

## Nutrients for Better Cognitive Function:

**PHOSPHATIDYLCHOLINE**—is the nutritional precursor of acetylcholine, the primary neurotransmitter of memory. Take 2,000 to 3,000 mg daily.

**GINKGO BILOBA**—boosts cerebral circulation. Take 120 mg daily.

**PHOSPHATIDYLSERINE**—improves permeability of neuronal cell walls. Take 200 mg daily.

**ACETYL L-CARNITINE**—stimulates energy production in neurons. Take 250 to 500 mg daily.

**ANTIOXIDANTS**—fight free radicals, improve circulation and enhance neuronal metabolism.

**VITAMIN E**—Take 400 to 800 IU daily.

**BETA CAROTENE**—Take 15 to 30 mg daily.

**SELENIUM**—Take 50 to 100 mg daily.

**NEURONAL NUTRIENTS**—provide neurons with the building materials they need for regeneration.

**B-COMPLEX VITAMIN**—Take 100 mg daily.

**MAGNESIUM**—Take 200 to 300 mg daily.

**ZINC**—Take 30 to 50 mg daily.

**GINSENG**—Take 750 mg daily.

**ESSENTIAL FATTY ACIDS**—Take 1 to 2 tablespoons of flaxseed oil daily. Or 2 to 3 flaxseed capsules.