



Supplements & Nutrition for Memory & Focus

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In today's world, many people are putting a lot of strain on their minds, resulting in a loss of memory and focus.

There is a direct connection between memory and focus. Simply put, you need to be able to concentrate on information to learn and remember it. When you're unable to focus, it makes it extremely difficult to remember it. And that is why the two are so closely connected.

There are various reasons for a loss of memory or focus. However, two general reasons are associated with normal aging and a highly demanding life.

We all know that as we age, there is a normal cognitive decline. However, based on various factors - including our diet and lifestyle - the process can be sped up.



The modern lifestyle and pressures on the mind

We all know that the modern digital age has increased the pace of life. Gone are the days where you'd travel by horse and send snail mail. Now, in one day, we're sending off hundreds of emails and messages, clocking in 10+ hours of work, cooking, eating, taking care of a family, trying to stay healthy, and even attempting to have some sort of social life outside of the rat race.

As the pace has increased, we have less and less time to rest. And this particularly applies to our minds. In the digital age, we are plugged in most of the time, leaving very little time to relax and restore the mind. And that is what our minds desperately need to keep healthy.

Just like the body, the mind needs its rest.

When you push your body too far, it gets tired and collapses. And often, we forget that this also applies to our minds. When we push our minds for extended periods of time, it eventually burns out.

With the digital age, many of us have forgotten how to truly relax. Many people are extremely busy and pressured, and their form of relaxation is to spend time scrolling through social media, watching TV, or playing video games. This is not true relaxation, as your brain is still at work.

Proper relaxation activities give your mind a chance to truly rest and restore. Some activities include going for a walk in the park, exercising, walking the dog, spending quality time with friends or family, reading for pleasure, or listening to music.

Improving Memory and Focus through Diet and Lifestyle

Simply put, if you want to support your memory and focus, you need to take care of your brain.

Keeping it very simple, just like our body, our brain needs healthy food, water, and adequate rest.

Here are some simple ways you can start taking care of your brain:

- Drink at least 2 liters of water a day
- Get 8 hours of quality sleep a night
- Maintain a healthy work-life balance
- Exercise regularly
- Spend time outside in nature breathing in the fresh air
- Practice deep breathing to oxygenate your brain
- Eat a healthy, varied diet



How Nutrition Influences Memory & Focus

For better or worse

Food feeds the body and the brain. So it's essential to maintain a healthy diet rich in whole foods like fruits, vegetables, nuts, seeds, and whole grains. These foods give your body and brain a wide variety of essential nutrients that help support its healthy functioning.

On the other hand, highly processed and sugary foods can have the opposite effect. These can cause inflammation in the body that can impact brain health.

While you can simply focus on eating whole natural foods, in this article, we highlight three specific natural ingredients - **Ginkgo Biloba, Curcumin, and Caffeine** - which have been shown to have particular brain-boosting effects that can help support memory and focus.



1. *Ginkgo Biloba* Nature's herb for brains

Ginkgo biloba is also known as the maidenhair tree, native to China, Japan, and Korea. This tree is the only surviving tree in its genus, and that's why it's often referred to as 'a living fossil'.

This tree has been cultivated for thousands of years. Chinese medicine uses the nuts and leaves. And in China and Japan, the nuts and seeds are also used in some traditional dishes. In the modern world, it's the Ginkgo Biloba extract from leaves that is most commonly used.

Ginkgo is revered for its medicinal properties for a few reasons.

Ginkgo contains a high level of antioxidants. During normal metabolic processes in the body and brain, unstable compounds are created called free radicals, which can cause damage to the body. Antioxidants help stabilize these free radicals and help to prevent the damaging effects.

Although extensive research has not been done, Ginkgo has been shown to improve blood flow by

promoting the dilation of blood vessels, therefore increasing circulation to the heart and brain.

Ginkgo is the most well-known for its potential ability to help reduce anxiety, stress, and cognitive decline. And this is why it's primarily marketed to boost mental performance.

Recommended daily dose:

While there is no established daily allowance, research suggests that 120 mg to 240 mg per day may support healthy cognition.

How you can take Ginkgo Biloba

- **Supplements** - You can take Ginkgo as a supplement, in a capsule or tablet form.
- **Powder** - You can use a powder, mix it in water, drink it, or sprinkle it on food.
- **Leaf Extract** - You can take a leaf extract, mixing it in a few drops of water.
- **Tea** - There are many teas on the market that include Ginkgo.
- **Drinks** - You will see a variety of drinks with Ginkgo added to them.

Ginkgo Biloba supplements

When you want to enhance your mental power, we recommend looking at what diet and lifestyle changes you can make first. However, if you need extra support, you can take a quality Ginkgo supplement.

Based on our expertise in creating quality supplements, here are some tips to help you select a Ginkgo Biloba product:

- Dose: 120 mg to 240 mg max per day along with meals
- A supplement should contain 20 to 27% glycosides as flavonol glycosides, or it should be a 50% extract.
- Stick to the recommended dosage as higher than those can cause gastrointestinal issues.



2. *Curcumin*

Nature's powerful anti-inflammatory agent

Turmeric is a flowering plant, *Curcuma longa*, that belongs to the ginger family and is native to India and Southeast Asia.

