

Brain Health Protocol

Clinical support for promoting cognitive function and brain health through evidence-based lifestyle, dietary, and nutrient interventions.*

Supporting Brain Health

The **brain** is a metabolically demanding organ that relies on continuous oxygen and nutrient delivery to sustain neuronal signaling, synaptic activity, and overall function. Beyond neurons, glial cells (e.g., astrocytes, oligodendrocytes, microglia) play essential roles in maintaining the blood-brain barrier, supporting neurotransmission, and regulating neuroinflammation. Throughout adulthood, the brain continues to remodel through **neuroplasticity**, allowing it to adapt to both supportive and potentially harmful inputs.¹ **Aging is the strongest risk factor for cognitive decline**, in part due to shifts in microglial activity, increased oxidative stress, and reduced metabolic efficiency.¹ Cognitive resilience is also shaped by vascular health, glucose regulation, sleep quality, physical activity, hormonal balance, stress exposure, and gut microbiome composition.^{1,8} These interconnected systems influence neurotransmitter production, synaptic function, and overall neural integrity. An **integrative approach** to brain health focuses on optimizing nutrient status, supporting metabolic and mitochondrial function, maintaining a healthy gut-brain axis, promoting beneficial neuroplasticity, and reducing inflammatory burden.⁹⁻¹⁴ Evidence-based nutrition and lifestyle strategies, combined with targeted supplemental support, offer a comprehensive framework for supporting both short-term performance and long-term neurological health.

Diagnostic Biomarkers and Clinical Indicators

- Routine physical examination and standard laboratory testing (e.g., CMP, CBC, lipid panel, urinalysis, iron panel, CRP).
- Validated cognitive assessments, such as the Montreal Cognitive Assessment (MoCA) and Mini-Mental State Examination (MMSE).^{15,16}
- Neuroimaging, as clinically indicated (e.g., CT, fMRI, MEG, PET, EEG, SPECT).^{17,18}
- Glucose markers: fasting plasma glucose, hemoglobin A1c, fasting insulin.⁷
- Essential Fatty Acid Profile (FAPEP).
- **Designs for Health GI Spotlight™**
 - Evaluates gut microbiome composition. Dysbiosis is associated with impaired cognition and altered hippocampal volume.^{6,19,20}
- **Designs for Health Metabolomics Spotlight™**
 - Functional urinary organic acid test assessing neurotransmitter metabolites, B vitamins, mitochondrial function, oxidative stress, cortisol, and detoxification indicators.
- **Designs for Health Genomic Spotlight™**
 - Evaluates genetic variations influencing brain function and neurotransmitter metabolism (e.g., MAOA, COMT, MTHFR, APOE).

Diet and Nutritional Considerations

- Multiple **dietary patterns** (including Mediterranean, Nordic, DASH, MIND, and Okinawan diets) are associated with improved cognitive outcomes and reduced neurodegenerative risk.²¹⁻²³
 - Despite their differences, these patterns generally emphasize whole, unprocessed foods; abundant plant-based foods; healthy fats (poly- and monounsaturated fatty acid sources); and minimal intake of refined, fried, or pro-inflammatory foods.
- **Encourage patients to regularly consume:**⁹
 - Omega-3 fatty acids (particularly docosahexaenoic acid [DHA], since that is the predominant omega-3 incorporated into neuronal membranes) from low-mercury fish, flax, and walnuts to support neuronal membrane integrity.
 - Antioxidant-rich compounds such as curcumin and flavonoids (e.g., cocoa, green tea, citrus, berries).
 - B vitamins, particularly B12, for myelin maintenance and energy metabolism.
 - Vitamins D, E, and C for immune and antioxidant support.
 - Choline (e.g., egg yolks, cabbage) for acetylcholine synthesis and memory.
 - Essential minerals, including magnesium, calcium, zinc, selenium, copper, and iron, for neurotransmission and enzymatic activity.
- Encourage intake of **brain-supportive functional foods**, such as seaweed, blackcurrants, lion's mane mushroom, and chia seeds, which may offer additional neuroprotective benefits.²⁴
- Promote **adequate hydration** to support cognitive performance and mood.²⁵

