Brain Health Support Protocol

Clinical Protocol to Support Cognitive Function and Brain Health*

designs for health®

Healthy Brain Function

Supporting brain health through targeted nutrition and supplementation may serve as an assistive strategy against cognitive impairment and neurodegeneration.* Providing the brain and associated tissues with critical nutrients ensures proper brain function in the near-term, which may also help decrease the potential for long-term dysfunction.* Dietary and lifestyle interventions should include strategies for maximizing tissue viability, managing inflammation, providing building blocks for crucial structural components, facilitating neuronal energy production, promoting neuroplasticity, and supporting neurological activity.

Additionally, implementing evidence-based lifestyle interventions, such as sleep hygiene practices, physical activity, and stress management techniques, provides a more holistic and well-rounded approach to optimizing brain function and health.

This clinical protocol is designed to promote brain health and cognitive function through evidence-based dietary, lifestyle, and nutritional strategies.*

Diagnostic Biomarkers and Clinical Indicators of Brain Health

Clinical evaluation includes a thorough history and physical examination. Depending on initial signs and symptoms, the evaluation may include the following:

- Homocysteine
  - Reference range: 4 to 15 micromoles/liter (µmol/L); optimal homocysteine levels are below 10 to 12 µmol/L.[1]
- Cerebrospinal fluid biomarkers
- APOE4 status
- Brain Imaging: CT, MRI, and PET
- Brain-derived neurotrophic factor and/or brain-derived exosomal proteins

Therapeutic Diet and Nutritional Considerations

- Recommend a Mediterranean or low-glycemic dietary approach, avoiding refined sugars and inflammatory foods[2]
- Advise patients to consume adequate polyunsaturated (PUFAs) and monounsaturated fats (MUFAs) from sources such as cold-water fatty fish (salmon, sardines, mackerel), nuts (walnuts, almonds, pistachios), olive oil, and avocado
- Direct patients to achieve Adequate Intake (AI) of choline (550 mg per day for men; 425 mg per day for women) through choline-rich foods such as liver and egg yolk

Lifestyle Interventions

- Promote stress management through techniques such as meditation, breath work, and/or biofeedback
- Encourage patients to implement optimal sleep hygiene practices
- Recommend cardiovascular exercise at appropriate intensity per patient fitness level, as exercise has been shown to increase serum levels of BDNF[3]

Supplement Protocol

Primary Support:

Brain Vitale™

Dose	2 capsules per day
Duration	Ongoing
Formula Highlights	Brain Vitale™ is a unique formulation designed to optimize brain function, and to support healthy cognition, mood, and memory.* It contains a comprehensive array of brain-supportive nutrients, including acetyl-L-carnitine, glycerophosphocholine (GPC), phosphatidylserine, Ginkgo biloba (standardized to contain 24% ginkgo-flavonoglycosides), and citicoline. Also included is a unique coffee fruit concentrate extracted from the whole coffee cherry, including the flesh of the berry that surrounds the coffee bean and contains several distinctive compounds not found in coffee beans themselves.*

CogniAid™

Dose	2 capsules per day with a meal
Duration	Ongoing
Formula Highlights	CogniAid™ is an herbal formula designed to help support healthy cognition, mood, and memory.* This product supplies herbs and extracts that have been shown to work through a variety of mechanisms, including helping to maintain proper levels of the neurotransmitter acetylcholine, as well as supporting healthy neurons and nerve impulse transmission.* CogniAid™ contains Memophenol™, (a grape & wild blueberry complex) alongside NooGandha™ (a high concentration, full-spectrum ashwagandha extract), huperzine-A (a naturally occurring alkaloid compound), ginseng, and the Ayurvedic herb Bacopa (*Bacopa monnieri*). *

NeuroMag™

Dose	3 capsules per day
Duration	Ongoing
Formula Highlights	Several studies indicate that synaptic connections in the brain hippocampus, a critical region for learning and memory, decline during the normal process of aging. NeuroMag™, which uses the unique, patented, chelated mineral Magtein®, contains magnesium chelated to threonic acid (magnesium L-threonate). It is superior to other forms of magnesium at getting through the blood-brain barrier because it is able to transport magnesium ions across lipid membranes. Researchers at MIT concluded that elevating brain magnesium content through supplementation with magnesium L-threonate may be a useful strategy to support cognitive function and memory.*

Secondary Support:

OmegAvail™ Hi-Po or OmegAvail™ Hi-Po Liquid

Dose	2 softgels per day with a meal or 1 tsp per day with a meal
Duration	Ongoing
Formula Highlights	OmegAvail™ Hi-Po and OmegAvail™ Hi-Po Liquid are omega-3 fatty acid formulas, providing 1,600 mg of EPA plus DHA per 2 softgels or 3,000 mg of EPA plus DHA per 1 teaspoon liquid serving in a 1:1 ratio. These products are optimal for supporting the foundational needs of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) for long-term supplementation.

For a list of references cited in this document, please visit:
https://www.designsforhealth.com/api/library-assets/literature-reference---brain-health-protocol-references

Dosing recommendations are given for typical use based on an average 150 pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT) is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DLHer. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. St. Louis, MO: Mosby-Elsevier; 2008.

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

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