

GLOBAL PARTNERSHIP SERIES

ARE BRAIN
HEALTH
SUPPLEMENTS
THE FUTURE FOR
COGNITIVE
HEALTH?



a healthy body means a healthy mind

BY STEVEN JACKSON

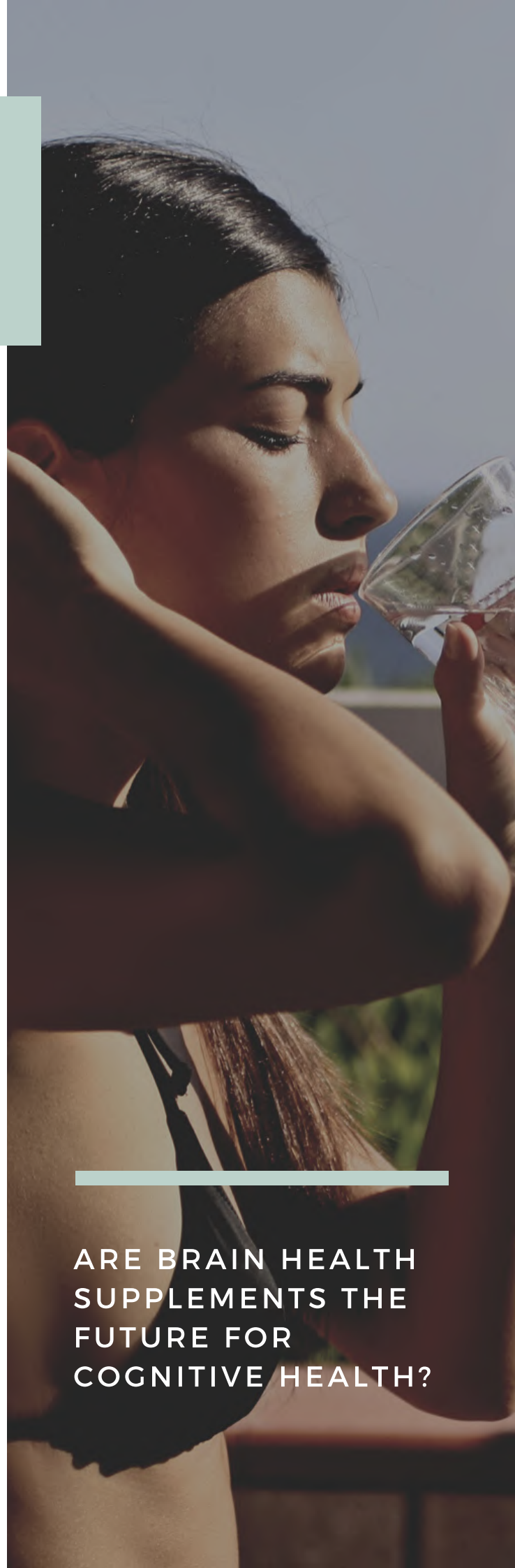
ABOUT

Cognitive health has a massive impact on many of our lives, but recent research has shown that simply nootropic supplements could be the solution for a more energized life

Many of us today are feeling tired and overwhelmed with life. It is becoming more difficult to maintain a healthy lifestyle and focus on our daily tasks. Sometimes we are stressed in our careers, our personal relationships or even when we are trying to relax. It is our brain fighting to resolve life issues and at the same time burning energy while making our bodies stress under the impact.

It doesn't help if we are not sleeping or unable to complete our daily responsibilities, which puts even more pressure on our senses. In search of a solution, many have found that nutritional supplements help dramatically. Many found that within minutes they can turn from a sluggish couch potato to someone with vitality and a vision of a better future.

**ARE BRAIN HEALTH
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NOOTROPIC SUPPLEMENTS

A PRODUCT SOLUTION THAT HAS FOUND ITS WAY TO THE TOP OF THE LIST IS NOOTROPIC SUPPLEMENTS



What does nootropic mean?

Nootropic is the definition for a supplements or substances that enhances our cognitive function. This may include our memory, creativity, or motivation. Nootropic products may come in tablet, jellies and lately nootropic drinks given the user more strength and mental energy than ever before. This has created an global industry with international sales exceeding US\$1 billion in 2015.

What is the importance of maintaining brain health?

I don't believe that anyone is in doubt that having a healthy cognitive function is beneficial to every part of our life. So, keeping our brains healthy, cognitively fit as well as resilient against mental stress is vital for a happy existence. Some of us find it easy to focus, relax or deal the stressful situation while others find it difficult to cope with.

