



# DEMENTIA & ALZHEIMER'S REDUCE RISK, IMPROVE OUTCOMES

Alzheimer's Disease is a progressive, preventable brain disorder,  
**NOT** a normal part of aging

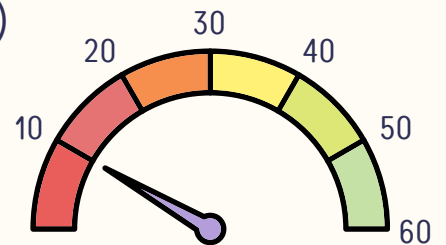
Nutrient research shows...

## VITAMIN D LEVEL AFFECTS RISK

**Double the risk of all-cause dementia** and almost **triple the risk of Alzheimer's** specifically was found among those with vitamin D levels below 20 ng/ml (50 nmol/L) Feart et al (2017)

Those with levels below 10 ng/ml (25 nmol/L) were **2.22 times more likely to be diagnosed with Alzheimer's** and **2.25 times more likely to develop all-cause dementia** compared to those with levels above 20 ng/ml Littlejohns et al (2014)

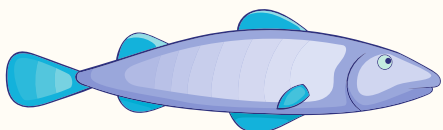
A **24% lower risk of dementia** and **25% lower risk of Alzheimer's** was found for those with levels of 20 ng/ml or higher (meta-analysis of 11 dementia studies and 6 Alzheimer's studies) Chai et al (2019)



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

Older adults getting the most **MAGNESIUM** and/or having the highest **VITAMIN D LEVELS** scored significantly higher on cognitive function tests assessing executive function & processing speed

Peeri et al., (2020)



## OMEGA-3s (DHA & EPA)

Cognitive orientation, memory, attention, and language in older adults with the **highest Omega-3 Index levels had a 44% lower risk of impairment** compared to the lowest levels

Lukaschek et al (2016)

High dose B vitamins given to those with mild cognitive impairment led to improved episodic memory, better global cognition scores, and lower ratings of dementia **only among those with the highest omega-3 levels** Oulhaj et al (2016)

**DHA** affects cell signaling in the brain, promotes new connections to form & has been shown to improve memory, learning, verbal fluency & depression among those with mild cognitive impairment

Dyall S (2015)

**CRP**  
Measures  
Inflammation

Individuals with higher CRP levels (4.69 mg/L or more) had a **12% steeper cognitive decline** compared to the lowest levels

Walker et al (2019)

## HOW ARE YOUR LEVELS OF THE ABOVE?

Make sure your levels of the above are in a range that supports cognitive health! Testing with HbA1c (a measure of blood sugar health) is recommended. **TEST TODAY!**



Get **10% OFF** your first home test kit with code **FirstTest10** at [grassrootshealth.net/test](https://grassrootshealth.net/test)