Supplementation for Optimal Brain Health

In addition to a healthy low carbohydrate organic diet rich in healthy fats and antioxidants, 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 Nutragems 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 website.
If desired, please call our office to book an appointment to discuss optimal brain health strategies as well.

Thank you,
RevolutionaryMD Team