

Nutritional Supplements For the Support of Brain Health and Neurotransmitters

Nutrition and mental health have long been regarded with suspicion by conventional pharmacological orientated clinicians. In terms of their likelihood of benefit or risk, most interest has been focused on the risk of interactions rather than the potential benefits of use.

Food is often one of the last areas looked at by patients seeking to restore brain health, yet every tissue and substrate used in the formation and function of the brain is reliant on the availability of specific micro and macro nutrients. From glycogen to choline the brain, its health and well being can be significantly helped by the correct selection of foods, fluids and supplements.

Food supplements are not designed to be pharmacological replacements, they do not block an enzyme or activate or suppress a receptor. Their role is to supply essential raw materials, in doses often unattainable from food supplies alone in safe and convenient forms.

Nutritional therapy is a young science and there is much to be learnt yet about the role of individual nutrients on the outcome of an individual's health. The supplements listed in this document have been selected to offer a safe and effective option.

Principle Supplement Suggestions

Supplement recommendations must be made in the context of the individuals' needs and aims. Where patients are already on medication it is recommended that their prescribing clinician is kept informed of any food and supplement recommendations.

Regular assessments and careful observation of the patient should be part of the support programme including detailed notes. Lab work and other investigations should support the recommendations. Close working and relationship building to achieve the best and most personalised approach will add value to the support you offer and assist with compliance and comprehension.

Primary supplement suggestions are in green and secondary, in blue. The secondary supplements may be considered when there are a number of strategic targets for nutritional intervention.

Neuroprotectants	Supports a healthy response to oxidation		Suggested Dose
Allergy Research	NAC Enhanced Antioxidant Formula (incl ALA)		1 tab on empty stomach, 2 X per day
Allergy Research	BrainWave Plus (incl CDP Choline)		1-2 tabs with each meal
<i>To consider</i>			
Biotics Research	Vasculo-Sirt		1-2 with each meal
Allergy Research	MVM-A		1 with each meal
Allergy Research	Acetyl-L-Carnitine		2 caps on empty stomach, 1-2 X per day
Allergy Research	Fibroboost (E. Cava extract)		2 caps 30 mins before breakfast & lunch
Allergy Research	Magnesium Malate Forte		1 tab with each meal
Also consider essential and highly unsaturated Fatty Acids			

Norepinephrine	Supports a healthy reduction	Supports a healthy increase	Suggested Dose
Allergy Research	L-Tyrosine 500 mg		1-2 caps on empty stomach, 1-2 x per day
Biotics Research Corporation	Cytozyme AD: Adrenal Whole Glandular	Cytozyme AD:Adrenal Whole Glandular	1-2 with breakfast & lunch
See adrenal support protocols			

Glutamate	Supports a healthy reduction		Suggested Dose
Allergy Research	MVM-A		1 with each meal
Allergy Research	NAC Enhanced Antioxidant Formula (incl ALA)		1 tab on empty stomach, 2 x per day
Allergy Research	Magnesium Malate Forte		1 tab with each meal
<i>To consider</i>			
Biotics Research	B6 Phosphate		1-2 tabs with each meal
Allergy Research	Taurine 500 mg		1 caps on empty stomach, 2 x per day
Biotics Research	Bio D Mulsion Forte		2-10,000 iu daily

Dopamine		Supports a healthy increase	Suggested Dose
Allergy Research		L-Tyrosine 500 mg	1 caps on empty stomach, 2 x per day
Biotics Research		A.D.H.S	2 at breakfast, 2 at noon
<i>To consider</i>			
Biotics Research		De-Stress (Casein Concentrate)	1 caps on empty stomach, 2-3 x per day

Serotonin		Supports a healthy increase	Suggested Dose
Biotics Research		Neuro-5-HTP Plus	1-2 caps on empty stomach, 2-3 x per day
Allergy Research		Serotonin	3 caps with breakfast, with later doses as directed by practitioner
<i>To consider</i>			
Allergy Research		5HTP 50 mg	1-2 caps on empty stomach, 1-2 x per day

