

VITAKIDS RECOMMENDS

ADULTS

- Essential Fatty Acids: Omega 3
- Alpha-GPC
- Gingko Biloba
- GABA
- Gotu Kola
- 5-HTP
- L-Theanine
- Bacopa
- Chamomile/Passionflower/Lemon Balm
- Turmeric
- A high potency Multivitamin & Mineral

CHILDREN

- Essential Fatty Acids: Omega 3
- Gotu Kola
- Passionflower/Chamomile/Lemon Balm
- A high potency Multivitamin & Mineral

Tips for maintaining healthy brain function:

- Stimulate your mind; engage in mentally stimulating activities like word puzzles or math problems.
- Exercise regularly to improve blood circulation to the brain and improve nerve cell function.
- Consume brain foods like oily fish, almonds, avocados and dark chocolate.
- Avoid smoking and excessive intake of alcohol.

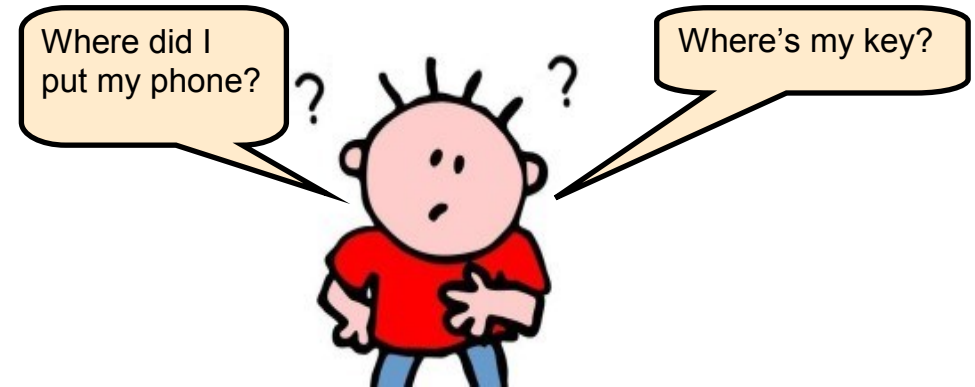
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How To Maintain Healthy Brain Function



The brain is considered the boss of the body as it is in-charge of everything that happens in our body — i.e. from helping you remember simple tasks like where you have left your keys, special occasions like birthdays & anniversaries, to helping you do things which you would have never given much thought to, like blinking your eyes, breathing, and a lot more!

Our brain is such a complex and important organ that if anything goes wrong, our entire body will suffer. A decline in one's memory and poor concentration are some of the tell-tale signs of poor brain performance.

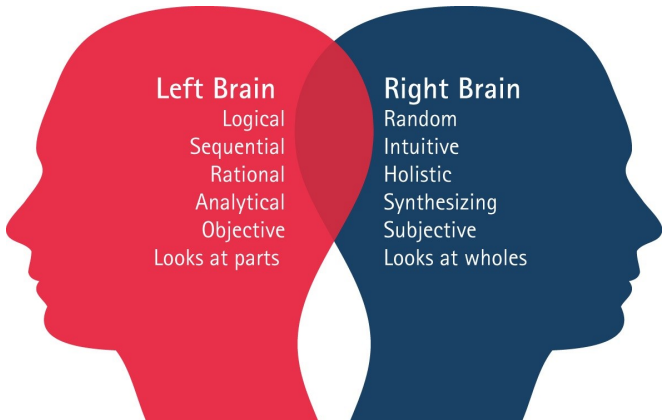
What are the culprits, you may ask?

Very often it is due to one's poor nutritional status:

<u>Brain Function</u>	<u>Inadequate Intake or Deficiency of:</u>
Short-term memory loss	Omega 3, Vitamin B12, Vitamin C
Poor Cognition (In terms of problem-solving performance, memory focus & attention)	Omega 3, B vitamins (B6, B12 & Folate), Iron, Flavonoids Vitamins C, E, and D
Dementia, Alzheimer's Disease	Omega 3, B vitamins (B6, B12 & Folate), Zinc
Degeneration of brain tissue	Omega-3, Vitamin B6, Vitamin E

In addition, our brain performance can also be affected by one and/or a combination of the following factors:

- Increasing Age
- Stress
- Lack of or poor quality sleep (and it worsens under prolonged periods of insufficient sleep or rest)
- Head injury
- Drug and/or alcohol abuse
- Psychiatric conditions like severe depression



1. 60% of your BRAIN is made up of FAT!
 2. The brain can shrink by as much as 15% as we age.
 3. Development of our brain continues until we reach 40 years of age.
- Hence, optimum nutrition is vital in the maintenance of good cognitive function as we age.

Key Nutrients for Maintaining Healthy Brain Function

Nutrients	Importance for Brain Health / Function
Omega-3 Essential Fatty Acids (DHA & EPA)	<ul style="list-style-type: none">• Must be supplied by our diet as our body cannot make them.• Important for proper brain (and eye) development and function.• DHA (Docosahexaenoic acid) is the main building block of the brain, thus it is needed for retaining and improving brain functions.
B Vitamins	<ul style="list-style-type: none">• Required to keep the brain sharp and energized.• A deficiency in any B-vitamin may affect one's focus and/or concentration level, as well as memory function.
Flavonoids	<ul style="list-style-type: none">• Flavonoids are plant-based compounds found to have strong antioxidant properties.• May protect the brain cells from free radical damage, thus could be useful in the reducing risk of developing Alzheimer's disease or dementia.• Good food sources of flavonoids include curcumin/turmeric, raw/dark cocoa, green tea, dark-coloured fruits (e.g. blueberries, raspberries) and red wine.
Vitamins C & E	<ul style="list-style-type: none">• Like flavonoids, these vitamins may protect the brain cells from free radical damage.
Phospholipids (e.g. Phosphatidylserine, Phosphatidylcholine)	<ul style="list-style-type: none">• Important for keeping brain cells healthy.• May improve communication between neurons of brain cells, therefore is useful for improving recall time.
Ginkgo, Gotu Kola	<ul style="list-style-type: none">• May improve blood circulation to the brain, thus is useful for enhancing memory and concentration.
Lemon Balm, L-Theanine, GABA (Gammamino-butyric acid)	<ul style="list-style-type: none">• Natural relaxants that calm the mind, hence, promoting good focus and concentration.• Ideal for individuals whose memory/concentration levels suffer under periods of stress or anxiety.