However, it reminds us of the proverb, "a healthy body means a healthy mind" So, being at least mildly fit is essential to improving our mental health.



- Starting a plant based diet
- Exercising more
- Getting more sleep
- Learning to manage our stress
- Building a social network
- Reading far more
- Taking quality nootropic supplements

"THERE ARE MANY OTHER THINGS WE CAN DO IN OUR LIVES TO IMPROVE OUR STATE OF HAPPINESS. THIS CAN INCLUDE:"

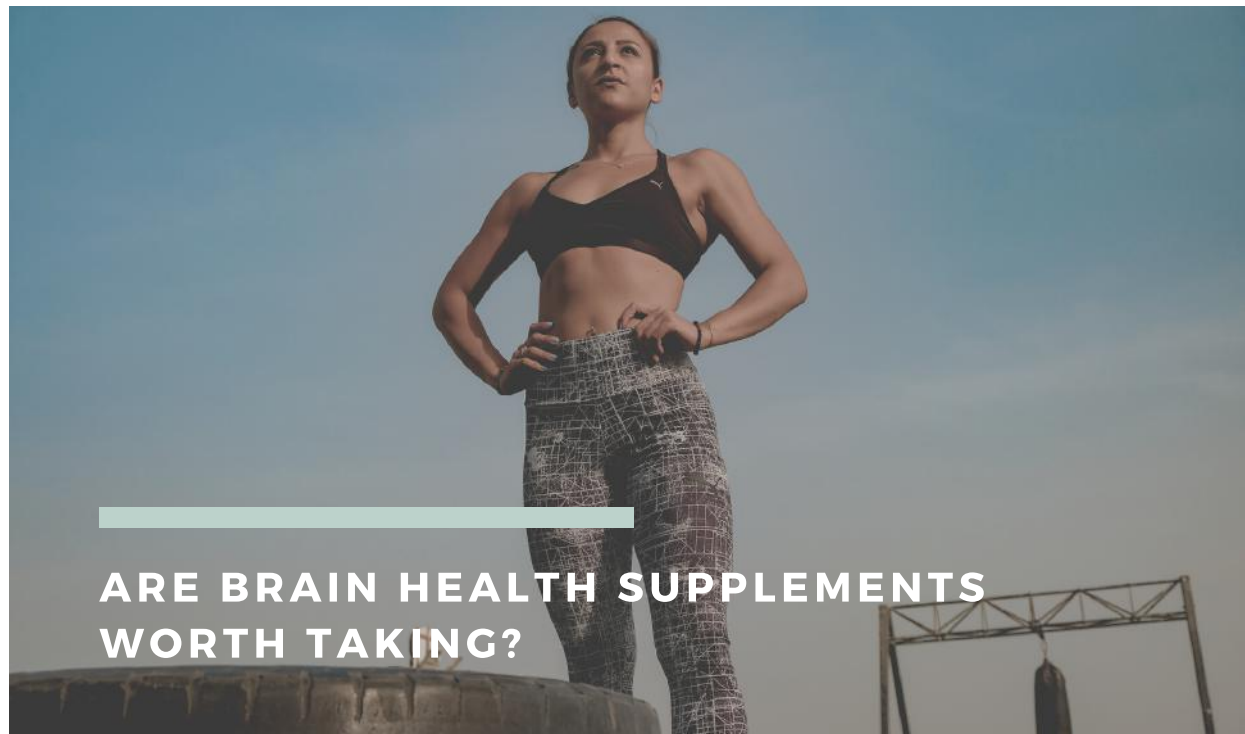
What is important about Nootropics?

It is apart of a new and innovative cognitive technology genre that enhances our mental thinking as a part of our daily diet. It helps promote improved cognitive functioning, creativity, motivation and memory, so we can perform at our best.

Why is Nanotechnology important to nootropic?

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NOOTROPIC SUPPLEMENTS



The court is out as it normally is regarding supplements and the FDA's rules on claims. Nevertheless, almost 25% of all adults over the age of fifty are taking supplements for supporting their brains health.

The question is, do the nootropic products work?

If we ask the FDA, well they are unclear on the subject. They are content if the company does not make claims about specific diseases, however that doesn't mean that some supplements are not worth taking.

What types of nootropic supplements are there?

As I have already mentioned, a nootropic is substances or chemical that may have a positive impact on our mental attributes. It comes in three types, dietary supplements, man-made compounds, and medication. (to make it clear this article refers to dietary supplements). There are many benefits to taken a nootropic supplement such as enhancing brain energy, neurotransmitters, cerebral circulation, neuroprotection, brain waves, brain regeneration and much more.

