

# NUTRIENTS FOR BRAIN HEALTH AND MITOCHONDRIAL FUNCTION

## MAGNESIUM

- Enzyme cofactor
- Electrolyte
- Glycolysis
- Muscle contraction
- Cardiac function
- Regulates nerve, muscle and blood pressure function
- Hormone secretion
- Involved in making bone, proteins and DNA
- Improves mitochondrial function
- Helps energy production

## CO ENZYME Q10

- Essential for cellular energy production, mitochondrial function and to reduce ROS and oxidative damage
- Role in electron transport for oxidative phosphorylation and the production of ATP, with in the mitochondria
- Antioxidant, membrane stabiliser and inhibits the oxidation of fats and proteins

## B VITAMINS

- Energy & performance
- Energy production
- Mood / mental health support
- Stress support
- Antioxidant support
- Immune health
- Adrenal support
- Skin support
- Neurological health
- Pain management
- Reduce nutrient deficiencies from polypharmacy

## GLUTATHIONE

- Antioxidant
- Mitochondrial health

## VITAMIN B12

- Energy production
- Red blood cells

AVAILABLE AS A  
DOWNLOADABLE  
RESOURCE