

## MEMORY SUPPORT



As we age, our mental ability and capacity to remember things begin a slow and steady decline. On average, this decline in memory function begins in middle-age. The aging process may affect memory by changing the way the brain stores, processes and manipulates information and by making it harder to recall stored information, such as a person's name. Memory lapses are certainly an annoyance and inconvenience, but what makes them worse is the anxiety that can be associated with them. We often question if they are a symptom of another problem such as a mid-life crisis, other personal issues, or worse yet a serious medical condition.

One of the biggest concerns that arise with memory loss or lapses in memory, especially with age, is the onset of Alzheimer's. Although Alzheimer's is a fairly common disorder among the elderly, it is important to recognize that the memory lapses have nothing to do with the disease. Mild cognitive impairment is a transition stage between the cognitive changes of normal aging and the more serious problems caused by Alzheimer's disease. It often includes the memory loss problems common to Alzheimer's, but does not meet the qualifications for full-blown dementia. While many people who have mild cognitive impairment go on to develop Alzheimer's, others don't. A diagnosis of mild cognitive impairment doesn't necessarily mean a development of Alzheimer's. Occasional memory lapses such as misplacing the car keys, or forgetting the milk at the grocery store, are a natural normal part of life, and are not likely to precede serious memory loss.

### WAYS OF IMPROVING MEMORY/MENTAL ALERTNESS

There are several methods that have been used for memory retention and to improve mental alertness. Some include:

- Reduce stress
- Keep active mentally
- Eat a healthy brain diet (rich in antioxidants e.g. bright green, red, orange, yellow fruits and vegetables and omega-3 fatty acids, e.g. fish)
- Get regular physical exercise
- Get plenty of sleep
- Limit sugar intake (an excess can lead to hyperglycemia and then a sudden drop in blood sugar)
- Avoid tobacco
- Avoid excessive use of alcohol

One of the most popular methods to keep active mentally is to solve puzzles or riddles. Puzzles and riddles help exercise the mind because they involve a host of mental tasks, including mathematics, logical reasoning, pattern recognition, and nonlinear thinking. While puzzles and games are obvious choices for keeping memory sharp, it also helps to expose the mind to new and interesting environments. Anything that engages the senses will help to stimulate the brain and strengthen memory. Visualization is another good exercise for the brain. It helps stimulate the mind and can also serve as a relaxation tool by serving as a distraction from worries and stresses.

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## MEMORY PROTOCOL

In addition to the above listed suggestions, it is also helpful to introduce a nutritional supplementation program:

<b>SUPPLEMENT</b>	<b>DOSAGE</b>
Vitamin C (Ascorbic Acid) .....	1000 mg
Thiamin (Vitamin B1) .....	100 mcg
Riboflavin (Vitamin B2) .....	100 mg
Niacin (Niacinamide) (Vitamin B3) .....	100 mg
Pyridoxine hydrochloride (Vitamin B6) .....	100 mg
Folic Acid .....	400 mcg
Biotin .....	200 mcg
Pantothenic Acid (Vitamin B5) .....	100 mg
Methylcobalamin (Vitamin B12) .....	100 mg
Magnesium (Amino Acid Chelate) .....	600 mg
Zinc (Chelazome Amino Acid Chelate) .....	30 mg
Ginkgo Biloba .....	120 mg
Co-Enzyme Q-10 .....	50 mg
Fish Oil .....	2000 mg
Choline Bitartrate .....	100 mg
Lipoic Acid .....	300 mg
Phosphatidylserine .....	300 mg
Quercetin .....	470 mg
MSM (Methylsulfonylmethane) .....	3000 mg

## RECOMMENDATIONS

The supplements in the above listed protocol are a general recommendation with an average dosage. By using the CustomVite program, our team of nutritionists have the ability to customize each supplement (or even add/delete) to a patient's unique nutritional requirements. Whether it be for memory-enhancing, mental alertness or Alzheimer's protection, the CustomVite program can help improve your patient's overall nutritional status. This recommendation does not take into account drug-nutrient interactions. By having the patient provide us with their current prescriptions and supplements through our Lifestyle and Medical History Questionnaire, we can cross reference their information to determine if there are any interactions for their personalized formulation.