Synergy (MG)- [UFDF5](#) (15 billion [Acidophilus +Bifidobacterium] & PRE-biotics /serv, 67 serv - powder)
 - **Gut health can powerfully affect brain health & the whole body.** If you need more gut health help, see:
- (2/day)-Omega-3 Phospholipids(NN 60)**- [N16219](#) (PC 384, DHA 275/2) to get Fish oil (2+ g Ω-3, esp. ~1000 mg DHA/day)
 - Food sources ([source](#)) –Lecithin, beef liver(organic), Egg yolk, Cauliflower, Broccoli, Spinach, Peanut, Almonds
 - This is a good combination of the –choline and DHA that have been shown to be effective in IMPROVING brain function within 6 months.(Reference: [Fish oil, DHA in fish oil](#), higher blood levels of PC DHA was associated with a significant 47% reduction in the risk of developing all-cause dementia in the Framingham Heart Study. (<http://www.ncbi.nlm.nih.gov/pubmed/17101822>))
 - (DHA) - an omega-3 fatty acid -- a component of the human brain, cerebral cortex, skin, sperm, testicles & retina.
 - **Caution:** Fish oil can reduce blood clotting and should be supplemented with caution if blood-thinning medications, aspirin, warfarin or clopidogrel are already present in the body.
- (1/day)-Arctic Cod Liver oil** [N58785](#) (DHA 510/tsp) to get (see “Omega-3 Phospholipids” for **Caution** and other info.)
 - This is an additional source of DHA, to add up to approx. 750 mg/day, which is sufficient if you get good oils from fish too.
- (1/day)-Curcumin (Thorne)** [T94790](#) (500mg /1) – 2btl/month
 - Curcuminoids are the active antioxidant ingredient of Turmeric. Bioperine (in black pepper) and mixing with oils helps absorption. This brand has combined the curcumin with fat and is research to be highly bioavailable. (<http://alzheimer.neurology.ucla.edu/Curcumin.html>) and show it effective in being bioavailable and changing blood health markers (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3518252/>)
- (2/day)-Neuro-Optimizer**(Jarrow 120) [J60012](#) (Cytidine 5-diphosphocholine (CDP) 150 mg, ALCAR 250, ALA 25,PS 50, PC 60,... /2)
- (1-2/day)-MetaLipoate 300(MG 60)** [METL3](#) or Thiocid(Th 60) [T97012](#) (300mg Alpha Lipoic acid (ALA) /1)
 - Studies have shown ALA to be anti-inflammatory and probably neuro-protective (www.ncbi.nlm.nih.gov/pubmed/18655815)
 - Personally, I have found this to be one of the most common deficient nutrients in patient lab testing.
- (1/2 tablespoon/day)**-Coconut Oil – Large doses show a 90-day improvement in cognition, but I’m not convinced this is helpful long-term. (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2731764/>), but it took about 20 grams of coconut oil per day.

How Much should I take & Where can I get it? -★ Almost EVERYONE needs at least ½ dose of “★” items

- Remember, start with food. No supplements are adequate without a good diet foundation.
- If you want the best discount use this link (welleivate.me/jay-hobbs-1) and search using the [quick code](#). I will receive a small amount of the price.

NUTRITION • NEUROLOGY • EDUCATION • EXERCISE • MANUAL THERAPY

1808 South Central St., Visalia, CA 93277 • (559) 635 – 8266 • VISALIASYNERGY.COM