Turmeric has been used for thousands of years in traditional Ayurvedic medicine and Indian cooking. In cooking, it's what gives Indian curries their beautiful golden colors. And in Ayurvedic medicine, it's used in various ways, such as to help fight inflammation and promote joint and digestive health.

In recent years, turmeric has gained massive popularity in the west. This is primarily because of its anti-inflammatory properties.

Turmeric contains a compound called Curcumin which has potent anti-inflammatory properties. Inflammation is a natural immune response in the body designed to help your body heal and repair. However, when it's out of balance, it can be the cause of many chronic diseases. The Curcumin in Turmeric helps to support the body's inflammatory response.

This inflammation happens throughout the body, including in the brain. So Turmeric can offer this support to your brain so that it can stay in a healthy balance.

Curcumin's antioxidant and anti-inflammatory properties have been used in various types of treatments for dementia, brain injuries, and improving cognitive functions.



Fun kitchen fact:

By adding Black Pepper and oil to Turmeric, it becomes a lot more powerful. Both Turmeric and Black Pepper each have their own health benefit. Pepper contains a healing compound called Piperine, Turmeric contains a healing compound called Curcumin, and the oil aids in better absorption.

However, if you are already using a high-quality Curcumin extract that is readily bioavailable as a supplement, you may not require any add ons.

Recommended daily dose:

- One can start with 200 mg and go up to doses of 1000 mg a day as well.

How you can take Curcumin

- **Supplements** - You can take a Turmeric (Curcumin) supplement in capsule or tablet form
- **Turmeric Root & Spice** - You can buy Turmeric root or spice and use it in your cooking
- **Tea** - There are many blends of teas that include Turmeric as an ingredient

Curcumin Supplements

As Curcumin is only approximately 3% of Turmeric, it takes a higher Turmeric intake to give you a significant Curcumin intake. This is why we look at supplements to provide you the entire dosage of just the active component.

Based on our expertise in creating quality supplements, here are some tips to help you select a Curcumin product:

- Depending on the health benefit being sought, the dose can vary from 100 mg for skin benefits to 500 mg for immunity and anti-inflammatory benefits to 1000 mg for those with joint pains.
- Adulteration of this supplement is usually caught only through chemical testing. However, using a reputed product should help.
- There is no known side effect of Curcumin; however, if you suffer from acidity, take the supplement after your meal.





3. Caffeine

Nature's natural stimulant

Caffeine is naturally found in over 60 different species of plants. Natural caffeine is, for example, extracted from coffee beans, kola nuts, and cacao beans. Other sources of caffeine include Yerba mate leaves and guarana berries. Apart from natural sources, there is also synthetic caffeine that is used in foods and beverages.

Coffee has become an everyday love affair with many cultures, as a typical pick-me-up first thing in the morning.

The caffeine in coffee is known as a central nervous system (CNS) stimulant, and it is also considered to be a “psychoactive drug.”

“A psychoactive drug is a chemical substance that changes nervous system function and results in alterations in perception, mood, consciousness, cognition, or behavior. These substances may be used medically; recreationally; to purposefully improve performance or alter one’s consciousness; as entheogens for ritual, spiritual, or shamanic purposes; or for research.” Source

You can undoubtedly see coffee as a form of drug, with many people having an addiction to their strong fix every day without fail.

Over the years, there has been much debate about the impact of coffee on the brain. However, it is like

with anything, moderation is the key.

The benefits of caffeine have indeed been shown to stimulate the brain, boosting concentration and reducing fatigue. And this makes it a potent ingredient to help boost memory and focus.

Recommended daily dose:

There is no recommended dose, as the amount of caffeine varies from person to person and would depend on your body size and tolerance.

How you can take Caffeine

- **Coffee** - The most common way to have caffeine is to drink coffee. Remember that you're avoiding artificial chemical substances, such as pesticides and herbicides, by consuming organic coffee.
- **Supplements** - You can take a Caffeine supplement in capsule or tablet form.
- **Food & Drinks** - There are many foods and drinks containing caffeine, such as green tea, black tea, and dark chocolate.

Caffeine Supplements

While you can get caffeine from a simple cup of coffee, you may require a supplement for an extra boost. If you're considering taking a caffeine supplement, always consult your doctor first, especially if you have heart or blood pressure problems.

Based on our expertise in creating quality supplements, here are some tips to help you select a quality Caffeine product:

- While a regular cup of coffee would not provide you with more than 70 to 80 mg of caffeine, supplements can offer you a dose of 100 to 300 mg. One should try to remain within the 500 mg mark or stick to 3 mg per kg of body weight.
- Be careful of the dosage you choose to take, either from natural or artificial sources.
- In case you are taking any medications, please consult your doctor before you start with caffeine. If you face headaches or nausea or lack sleep, stop the caffeine immediately and consult your doctor.



Are you ready to support your memory and focus with nutrition and supplements?

The food you eat plays an essential role in your body and brain health. And by making healthier dietary changes, you're taking a decisive step to support your cognitive health into your later years.

This article highlighted three powerful natural ingredients - Ginkgo Biloba, Curcumin, and Caffeine - that are known for their brain-boosting effects. We hope we've inspired you to learn more about these ingredients.

If you'd like to learn more about powerful natural ingredients and how they can support your health and wellbeing, visit our [Instagram page](#).

References:

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