nutri
ADVANCED

HOW TO PROTECT YOUR BRAIN STRUCTURE FOR GOOD!

OPTIMISE BLOOD FLOW & OXYGENATION

The brain needs a steady supply of oxygen, glucose, nutrients and micronutrients via blood vessels that feed the brain.
Key nutrients: Magnesium, B vitamins, Gingko biloba

PROTECT AGAINST OXIDATIVE STRESS

The brain structure is highly vulnerable to damage by everyday exposure to harmful free radicals
Key nutrients: Green tea, Curcumin, Vitamin E, Gingko biloba

PROTECT AGAINST GLYCATION & AGES

Advanced glycation end products (AGEs) are formed as a normal part of metabolism but if levels become too high they can damage brain structure and promote oxidative stress and inflammation.
Key nutrients: Alpha lipoic acid, Pyridoxal-5-phosphate (active form of vitamin B6)

Your brain structure is made up of a large network of nerve cells that send messages through the brain and to the rest of the body, and a web of blood vessels that deliver oxygen and nutrients to the brain, and remove carbon dioxide and waste products. Supporting this structure with key nutrients is vital to protect your brain health for good.

SUPPORT ENERGY PRODUCTION IN THE BRAIN

The brain is an energy hungry organ and relies heavily on mitochondria – energy production powerhouses within a cell.
Key nutrients: Acetyl-l-carnitine, Citicoline

REDUCE INFLAMMATION

Inflammation in the brain is closely linked to neurodegenerative disease and mood disorders such as depression.
Key nutrients: Green tea, Curcumin, Omega 3 DHA & EPA

SUPPORT BALANCED METHYLATION

Methylation is a natural process in the body that helps to prevent the build up of homocysteine – a substance known to be toxic to the brain.
Key nutrients: Folate (as 5-MTHF), Vitamin B12 (as methylcobalamin)

SUPPORT NEURAL PLASTICITY

Neural plasticity is a remarkable process that enables the brain to adapt to injury, disease or environmental change. It is crucial that this process is well supported at all ages.
Key nutrients: Omega 3 DHA & EPA, Citicoline