THE ABC’S OF NUTRITIONAL SUPPLEMENTS FOR BRAIN HEALTH

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A is for...

*Acetylcarnitine*

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**Goo et al., Arch Pharm Res Vol 35, No 1, 145-154, 2012**

(Bilateral carotid occlusion)
B is for Blueberries

Blueberries improve memory!

Krikorian et al., J Agric Food Chem. 2010 Apr 14;58(7):3996-4000

Blueberries prevent amyloid toxicity and death of nerve cells
 Vitamin E prevents Alzheimer’s changes in the genetic mouse model

E is for…

Nishida et al., Volume 350, Issue 3, 24 November 2006, Pages 530–536
H is for...

× Huperazine (Chinese moss)

Huperazine prevents brain cell death and also works as a natural Aricept.

Wang et al., Eur J Pharm, 2001:421(3) pg149–156
I is for...

- Ibuprofen reduces amyloid plaques in Alzheimer mice

B.L. Wilkinson et al. / Neurobiology of Aging 33 (2012) 197.e21–197
L is for...

- **Luteolin**
- Luteolin (plant flavonoid) improves memory in aged mice

Luteolin is a plant flavonoid found in carrots, parsley, and chamomile tea that promotes brain health!
N is for...

N-acetyl cysteine (NAC)

NAC prevents nerve cell death caused by pesticide exposure

Molina-Jiménez et al., Brain Research 2004, 1009 (1-2): 9–16
Resveratrol prevents amyloid plaques
S is for...

Selenium

Sel-Plex (AT-001) prevents amyloid plaques in mouse model of AD
T is for...

Turmeric

Curcumin prevents cell death in the hippocampus

Shin et al., Neurosci Lett. 2007 Apr 6;416(1):49-54
DID YOU REALLY PAY ATTENTION?
AT SBCOA WE CARE ABOUT YOUR... BRAINS HEALTH!
REMEMBER TO CHECK WITH YOUR DOCTOR BEFORE STARTING ANY PROGRAM OF NUTRITIONAL SUPPLEMENTS