

Your Brain Audit Results

Good nutrition is a basis for wellness, and good nutrition usually translates into a stronger immune system and better brain health. An important aspect of good nutrition is micronutrition (vitamins and minerals). Micronutrients participate in converting food to energy; building and repairing tissues and DNA; manufacturing neurotransmitters, hormones, and other modulators in the body; breaking down and detoxifying xenobiotics and medications; and maintaining growth, reproduction, and health. According to research by the USDA and other organizations, the American diet is lacking micronutrients. In fact, nine out of 10 Americans are missing key micronutrients. Its like playing a sport without enough players on your team which is why we recommend a good foundational package to start:

- A good Multivitamin & Mineral – we recommend ActivNutrients w/wo iron 2-4 caps per day
- A high quality, absorbable fish oil – we recommend Omega MonoPure 650 1 cap per day
- A good, multi-spore probiotic – we suggest ProbioDaily 1 cap per day as there is a gut/brain connection.

So how did you score on your Brain Audit?

00 – 14 Points:

Good news! There is low concern at the present time. To keep your brain sharp, focused and healthy we highly recommend the foundational nutrients above especially a good fish oil and activated B vitamins (in Active Nutrients or B-Active).

15 – 39 Points:

Be proactive! There is some concern that your brain needs more nutritional support. Along with the foundational nutrients, you should add 1-2 caps NeuroActives and 1 cap of MemorAll.

40-63 Points:

Comprehensive nutrition support required! Since you may already be experiencing a noticeable decline in mental ability, we recommend higher intake of omega fish oils (Omega MonoPure 1300 1-2 caps/day), 2-4 caps of NeuroActives and one capsule of MemorAll twice per day. On a positive note, you should see an improvement in cognitive function as your body is given the tools it needs.

Please discuss all supplement recommendations with your healthcare practitioner prior to use. Individuals taking medications should discuss possible interactions with your healthcare practitioner.

If I eat well, do I still need to take supplements?

Mass food production, storage and processing techniques have depleted the food supply of many vital nutrients that are critical for health. Highly nutrient -rich foods are just not available in the common supermarket. In addition, the body's ability to convert and produce key nutrients and antioxidants slows down with age. Prescription medications can also sap the body of important vitamins. Taking supplements can fill the nutritional gap and help maintain optimal mental and physical health.

The bottom line is that children and adults cannot consume enough nutrient-rich foods to meet all their most basic vitamin and mineral needs.