

Feed a Brain

Synaptogenic Supplements for Brain Function and Repair

Choline

An essential nutrient in building and maintaining the cell and neuronal membranes of the brain and body.

Choline is also essential in making acetylcholine, the most common neurotransmitter in our bodies, having very important functions in both the autonomic nervous system and digestion as well as muscle control and strength. In the brain, it acts as a neuromodulator that plays a large role in arousal, attention, and motivation.

Citicoline is a good supplemental form of choline that has been shown to enhance memory and reduce brain edema (swelling) and the breakdown of the blood-brain barrier (BBB) after TBI. I like to supplement with [600mg of citicholine](#) while also eating choline-rich foods like egg yolks, broccoli, and organ meats.

DHA

A “conditionally essential” Omega-3 fatty acid for brain function and repair

Even though the use of DHA has not yet become a standard part of clinical practice, research is showing the importance of this nutrient for brain repair. DHA has been shown to be extremely useful towards TBI recovery and neuroprotection. In fact, some research suggests that a diet high in DHA gave way to the drastic increase in the use of our brains and may have been the ingredient that led us to evolve to be human. I like to use up to [5g/day of Vital Choice’s High DHA Brain Care](#) while also eating plenty of high quality fatty fish like [tuna](#) and [salmon](#). *vegans and vegetarians can supply this nutrient with [Nordic Naturals - Algae Omega](#).

Uridine Monophosphate

An important nucleotide found in RNA that has been shown to enhance the synaptogenic effects of choline and DHA

Uridine monophosphate has been shown in rats to enhance the neuronal outgrowth produced by nerve growth factor (NGF), a protein that has been called “Miracle-Gro for the brain.”

While consuming uridine-rich food, such as organ meats, broccoli, beets, and nutritional yeast, if well tolerated (it’s not for me), I also take [300 mg of uridine monophosphate](#), once or twice daily, but it is likely beneficial to ingest even more. A docket for the FDA states, “Uridine is a rather safe drug in humans at least at doses up to 10 grams.”

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