



ELITE

Personal Training and Fitness Solutions

HEALTH TIP OF THE WEEK

10/4 - Supplements for Brain & Memory Health

One of the most popular supplement categories today focuses on brain and memory health. These supplements are called **nootropics**.

One of the most popular supplement categories today focuses on brain and memory health. These supplements are called nootropics. They seek to improve memory, focus, mental energy, and problem-solving skills.

The demand for nootropics comes not only from the 73 million baby boomers living in America but also from college students, investment bankers, career-minded individuals, and even busy moms - all looking to gain an edge.

Nootropic popularity has led to hundreds of brands flooding the market. While these supplements all promise to deliver benefits, the reality is that many fall short. In fact, some of the most popular brands use ineffective or insufficient doses of ingredients, and many contain low-quality fillers.

Nootropic supplementation is an extremely complicated topic. With so many options, it may be unclear what to look for in a quality brain and memory supporting supplement. To cut through the confusion, we have combed through extensive research regarding key ingredients that benefit cognitive health.

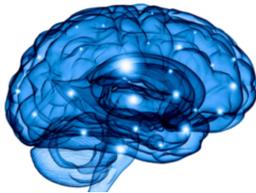


Elite Personal Training and Fitness Solutions does not provide medical treatment or intervention. We acknowledge scientific evidence that appropriately intensive exercise and sustainable nutritional intervention can have significant impact on chronic health disorders and obesity, dramatically improving symptoms when recommendations are followed. Please visit us at Eliteptf.com for more information and to schedule your evaluation.

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Three of the most essential nootropic ingredients are listed below:

1. **Phosphatidylserine** works by helping rejuvenate brain cell membranes and supporting the release of acetylcholine, a neurotransmitter responsible for memory.



2. **Bacopa monnieri** fights oxidative stress, a cause of disease and cognitive decline, by acting as a free radical scavenger.

3. **Huperzine A** has a beneficial effect on memory and cognition.



David Trumbore
PT, DPT, CSCI, CWT, CPI

Nootropic supplement recommendation



If you are older and are beginning to experience age-appropriate mental decline, or if you are younger and want to slow down the process, I recommend taking a nootropic supplement. I specifically recommend the brand **STONEHENGE HEALTH DYNAMIC BRAIN**.

PROS

- 40 vitamins and nutrients
- Contains Phosphatidylserine, Bacopa monnieri, and Huperzine A
- Includes the nutrient choline
- Endorsed by a doctor
- Vegetarian capsules, Non-GMO, gluten, lactose, and antibiotic free
- No artificial ingredients or fillers
- Verified 90-day 100% money-back return policy

CONS

Often out of stock due to high demand. That shows it is effective!

Take-Home Message

For more info on nootropics or other supplements, please feel free to contact our office.

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