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Supplementation for Optimal Brain Health

In addition to a healthy low carbohydrate organic diet rich in healthy fats and anti-oxidants, supplements may provide additional beneficial protection by reducing inflammation and improving cerebrovascular health.

Here is a comprehensive list to consider. Everyone needs a personalized diet, supplement and lifestyle program, which should be discussed with your health care provider.

Advanced Preventative Supplementation

Multivitamin with Methylfolate (Active Nutrients 2 per day by Xymogen)

Omega-3 balanced EPA/DHA (Omega avail Hi-Po by Designs for Health 2 per day)

Vitamin D3 (Vitamin D supreme, 1 daily = 5,000 IU D3 with Vit. K by Designs for health)

C3 Curcumin complex 1 per day by Designs for Health or NRF2 activator by Xymogen 1 per day.

Alpha Lipoic Acid 600mg daily. (Alamax CR by Xymogen one daily.

Co-Q10 100mg daily to 300mg. Co-Qmax by Xymogen one daily, or Metagenics Nutrags C0-Q 300mg one chewable daily.

Magnesium L-Threonate (Neuromag by Designs for Health 1-2 nightly)

Additional supplementation to consider with Mild Cognitive Impairment and neurodegenerative conditions such as Alzheimers, Parkinson's, Multiple Sclerosis.

Glutathione 200mg daily orally. (S-acetyl glutathione by Xymogen, or oral Liposomal glutathione by Redisorb and others)

Glycerophosphocholine 1200mg/day (GPC liquid 2 droppers full daily by Designs for health.)

Neuroactives Brain Sustain by Xymogen 4 daily

Increase dose of Omega-3 4-6 grams daily (Consider liquid to reduce capsules)

Increase dose of Co-Q10 to 300mg daily (Metagenic Nutragem chewables)

Increase dose of NRF2 Activator 2-3/day

Resveratrol 250 to 500mg daily. (Resveratrol Synergy by Designs for Health 2/day)

Supplements can be ordered through links on the Wellness/Supplement tab on the [Http://RevolutionaryMD.com](http://RevolutionaryMD.com) website.

If desired, please call our office to book an appointment to discuss optimal brain health strategies as well.

Thank you,
RevolutionaryMD Team