

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.