

SUPPLEMENTS FOR IMPROVING BRAIN HEALTH AND MAINTAINING OPTIMAL

COGNITIVE FUNCTION By Betsy Bartlett, nutraMetrix Research Coordinator

June serves as the national month for brain health awareness. Brain health is a topic that deserves more than a month and maintaining brain health as we age is so important due to the enormous burden that declining cognitive function has in terms of quality of life for the individual as well as the care giver. Dietary intake of Omega III fatty acids and Magnesium rich foods are linked to positive support of cognitive function. A component that is often overlooked in cognitive function as well, is the importance of dietary intake to support healthy brain volume in aging. When diet falls short, there are other lifestyle choices that can support brain health including supplementation. Omega III fatty acids, specifically eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) and Magnesium are two such supplements that deserve the spotlight.*

A lack of Magnesium in the diet is not uncommon among the general population; its intake has decreased over the years especially in western society. A number of common subjective complaints related to inadequate levels of magnesium, include: poorer concentration, memory, sleep and head discomfort. Recently, study authors Perez-Cornago, Zulet and Martinez in the Journal, Nutritional Neuroscience concluded, that study participants with higher magnesium intake based on the (HEI) scale scored higher for quality of life factors on the patient health questionnaire -9 (PHQ-9) including mood, emotional stability, disposition and concentration/mental focus.* (1)

Research suggests because of their high bioavailability, organic bound magnesium salts such as magnesium citrate and magnesium gluconate could be a better way to supplement one's diet to receive maximum benefits. Thanks to its unique formula, which includes these two types of magnesium, nutraMetrix Isotonic® Magnesium helps support a healthy sleep quality, promotes cognitive health and promotes head comfort.*

Omega-3 fatty acids have been linked to healthy aging throughout all stages of life. Recently, fish-derived omega-3 fatty acids EPA and DHA have been associated with brain health through all decades of life while helping to enhance mood. However, because our bodies do not efficiently convert omega-3 fatty acids from other sources, it may be necessary to obtain adequate amounts through fish and fish-oil products*.

nutraMetrix Heart Health Essential Omega III provides a high quality, high purity product with significant percentages of the health promoting EPA and DHA. Sardines and anchovies are used to limit the accumulation of toxins prevalent in larger fish found in many other omega III fatty acid on the market. Not only do anchovies and sardines have a high omega III content, they also have high percentages of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Contaminants are generally extremely low in sardines and anchovies even before they go through an intense purification process.

*These statements have not been evaluated by the Food and Drug Administration. This product(s) is not intended to diagnose, treat, cure or prevent any disease.

(1) Aurora Perez-Cornago, M. Angeles Zulet & J. Alfredo Martinez; Nutritional Neuroscience. An International Journal on Nutrition, Diet and Nervous System; Volume 18, 2015 – Issue 3 Pages 137-144 |