



NUTRIENTS TO SUPPORT COGNITION, FOCUS & ATTENTION FOR ALL AGES

Research shows...

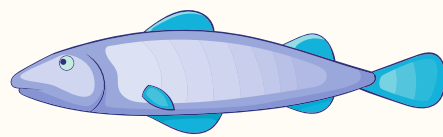


Omega-3s (DHA & EPA)

CHILDREN given 1000-2000 mg/day of DHA showed improvement in **cognitive and behavioral symptoms of ADHD** Rodriguez et al., (2019)

Higher blood levels of DHA had a significant, positive effect on **attention performance and executive function in TEENAGERS**; those with the highest DHA scored better for **attentiveness, reaction time, and executive conflict response** Pinar-Martí et al., (2022)

For older **ADULTS** assessed for **cognitive orientation, memory, attention, and language**, those with the highest Omega-3 Index levels had a 44% lower risk of impairment compared to those with the lowest levels Lukaschek et al., (2016)

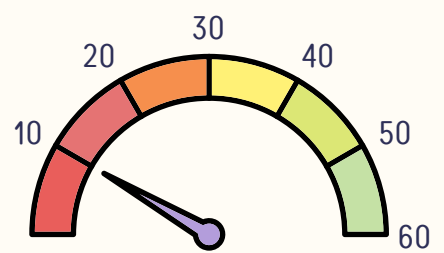


van Soest et al. (2022)

YOUR DHA level influences the cognitive benefits of B-VITAMINS! But ~80-90% of the US population do not get enough Omega-3s...

Vitamin D

has been biologically linked to **emotional well-being, cognition, and better mental health overall**



~90% US Adults
HAVE VITAMIN D LEVELS BELOW
40-60 NG/ML (100-150 NMOL/L)

Vit D & Omega-3s

have been shown to improve **irritability and hyperactivity** among children with autism Mazahery et al., (2019)

Vit D & Magnesium

Older adults getting the most magnesium and/or having the highest vitamin D blood levels scored significantly higher on cognitive function tests assessing **executive function and processing speed** Peeri et al., (2020)

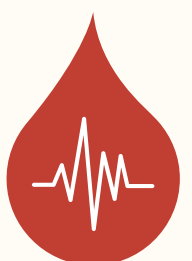
Vitamin C

Sim et al., (2022)

1000 mg/day was shown to improve **attention, work absorption and engagement, reaction times, fatigue, vigor, and self-control... WOW!**

Are You Getting Enough?

Build your at-home blood spot test kit to measure levels of several of these focus-boosting nutrients!



Get **10% OFF** your first test kit with code **FirstTest10** at grassrootshealth.net/test