In addition, using a nootropic supplement may improve your personal well-being, your motivation and your positive attitude to life. This of course can lead to a healthier lifestyle and even losing weight.

BRAIN HEALTH SUPPLEMENTS

BRANDING BY STEVEN JACKSON

HERE ARE SOME POPULAR
NOOTROPIC BRAIN HEALTH
SUPPLEMENTS AVAILABLE ON
THE MARKET AND WORTH
CONSIDERING:

CAFFEINE (DRINKING GOOD COFFEE)

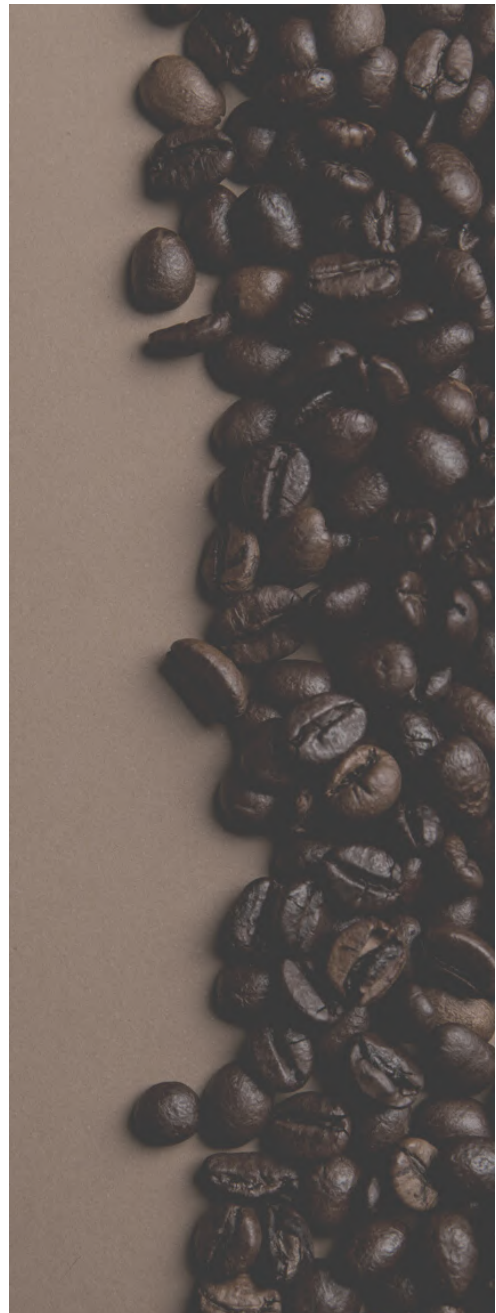
Most health professionals would argue that caffeine tablets are not very healthy for you. The main issue is that you can overdose on them. On the other hand, drinking good coffee (not the instant coffee) is fine, if you are looking for a short boost of energy. So, for a while you will become more alert and focused.

GINSENG

Ginseng is a root plant from Asia known for its energy-giving properties. There are three types: the Korean ginseng, South China ginseng, and the American ginseng. It is suggested that it is an effective and potent brain booster, however, there has not been enough research to confirm this fact one way or another.

L-THEANINE

L-theanine is a natural amino acid that has been known to improve mental performance. There has been some low-level research, but nothing conclusive. The fact is green tea also contains L-theanine and caffeine while at the same time has antioxidant properties.



WHAT ARE THE LONG AND SHORT TERM BENEFITS TO USING NOOTROPIC SUPPLEMENTS?

