

# Mind skills by Leif for a healthy brain



TO SUPPORT HEALTHY BRAIN  
FUNCTION, CERTAIN  
**SUPPLEMENTS** ARE OFTEN  
RECOMMENDED BASED ON  
SCIENTIFIC RESEARCH.

HERE ARE SOME OF THE MOST  
IMPORTANT ONES:

# Individual Differences and Considerations

- **IT'S IMPORTANT TO NOTE THAT INDIVIDUAL NEEDS FOR THESE SUPPLEMENTS CAN VARY BASED ON FACTORS LIKE AGE, DIET, HEALTH STATUS, AND SPECIFIC COGNITIVE CONCERNS.**
- **CONSULTING WITH A HEALTHCARE PROVIDER BEFORE STARTING ANY NEW SUPPLEMENT REGIMEN IS RECOMMENDED TO ENSURE SAFETY AND EFFICACY.**



# Omega-3 Fatty Acids

- **SOURCES:** FISH OIL, FLAXSEED OIL, CHIA SEEDS
- **BENEFITS:** ESSENTIAL FOR COGNITIVE FUNCTION, REDUCING INFLAMMATION, AND SUPPORTING OVERALL BRAIN HEALTH. OMEGA-3S, PARTICULARLY DHA (DOCOSAHEXAENOIC ACID), ARE CRUCIAL FOR MAINTAINING THE STRUCTURE AND FUNCTION OF BRAIN CELLS.

# Vitamin D



- **SOURCES:** SUNLIGHT, FATTY FISH, FORTIFIED FOODS, SUPPLEMENTS
- **BENEFITS:** SUPPORTS NEUROPLASTICITY AND PROTECTS AGAINST COGNITIVE DECLINE. LOW LEVELS OF VITAMIN D HAVE BEEN ASSOCIATED WITH A HIGHER RISK OF MOOD DISORDERS AND IMPAIRED COGNITIVE FUNCTION

# B Vitamins (B6, B9, B12)

- **SOURCES:** LEAFY GREENS, BEANS, WHOLE GRAINS, MEAT, EGGS, DAIRY
- **BENEFITS:** VITAL FOR BRAIN HEALTH BY AIDING IN THE PRODUCTION OF NEUROTRANSMITTERS AND SUPPORTING ENERGY PRODUCTION IN BRAIN CELLS. B12 IS PARTICULARLY IMPORTANT FOR MAINTAINING THE MYELIN SHEATH THAT PROTECTS NERVE CELLS.



# Magnesium

- **SOURCES:** NUTS, SEEDS, LEAFY GREENS, WHOLE GRAINS
- **BENEFITS:** PLAYS A ROLE IN NERVE TRANSMISSION AND NEUROMUSCULAR CONDUCTION. IT HELPS REGULATE NEUROTRANSMITTERS AND IS IMPORTANT FOR COGNITIVE FUNCTIONS SUCH AS LEARNING AND MEMORY.



# Antioxidants (Vitamin C, Vitamin E)

- **SOURCES:** FRUITS AND VEGETABLES (ESPECIALLY BERRIES AND CITRUS FRUITS), NUTS, SEEDS
- **BENEFITS:** PROTECT BRAIN CELLS FROM OXIDATIVE STRESS, WHICH CAN LEAD TO COGNITIVE DECLINE. VITAMIN E IS PARTICULARLY IMPORTANT FOR MAINTAINING BRAIN HEALTH AS WE AGE.



