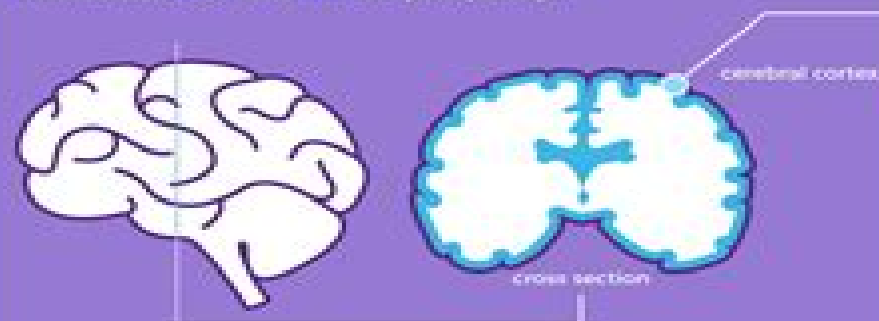
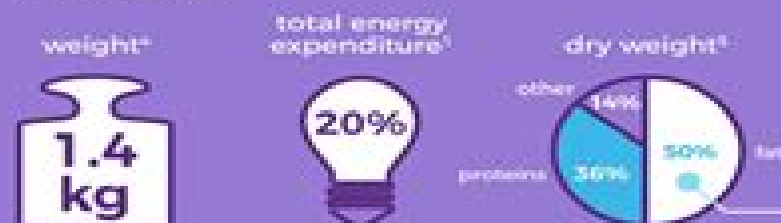


Role of nutrients in brain structure and function

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



Adult human brain:



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

Average number of neurons in the brain⁴

86,000,000,000

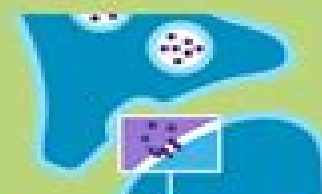


Nutrients are involved in many different synaptic processes, such as neurotransmitter and phospholipid synthesis.¹

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 cortex⁵

60-240 trillion



Phospholipids are major building blocks of synaptic membranes.

Total membrane surface area in the brain⁶

4x



Phospholipids are made from ingested nutrients, e.g. DHA, uridine, choline, folate.^{7,8}

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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Nutrients And Brain Function

Margaret Light



Nutrients And Brain Function:

Nutrients and Brain Function W. B. Essman, 1987-10-02 **Feed Your Mind** Clémentine Bosch-Bouju, Sophie Layé, Véronique Pallet, 2019-10-23 Nutrition is an environmental factor modulating physiology throughout life and especially brain function. Nutrients in the brain can either fuel brain cells, contribute to tissue architecture, or initiate signaling pathways through their derivatives. Nutrients ultimately participate in brain development, cognitive and emotional behaviors, and can influence the susceptibility to develop brain pathologies. This book is a selection of current research on the impact of diet on brain function. Chapters include the role of lipids and glucose on the brain, nutrition and autophagy, and consequences of enteral feeding on brain-gut interactions. Taken together, this book targets all scientists, clinicians, teachers, and students eager to learn more about the impact of nutrition on brain function. *Handbook of Developmental Cognitive Neuroscience* Charles Alexander Nelson (III), Monica Luciana Collins, 2001 An overview of the new techniques that account for the progress and heightened activity in developmental cognitive science research. **Micronutrients and Brain Health** Lester Packer, Helmut Sies, Manfred Eggertsdorfer, Enrique Cadenas, 2009-10-06 Micronutrients and Brain Health addresses cutting-edge research related to processes of oxidative stress that affect brain function, an area of increasing significance for those concerned and involved with public health and translational medicine. Edited by four leading micronutrient researchers, the book brings together the investigative work of many. *Integrative Psychiatry and Brain Health* Daniel A. Monti, Andrew B. Newberg, 2018 Part of the Weil Integrative Medicine Library, this volume provides a rational and evidence-based approach to the integrative therapy of mental disorders, integrating the principles of alternative and complementary therapies into the principles and practice of conventional psychiatry and psychology. Integrative Psychiatry and Brain Health examines what works and what doesn't and offers practical guidelines for physicians to incorporate integrative medicine into their practice and to advise patients on reasonable and effective therapies. The information is presented in accessible and easy-to-read formats, including clinical pearls and key points. **The Care and Feeding of Your One Beautiful Brain** Amy Kroll, 2024-05-06 The Care and Feeding of Your One Beautiful Brain is an essential guide to nurturing and protecting your brain. Authored by a dedicated health coach who studied under Dr. Bredesen, this book provides practical insights to promote a brain-healthy lifestyle and prevent dementia. In a world filled with constant digital distractions and stress, this book offers actionable steps to fortify your brain and keep it thriving. From optimizing nutrition and sleep to managing stress and incorporating brain-boosting activities, every page is packed with wisdom and advice that can be seamlessly integrated into your daily routine. What sets this book apart is the author's personal journey and dedication to helping others lead brain-healthy lives. You'll feel like you're having a heartfelt conversation with a trusted friend who genuinely cares about your well-being. But don't just take our word for it: The Care and Feeding of Your One Beautiful Brain has garnered praise from early readers who have found it to be a game-changer in their quest for cognitive vitality. This is not a quick fix or a fad diet for the

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