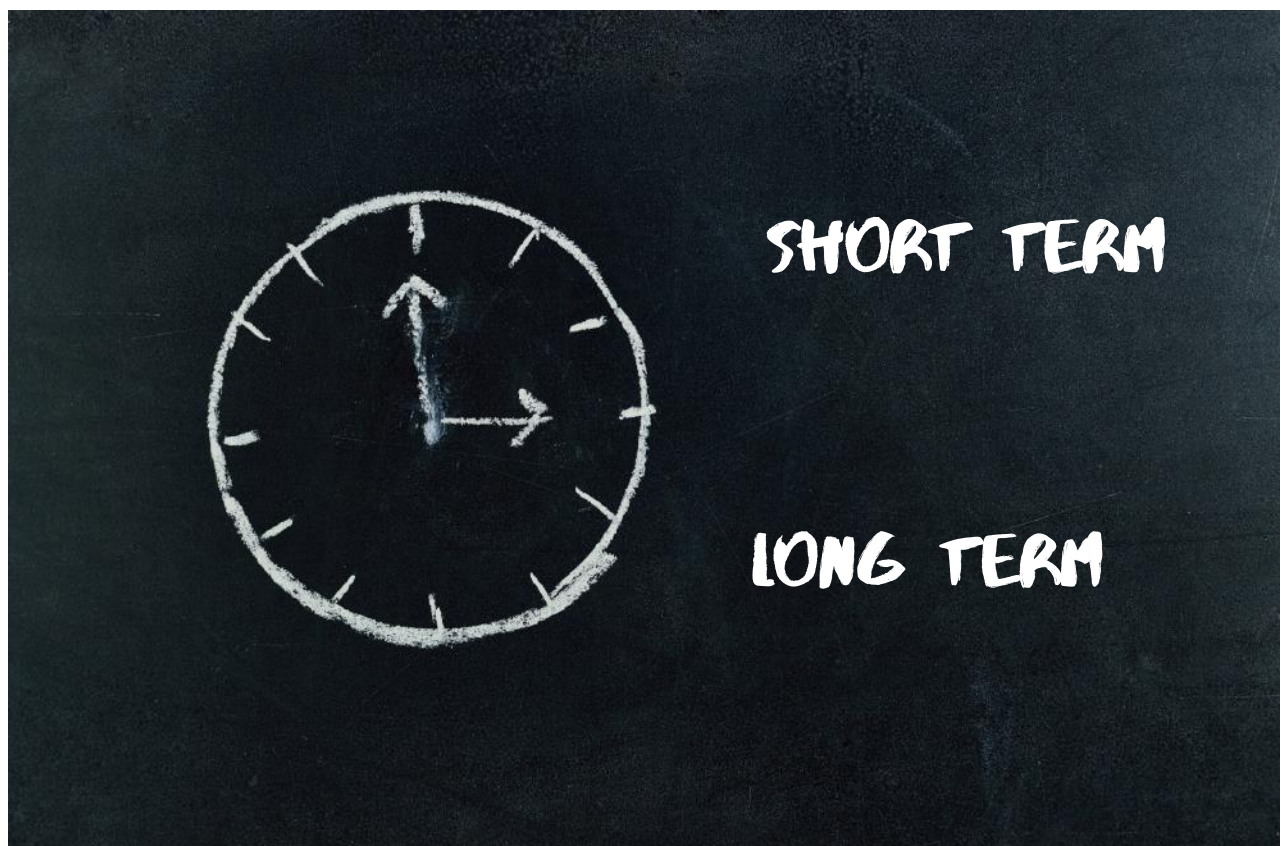
Using nootropic as a supplement for improving our brain power come in two benefit areas:

Short-term benefits

We expect using nootropic's in the short term an improvement in focus, short-term memory, a reduction in stress and mental strength. Other aspects that will help more immediately will be in a raise in productivity such as in work deadlines and exams.

Long-term benefits

The promotion of a healthy brain function during the aging process such as supporting our memory, cognitive decline as we age, improved mood and attitude and mental awareness as we get older.



TESTIMONIES

BRĀN REIMAGINED BY VELOVITA



SAM Y



JOELLE L



SHAWNA M



JOHN G

"As a former body builder, I am always looking for new supplements. I started taking Brān just a couple weeks ago and I am obsessed. This gives me the extra boost I need without any crash like others I have tried. PLUS, the mental clarity it gives me is an added bonus!"

Sam Y., Dana Point, CA"

I don't even drink coffee so I am very sensitive to anything that offers "energy" Brān is the 1st thing that I have found that I LOVE. It helps me to feel focused and clears away brain fog, plus it adds energy without feeling like I want to climb the walls. I am hooked #lovit"

Joelle L., Dana Point, CA"

I tried Bran for the first time and was shocked at how awake and alert I felt. Didn't feel like a caffeine buzz, no jitters. Just completely alert. It also suppressed my appetite a lot and I felt really good with high energy in the afternoon without having my typical 3pm crash. Excited to try more!"

Shawna M., Mechanic Falls, ME

CONCLUSION

I hate being half way through the day and finding that I am struggling to staying awake. So, if you feel you need more energy to focus on the job at hand, nootropic supplements could be the solution for you.

If you would like more information about nootropic supplements and there uses click on the source link below add your name, email address and short message on the form.

We will send some details asap...

Author: [Steven Jackson](#)

Source: [Are brain health supplements the future for cognitive health?](#)