GABA		Supports a healthy increase	Suggested Dose
Allergy Research		200 mg of Zen	1 caps on empty stomach, 2 x per day
Biotics Research		Neuro-5-HTP Plus	1 caps on empty stomach, 3 x per day
Allergy Research		Calm Recharge powder	½ tspn 2 x per day when required
<i>To consider</i>			
Allergy Research		Magnesium Malate Forte	1 tab with each meal
Biotics Research		B6 Phosphate	1-2 tabs with each meal
Allergy Research		FlaviNOx (incl Green Tea)	1-2 caps with each meal
Allergy Research		NAC Enhanced Antioxidant Formula (incl ALA)	1 tab on empty stomach, 2 x per day
Biotics Research		V.H.P. (Valerian Hops and Passionflower)	1-3 at dinner / before bed
Nordic Naturals		Pro-Omega Longevity	1 softgel 2 x per day
Allergy Research		Taurine 500 mg	1 caps on empty stomach 2 x per day

Acetylcholine	Supports a healthy reduction		Suggested Dose
Allergy Research	BrainWave Plus (incl CDP choline)		1- 2 tabs with each meal
Allergy Research	NAC Enhanced Antioxidant Formula (oxidative stress)		1 tab on empty stomach, 2 x per day
Allergy Research	Phos Serine Complex (hypercortisolemia)		1-2 at dinner
Biotics Research	Glucobalance (insulin resistance)		1-2 with each meal
<i>To consider</i>			
Allergy Research	Fibroboost (oxidative stress)		2 caps 30 mins before 2-3 meals a day

Hypercortisolemia	Supports a healthy Reduction		Suggested Dose
Allergy Research	Phos Serine Complex (high night-time & morning cortisol)		1-2 at dinner
Biotics Research	ADHS (high morning cortisol)		2 at breakfast, 2 at noon
Biotics Research	Glucobalance (high day-time cortisol)		1-2 3 x a day
Allergy Research	Magnesium Malate Forte (high cortisol at any time)		1 at each meal
Allergy Research	3X Ginseng (high cortisol at any time)		1 tspn in hot water, 2 x per day

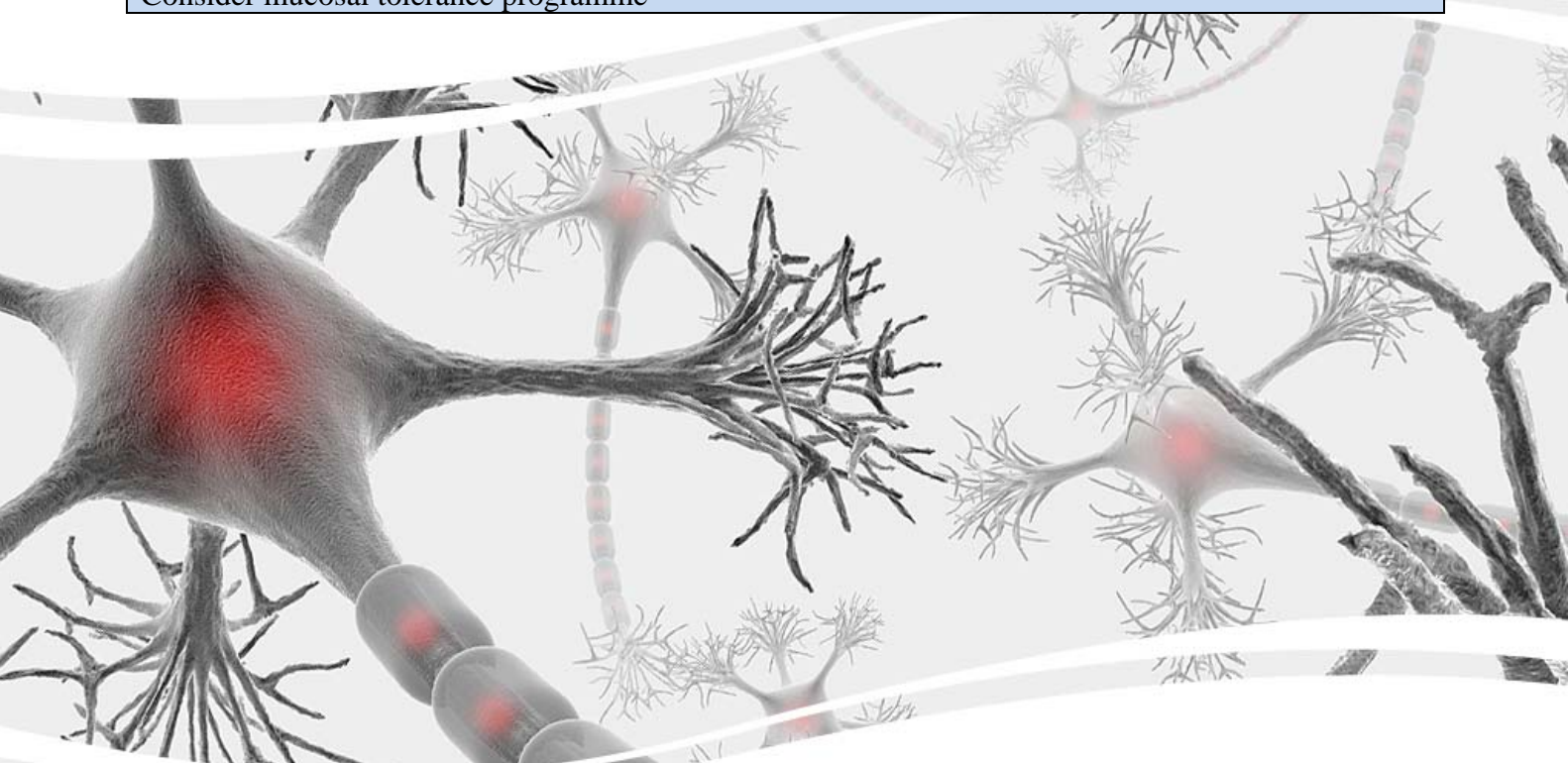
Stress	Supports a healthy reduction	Supports a healthy increase	Suggested Dose
Biotics Research	Neuro-5-HTP		1 caps on empty stomach 2-3 x per day
Allergy Research	200 mg of Zen		1 caps on empty stomach, 2 x per day
Allergy Research	Stabilium		4 caps first thing for 2 weeks, then 2 caps first thing thereafter
<i>To consider</i>			
Biotics Research	ADHS		2 at breakfast, 2 at noon
Biotics Research	De-Stress		1 caps on empty stomach, 2 x per day
Allergy Research	3X Ginseng		1 tspn in hot water, 2 x per day
Future Formulations		Adrenal Rebuilder	1-2 with each meal, not after 7pm
Allergy Research	Magnesium Malate Forte		1 with each meal

