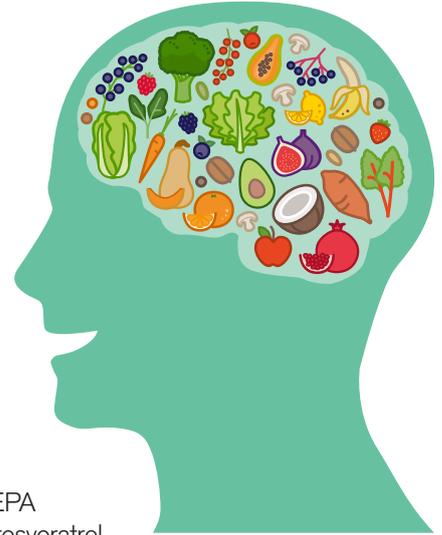


What's hot... Brain Boosting Nutrition



There has been an explosion in interest in brain health in the last few years, we've learned that what you do, or more importantly don't eat, can really affect your mental health. With a growing body of evidence suggesting that a high-quality, nutrient dense diet is linked to better mental health in children and adults and can play an important role in the prevention of diagnosed issues such as dementia.

Our brains need foods that are rich in certain key nutrients, including; omega-3 fatty acids (EPA & DHA), vitamins K, E, B6, B12 and folic acid, powerful antioxidants such as lycopene and resveratrol and minerals such as magnesium, iron and potassium. Unfortunately, figures from the latest National Diet and Nutrition Survey show that many Brits are missing out on getting sufficient levels of these nutrients from their diet, with the average adult getting less than half the recommended amount of omega 3. Suggesting that when it comes to brain health, supplementation is a good option.

There are already a whole selection of brain boosting supplements on the market, but 2019 is set to be the year when we see the launch of a whole new batch of natural 'nootropic' or 'smart drugs' that are aimed at helping to address issues such as poor memory, lack of focus and brain fog.

See below for a few of our top product suggestions.



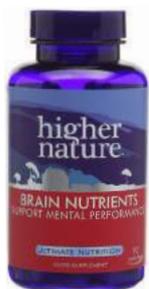
92305 – Pukka Teas Turmeric Brainwave 7 Day Kit
7 Sachets x 14 Capsules – **RSP £9.99**



51404 – Efamol Efalex Liquid
150ml – **RSP £8.49**



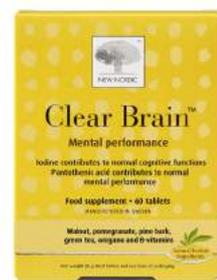
61813 – Eskimo Brainsharp Capsules
120s – **RSP £34.60**



46174 – Higher Nature Advanced Brain
Nutrients Capsules 90s – **RSP £29.35**



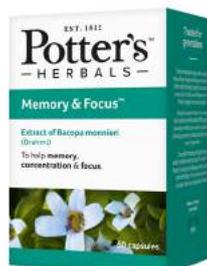
79357 – Natural Health Practice Brain &
Memory Support 60s – **RSP £34.77**



85809 – New Nordic Clear Brain Tablets
60s – **RSP £24.95**



94731 – Prime Fifty Brain & Cognition Tablets -
Double Pack (60s x 2) – **RSP £27.00**



94741 – Potters Memory & Focus Capsules
60s – **RSP £15.99**



81425 – Vitabiotics Neurozan
Capsules 30s – **RSP £10.35**