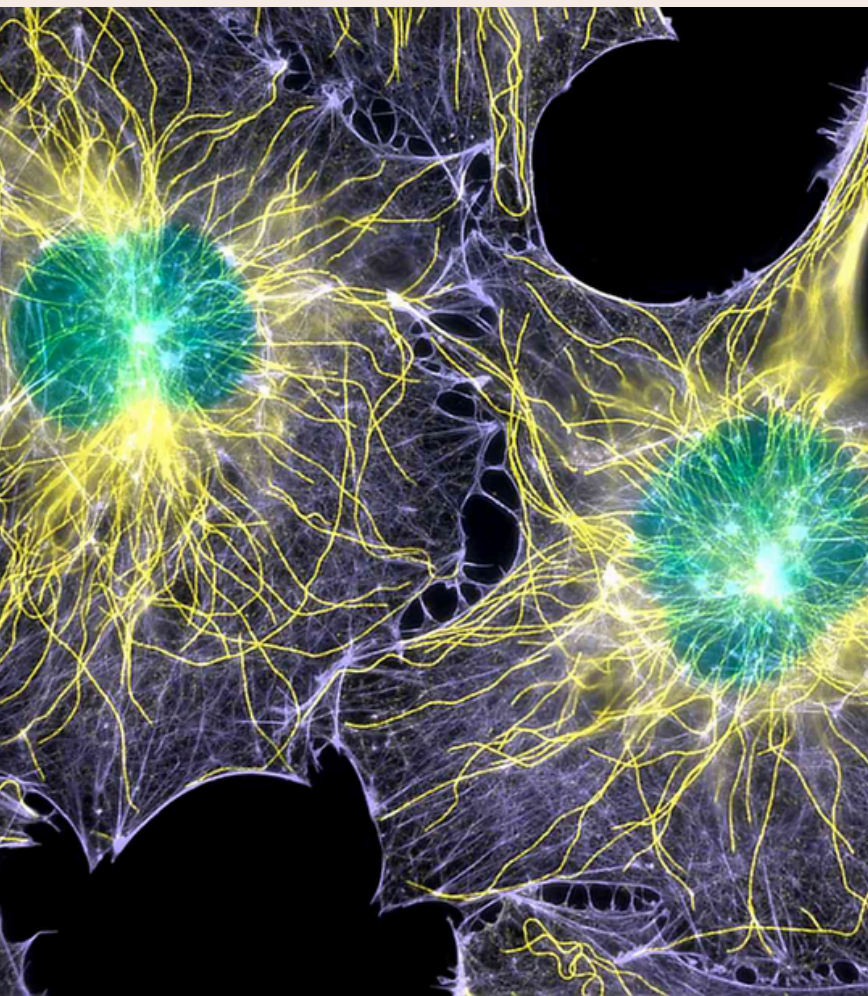
# Curcumin

- **SOURCES:** TURMERIC SPICE
- **BENEFITS:** HAS POTENT ANTI-INFLAMMATORY AND ANTIOXIDANT PROPERTIES. CURCUMIN CAN CROSS THE BLOOD-BRAIN BARRIER AND HAS BEEN SHOWN TO IMPROVE MOOD AND COGNITIVE FUNCTION.



# Ginkgo Biloba

- **SOURCES:** EXTRACTS FROM THE GINKGO BILOBA TREE
- **BENEFITS:** ENHANCES COGNITIVE FUNCTION BY IMPROVING BLOOD FLOW TO THE BRAIN AND HAS ANTIOXIDANT PROPERTIES. IT'S OFTEN USED TO IMPROVE MEMORY AND REDUCE SYMPTOMS OF ANXIETY.



# L-Theanine

- **SOURCES:** GREEN TEA
- **BENEFITS:** PROMOTES RELAXATION WITHOUT DROWSINESS AND IMPROVES ATTENTION. IT CAN ALSO INCREASE THE LEVELS OF GABA, DOPAMINE, AND SEROTONIN IN THE BRAIN.

# Bacopa Monnieri

- **SOURCES:** TRADITIONAL AYURVEDIC HERB
- **BENEFITS:** ENHANCES MEMORY, REDUCES ANXIETY, AND IMPROVES COGNITIVE FUNCTION. IT HAS BEEN USED TRADITIONALLY TO SUPPORT BRAIN HEALTH AND COGNITIVE PERFORMANCE.

IF PREGNANT AVOID USE

# Probiotics

- **SOURCES:** YOGURT, KEFIR, SAUERKRAUT, SUPPLEMENTS
- **BENEFITS:** GUT HEALTH IS CLOSELY LINKED TO BRAIN HEALTH THROUGH THE GUT-BRAIN AXIS. PROBIOTICS CAN HELP MAINTAIN A HEALTHY GUT MICROBIOME, WHICH IN TURN SUPPORTS BRAIN HEALTH.



# Individual Differences and Considerations



- **A COMBINATION** OF THESE SUPPLEMENTS, ALONG WITH A **BALANCED DIET**, REGULAR **PHYSICAL ACTIVITY**, SUNLIGHT AND **SUFFICIENT SLEEP**, CAN SIGNIFICANTLY SUPPORT HEALTHY BRAIN FUNCTION.
- IT'S ALL ABOUT SKILLS (FINDING THE **RIGHT** INFORMATION IS A SKILL)

MIND SKILLS BY LEIF