

INTEGRATING  
WESTERN MEDICINE,  
NUTRITION AND  
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THE CENTER FOR  
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## Brain Food

Brain Food is an essential supplement for pregnant and nursing women because it contains DHA, one of the omega-3 fats. All jokes aside, our brains are made largely of DHA fat, and rapidly growing fetuses and infants need extra DHA to build large and healthy brains.

Research studies show that mothers who use DHA supplements during pregnancy and nursing have babies with better visual, motor, and cognitive skills. Brain Food is made from plants, not fish, so there is no risk of contamination with mercury or other toxins typically associated with fish.

DHA is good for the mom, too, as it has been shown to reduce the risk of macular degeneration and heart disease.

Usual Dosage: Take one (1) capsule twice daily with meals.