Lifestyle Interventions

- **Mental well-being** is closely linked to brain health.²¹
 - Higher optimism, life satisfaction, and a sense of purpose are associated with better memory and thinking skills, and purpose in life has been linked to reduced dementia risk.
- **Social connection** supports cognitive resilience.²¹
 - Strong social relationships are associated with better brain health, while loneliness increases the risk of cognitive decline.
- **Cognitively stimulating activities** help maintain cognitive function.²¹
 - Encourage mentally challenging activities such as puzzles, learning a new language or instrument, or other intellectually engaging hobbies that support reasoning, memory, and processing speed.
- **Chronic stress** is a modifiable contributor to cognitive decline.²¹
 - Recommend stress mitigation practices such as diaphragmatic breathing, Cyclic Sigh techniques, meditation, guided imagery, aromatherapy, music therapy, or Emotional Freedom Techniques (EFT).²⁶⁻³²
- **Depression** is associated with accelerated cognitive decline.²¹
 - Individuals with significant depressive symptoms may progress more rapidly to dementia; recommend professional mental health support when appropriate.
- **Regular physical activity** promotes neuroplasticity and supports cognitive function.²¹
 - Aerobic exercise, resistance training, and general lifestyle movement increase brain-derived neurotrophic factor (BDNF), which supports learning and memory. Daily physical activity of any intensity has demonstrated short-term cognitive benefits.
- **Adequate sleep** is essential for brain health.²¹
 - Encourage seven to eight hours of sleep per 24-hour period, consistent sleep routines, adequate daytime light exposure, and review of medications that may impair sleep quality. For individuals with disrupted nighttime sleep, early-day naps may help support total sleep duration.
- **Advise patients to reduce intake of risky substances.**²³
 - Excessive alcohol intake, nicotine use, and sedative medications (e.g., benzodiazepines) may negatively affect cognition, particularly in older adults.

Supplement Protocol

Supplementation amounts are based on a 150-pound healthy adult and may be adjusted according to body weight. Practitioners should individualize protocol use by selecting some or all listed products, determining timing of introduction (i.e., all at once or staggered), and guiding duration based on clinical judgment, patient presentation, complaints, and biomarkers.

| Product | Amount and Duration | Formula Highlights |
|---------------------------|---|---|
| Brain Vitale™ | 2 capsules per day with meals 3 months; reevaluate biomarkers, signs, and symptoms | <ul style="list-style-type: none"> Designed to promote brain function and support healthy cognition, mood, focus, and memory* Contains a comprehensive array of brain-supportive ingredients, including acetyl-L-carnitine, glycerophosphocholine (GPC), phosphatidylserine, <i>Ginkgo biloba</i>, coffee fruit concentrate, and citicoline* Supports various aspects of brain health such as cell energy production, mitochondrial support, neuronal regeneration, neurotransmitter production, and antioxidant status* <p>Warning: Consult your health-care practitioner before using if you are pregnant or lactating, or if you have taken or are taking prescription medications, especially blood thinners or anticoagulants.</p> |
| NeuroCalm Peptide™ | 1 capsule per day 3 months; reevaluate biomarkers, signs, and symptoms | <ul style="list-style-type: none"> A novel formula designed to promote the gut-brain axis, help reduce the effect of occasional anxiety and perceived stress, and promote healthy sleep quality, which are key elements to maintaining brain health* Features Lactium®, a calming bioactive peptide derived from bovine casein, backed by clinical research for its role in promoting emotional resilience, stress, and sleep support* Includes a heat-treated postbiotic, <i>Lactobacillus gasseri</i> CP2305, clinically studied for its benefits on stress, mood, sleep, and mental wellness; CP2305 also supports a healthier gut during times of stress by positively influencing microbiome composition and digestive function* |
| NeuroMag™ | 3 capsules per day (divided dosing recommended) 3 months; reevaluate biomarkers, signs, and symptoms | <ul style="list-style-type: none"> Provides 145 mg of magnesium as Magtein® (magnesium L-threonate), a patented and highly bioavailable magnesium compound capable of crossing the blood-brain barrier to elevate brain magnesium status* Supports healthy cognitive function, memory, and overall brain health* Magnesium L-threonate may be especially helpful for those seeking to support cognition and those concerned with common age-related memory decline.* |
| OmegAvail™ Hi-Po | 2 softgels per day with meals 3 months; reevaluate biomarkers, signs, and symptoms | <ul style="list-style-type: none"> A highly concentrated, bioavailable omega-3 fatty acid formula; DHA plays a central role in brain health and neurological function, while both EPA and DHA support healthy inflammatory responses* Features a balanced 1:1 ratio of EPA and DHA (800 mg each per serving), similar to proportions found in many seafood sources For individuals with low DHA intake or status, consider OmegAvail™ Ultra DHA at 2 softgels per day with a meal for the same duration, providing 1,000 mg/day of DHA and 200 mg/day of EPA* |

