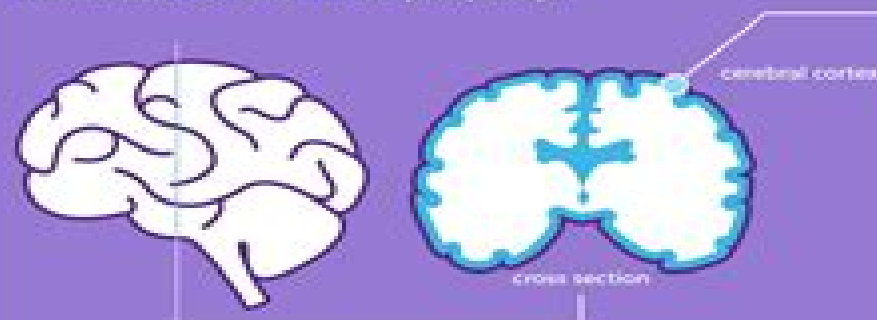
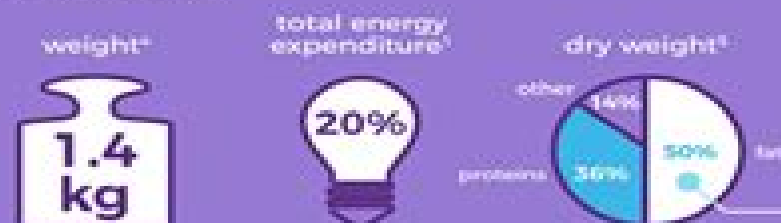


# Role of nutrients in brain structure and function

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

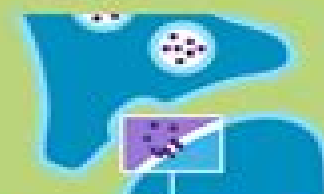


Nutrients are involved in many different synaptic processes, such as neurotransmitter and phospholipid synthesis.<sup>1</sup>

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>

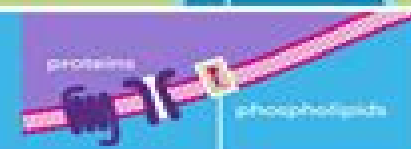
60-240 trillion



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

**WJ Hussar**



## **Nutrients And Brain Function:**

## Decoding **Nutrients And Brain Function**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Nutrients And Brain Function**," a mesmerizing literary creation penned with a celebrated wordsmith, readers embark on an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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