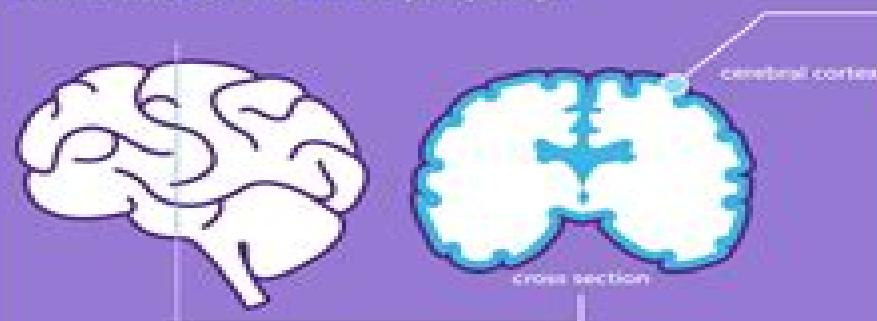
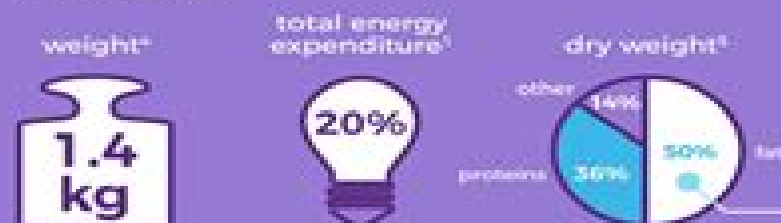


# Role of nutrients in brain structure and function

Like any other organ, the brain needs specific nutrients to function properly.<sup>1,2</sup>



Adult human brain:



Neurons form a communication network by connecting with each other through junctions called synapses.<sup>1</sup>

Average number of neurons in the brain<sup>6</sup>

86,000,000,000

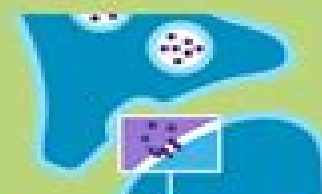


Nutrients are involved in many different synaptic processes, such as neurotransmitter and phospholipid synthesis.<sup>1</sup>

Neurotransmitters are the key molecules in the communication at synapses, and their synthesis depends on ingested nutrients.

Estimation of total number of synapses in the cerebral cortex<sup>7</sup>

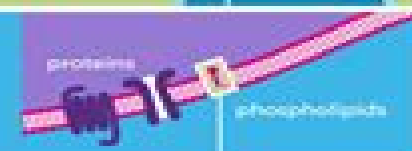
60-240 trillion



Phospholipids are major building blocks of synaptic membranes.

Total membrane surface area in the brain<sup>8</sup>

4x



Phospholipids are made from ingested nutrients, e.g. DHA, uridine, choline, folate.<sup>1,9</sup>

phospholipid fraction<sup>10</sup>

50%



The brain needs lifelong nourishment to maintain its structure and function and to help ensure optimal cognitive performance.<sup>1</sup>

**Choline**  
precursor for the neurotransmitter acetylcholine.

**Vitamin B6**  
cofactor in the synthesis of the neurotransmitters serotonin, dopamine, and noradrenaline.

**Vitamin C**  
cofactor for synthesis of the neurotransmitter noradrenaline.

**Folate**  
essential in the one-carbon metabolism, which is involved in the synthesis of neurotransmitters and phospholipids.

**Tryptophan**  
precursor for the neurotransmitter serotonin.

**DHA**  
docosahexaenoic acid, an omega-3 polyunsaturated fatty acid present in neuronal membranes and which influences membrane-related processes such as neurotransmission.

**Vitamin E**  
antioxidant that protects cell components, like the neuronal membranes, from oxidation by free radicals.

**Tyrosine**  
precursor for the neurotransmitters dopamine and noradrenaline.

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# Nutrients And Brain Function

**Yicheng Fang**



## **Nutrients And Brain Function:**

## Reviewing **Nutrients And Brain Function**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Nutrients And Brain Function**," an enthralling opus penned by a very acclaimed wordsmith, readers attempt an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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web mar 4 2022 konsep pembangunan berkelanjutan dapat digunakan dalam meningkatkan kualitas hidup dalam segala aspek hal ini karena orientasi pembangunan ini tidak sebatas untuk manfaat jangka pendek saja prinsipnya adalah bagaimana pembangunan ini dapat sustain hingga masih dapat bermanfaat untuk generasi mendatang

*pdf makalah pitk kelompok 17 pembangunan berkelanjutan* - Jan 28 2022

web jun 9 2021 pembangunan berkelanjutan adalah pembangunan yang memenuhi kebutuhan hidup masa sekarang dengan mempertimbangkan pemenuhan kebutuhan hidup generasi mendatang

pembangunan berkelanjutan tujuan manfaat ciri dan dampak - Aug 15 2023

web jun 27 2023 pembangunan berwawasan lingkungan yang dikenal dengan pembangunan berkelanjutan adalah pembangunan yang berorientasi pada pemenuhan kebutuhan manusia melalui pemanfaatan sumber daya alam secara bijaksana efisiensi dan memerhatikan pemanfaatannya baik untuk masa kini maupun yang akan datang

**pembangunan berkelanjutan pengertian hakikat tujuan dan** - Feb 09 2023

web jan 20 2021 pembangunan berkelanjutan sustainable development adalah pembangunan yang berguna untuk memenuhi kebutuhan dalam kehidupan saat ini tanpa perlu merusak atau menurunkan kemampuan generasi yang akan datang dalam memenuhi kebutuhan hidupnya

**bab 1 pedahuluan a latar belakang upi repository** - Feb 26 2022

web pembangunan berwawasan lingkungan hidup sering pula dikemukakan sebagai pembangunan berkelanjutan dengan demikian pentingnya pengelolaan lingkungan hidup sebagai upaya terpadu untuk melestarikan fungsi lingkungan hidup yang meliputi kebijakan penataan pemanfaatan pengembangan

**konsep pembangunan berkelanjutan tujuan dan indikator kompas com** - Jun 13 2023

web feb 21 2020 kompas com pembangunan berkelanjutan merupakan proses pembangunan yang mengoptimalkan manfaat dari sumber daya dengan pembangunan dalam buku pembangunan berkelanjutan peran dan kontribusi emil salim 2010 karya iwan j azis pembangunan berkelanjutan sering disebut sustainable development

**bab ii pembangunan berkelanjutan unri** - Apr 30 2022

web keberlanjutan lingkungan memelihara sumber daya yang stabil menghindari eksploitasi sumber daya alam dan fungsi penyerapan lingkungan seperti pemeliharaan keanekaragaman hayati stabilitas ruang udara dan fungsi ekosistem lainnya yang tidak termasuk kategori sumber sumber ekonomi