| Optional Support | |
|--------------------------------------|---|
| Complete Commensal Probiotic™ | <p>If stool testing shows low commensal strains and/or a gut reset is recommended, consider Complete Commensal Probiotic™ to promote a healthy gut-brain axis and cognitive flexibility.* This is the first and only single super donor-sourced blend of five native anaerobic keystone commensals — designed to re-colonize, cross-feed, and restore microbiome balance from the foundation up.* It delivers the broadest spectrum of keystone commensals available.** Take 1 capsule per day on an empty stomach.</p> <p><small>* Keystone commensal strains based on the HACK index. 8x comparison based on five keystone strains (up to 24% combined abundance) vs. single-strain <i>Akkermansia</i> products (~3%). Percentages reflect typical abundance in healthy adult microbiomes per published research. Individual colonization varies.</small></p> |
| CogniAid™ | For additional botanical support that promotes neurotransmitter activity, thereby supporting productivity, memory, focus, and learning, take 2 capsules per day of CogniAid™ with meals. * |
| Creatine Monohydrate Powder | Creatine supports healthy ATP production in the brain, which is necessary for memory and cognitive function.* Creatine Monohydrate Powder is beneficial for vegetarians, vegans, older adults, individuals with high cognitive demands, and those with occasional fatigue. Mix 5 grams in 8 to 10 ounces of water per day. |
| Mycosupreme™ | Consider a full-spectrum blend of eight functional mushrooms, featuring standardized beta-glucan and ergothioneine, to further promote cognitive function and healthy aging.* Take 2 capsules per day of MycoSupreme™. |

This information is provided as a medical and scientific educational resource for the use of physicians and other licensed health-care practitioners ("Practitioners"). This information is intended for Practitioners to use as a basis for determining whether to recommend these products to their patients. All recommendations regarding protocols, dosing, prescribing and/or usage instructions should be tailored to the individual needs of the patient considering their medical history and concomitant therapies. This information is not intended for use by consumers.

For a list of references cited in this document, please visit:

<https://www.designsforhealth.com/api/library-assets/literature-reference--brain-health-protocol>

Dosing recommendations are given for typical use based on an average 150-pound healthy adult. Health-care practitioners are encouraged to use clinical judgement with case-specific dosing based on intended goals, subject body weight, medical history, and concomitant medication and supplement usage. Any product containing botanical substances has the potential for causing individual sensitivities, appropriate monitoring, including liver function tests (LFT), is recommended.

For considerations regarding herb-drug and nutrient-drug interactions, please refer to reliable, evidence-based resources such as the Natural Medicine Database or Stargrove MB, Treasure J, McKee DL. *Herb, Nutrient, and Drug Interactions: Clinical Implications and Therapeutic Strategies*. Mosby-Elsevier; 2008.

Well World™ and *Designs for Health* and logo are trademarks of Designs for Health, Inc. © 2026 Designs for Health, Inc. All rights reserved.

*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.