

7 Tips to Boost Brain Health

Eat plant-based foods



Consume 15 mg of vitamin E each day



Take 2.4 mcg of vitamin B12 per day



Guidelines for

Alzheimer's prevention



Get 120 minutes of aerobic exercise each week



Choose Aluminum-Free

Supplement Facts		
Serving Size 1 Tablet		
	Amount Per Serving	% Daily Value
Vitamin A (as retinyl acetate and 50% as beta-carotene)	5000 IU	100%
Vitamin C (as ascorbic acid)	60 mg	100%
Vitamin D (as cholecalciferol)	400 IU	100%
Vitamin E (as d-alpha tocopheryl acetate)	30 IU	100%
Thiamin (as thiamin mononitrate)	15 mg	100%
Riboflavin	1.7 mg	100%
Niacin (as niacinamide)	20 mg	100%
Vitamin B6 (as pyridoxine hydrochloride)	2.0 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12 (as cyanocobalamin)	6 mcg	100%
Calcium (as calcium pantothenate)	30 mcg	100%
Panthenol (as calcium pantothenate)	10 mg	100%

Choose vitamins without iron or copper



Cut back on saturated and trans fats

Credit: Barnard ND, Bush AI, Ceccarelli A, et al., Dietary and lifestyle guidelines for the prevention of Alzheimer's disease. *Neurobiology of Aging* (in press).

Physicians Committee
for Responsible Medicine