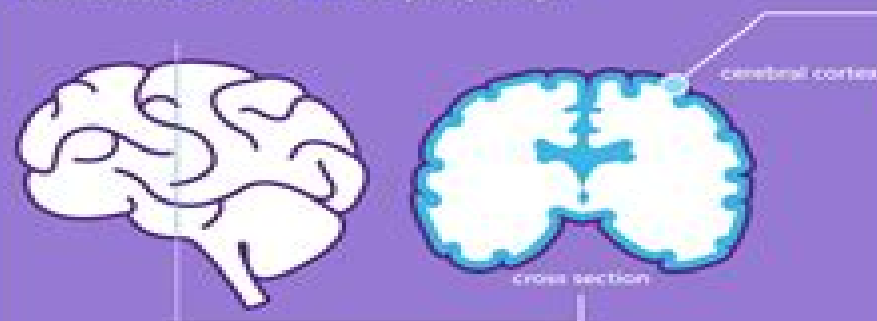


Role of nutrients in brain structure and function

Like any other organ, the brain needs specific nutrients to function properly.^{1,2}



Adult human brain:

weight³
1.4 kg

total energy expenditure⁴
20%



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

Average number of neurons in the brain⁵

86,000,000,000

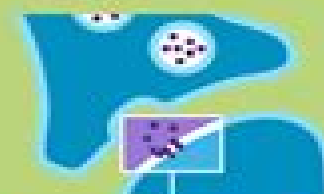


Nutrients are involved in many different synaptic processes, such as neurotransmitter and phospholipid synthesis.¹

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^{1,6}

60-240 trillion



Phospholipids are major building blocks of synaptic membranes.

Total membrane surface area in the brain⁷

4x



Phospholipids are made from ingested nutrients, e.g. DHA, uridine, choline, folate.^{1,8}

phospholipid fraction⁹

50%



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

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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Table of Contents Nutrients And Brain Function

1. Understanding the eBook Nutrients And Brain Function
 - The Rise of Digital Reading Nutrients And Brain Function
 - Advantages of eBooks Over Traditional Books
2. Identifying Nutrients And Brain Function
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Nutrients And Brain Function
 - User-Friendly Interface
4. Exploring eBook Recommendations from Nutrients And Brain Function
 - Personalized Recommendations

- Nutrients And Brain Function User Reviews and Ratings
- Nutrients And Brain Function and Bestseller Lists
- 5. Accessing Nutrients And Brain Function Free and Paid eBooks
 - Nutrients And Brain Function Public Domain eBooks
 - Nutrients And Brain Function eBook Subscription Services
 - Nutrients And Brain Function Budget-Friendly Options
- 6. Navigating Nutrients And Brain Function eBook Formats
 - ePub, PDF, MOBI, and More
 - Nutrients And Brain Function Compatibility with Devices
 - Nutrients And Brain Function Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Nutrients And Brain Function
 - Highlighting and Note-Taking Nutrients And Brain Function
 - Interactive Elements Nutrients And Brain Function
- 8. Staying Engaged with Nutrients And Brain Function
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Nutrients And Brain Function
- 9. Balancing eBooks and Physical Books Nutrients And Brain Function
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Nutrients And Brain Function
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Nutrients And Brain Function
 - Setting Reading Goals Nutrients And Brain Function
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Nutrients And Brain Function
 - Fact-Checking eBook Content of Nutrients And Brain Function

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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