HOW NUTRITION CHANGES THE AGING BRAIN
LECTURE 6 - FOLLOW-UP
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SUPPLEMENTS:
I was asked about which the best forms of supplements are to take. I have made a list below.

- Vitamin D
  - Vitamin D3
- B-vitamins:
  - Vitamin B12
  - Folic acid
- Vitamin K
  - No need to supplementation unless deficiency
  - Reference: https://ods.od.nih.gov/factsheets/VitaminK-HealthProfessional/

SELECTING PROBIOTICS:
Below are details about selecting probiotics.

Most beneficial strains of bacteria found in probiotics: Lactobacillus and Bifidobacterium

- **Genus, species and strain** of the microorganisms (Lactobacillus reuteri ATCC55730, for example). Many products list only the genus and species, but different strains provide different benefits (more on that later).

- **Number of organisms** contained in a single dose and how often you should take it. Pick one that has at least seven strains, and five billion CFU (colony forming units).

- **Storage information** when relevant (some forms need to be refrigerated while others need a dark, cool space). Always keep probiotics away from moisture and heat.

- **“Viable through end of shelf life”** ensures the living microbes are in fact still living. Pass on the probiotic if the label says “viable at time of manufacture,” which means everything in it could be dead by the time it reaches your mouth. If you’re buying yogurt, look for “live and active cultures.”

- **Encapsulated pills** or other delayed-rupture technology ensure the bacteria survive the trip through your acidic stomach and actually reach your colon.

- **Certification by an independent third party.** The Food and Drug Administration (FDA)/Health Canada does not regulate most probiotics and therefore the amount of bacteria stated on the label might not be what’s actually in there. Make sure it’s been tested.
Health Canada Links for Probiotics:


**FUTURE LEARNING:**

www.nutritionfacts.org