

MAINTAINING COGNITIVE FUNCTION

Natural support for memory, focus, and attention

The increase in the incidence of Alzheimer's disease is a concern shared by most Americans. The process of aging is challenging enough without the fear of declining cognitive function. The actual cause of Alzheimer's disease is unknown. But what is definitely known is that the development of Alzheimer's disease begins decades before actual symptoms are present. Inflammation, the development of plaque in the brain, decreased numbers of neurotransmitters, and decreased circulation are all cited as causative agents leading to the onset of Alzheimer's. A diet of processed or fast foods with too much sugar and saturated fat can clog our blood vessels, impair our circulation, and create the foundation for impaired cognitive function as well as diabetes. A good exercise program, along with adequate sleep, can help keep our mind oxygenated and functioning. Staying active mentally can also be of value when attempting to prevent cognitive decline. The inability to focus and remember is not limited to Alzheimer's patients solely. Similar impairment can also be found in adolescents diagnosed with Attention Deficit Disorder (ADD) and in individuals who tend to have too much work on their plate, such as college students and those attempting to juggle both the challenges of a job and the challenges of school.

Some nutritional supplements have proven beneficial in the support of brain health. The essential fatty acids found in fish oil, particularly DHA, provide an anti-inflammatory action in the brain tissue and help to protect the covering of the brain cells. Acetyl-L-carnitine has demonstrated a value in protecting cognitive function. It is neuroprotective, acts as an antioxidant, and helps to increase the production of neurotransmitters in the brain, particularly the main neurotransmitter in the brain, acetylcholine. Phosphatidyl serine is another supplement that has demonstrated value in preserving brain function by its ability to minimize the formation of amyloid plaque, a major contributor to the development of Alzheimer's disease.

The best option for supporting cognitive function is to utilize a synergistic combination of nutrients working through various pathways, for the enhancement of mental clarity, the improvement in memory retention and the development of attention. Nutritional supplements such as bacopa leaf extract, DMAE, ginkgo leaf extract and vinpocetine have a long history of being beneficial in supporting and maintaining cognitive function. Taken along with acetyl-L-carnitine, DHA, and phosphatidyl serine, they can prove helpful for individuals attempting to improve cognitive function, memory, and attention.

Our pharmacist is specially trained to recommend nutritional options that will help to support cognitive function, but will not interact with other medications you may be taking. Some of the professional grade products that he/she might recommend are:

- Memory Plus
- DHA 100 mg
- Phosphatidyl Serine Complex
- Acetyl-L-Carnitine
- Ginkgo Biloba

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