Hypothyroidism	Supports a healthy balance	Supports a healthy increase	Suggested Dose
Biotics Research	Iodizyme-HP	Iodizyme-HP	1 per day, build up slowly to higher dose as required
Biotics Research		GTA Forte II	1-2 at breakfast & lunch
<i>To consider</i>			
Biotics Research		Thyrostim	1-2 at breakfast & lunch
Biotics Research		Meda Stim	2 at breakfast & lunch

Cell Membrane Integrity & Fatty Acids	Support optimal cell membrane health		Suggested Dose
Body Bio	Body Bio Oil		1 tspn 1-3 x per day
Body Bio	Pure Phos chol		2 caps 3 x per day
<i>To consider</i>			
Nordic Naturals	Pro EFA (n-3 & n-6)		1 caps 2-3 x per day
Nordic Naturals	Pro DHA (DHA & EPA)		1 caps 2-3 x per day
Allergy Research	CoQ Gamma E		1 caps a.m. & p.m.
Biotics Research	Bio D Mulsion Forte		1 drop 2-3 x per day

Serotonin & Cortisol	Supports a healthy response to stress & Serotonin levels		Suggested Dose
BodyBio	Methylcobalamin (B12)		1-2 tabs per day
BodyBio	Folinic Acid		1-2 caps per day
Biotics Research	Bio D Mulsion Forte		1 drop 2-3 x per day
<i>To consider</i>			
Biotics Research	B12 Folate Plus		1 at each meal

Increased Inflammation and Immune activity	To support Inflammation control		Suggested Dose
Biotics Research	Kapparest		2-3 caps 2-3 x per day
Nordic Naturals	Pro EPA		1 caps 2-3 x per day
<i>To consider</i>			
Allergy Research	Saccharomyces Boulardii		1 caps 2-3 x per day
Allergy Research	Lactobacillus GG		1 caps per day
Biotics Research	Bio D Mulsion Forte		1 drop 2-3 x per day
Consider mucosal tolerance programme			



This Page is for those easy to lose –
yet vital small notes...

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