

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 required to produce acetylcholine, the body's most abundant neurotransmitter. Acetylcholine plays critical roles in the autonomic nervous system, digestion, muscle contraction, and strength. In the brain, it functions as a neuromodulator involved in arousal, attention, and motivation.

Citicoline is a highly effective supplemental form of choline that has been shown to enhance memory and help reduce brain edema and blood-brain barrier breakdown following traumatic brain injury (TBI). I typically recommend **600 mg of citicoline daily**, alongside choline-rich foods such as egg yolks, broccoli, and organ meats.

DHA

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

Although not yet standard in clinical care, growing research highlights DHA's critical role in brain repair. DHA supports neuroprotection and recovery after traumatic brain injury (TBI), and some scientists even propose that DHA-rich diets helped drive the evolutionary expansion of the human brain.

I recommend up to 1-2 capsules of [Feed a Brain Gut & Brain Omega](#) with each meal, alongside DHA-rich foods such as fatty fish like tuna and salmon. For vegans and vegetarians, algae-based omega supplements provide a reliable source of DHA.

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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