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Nootropics to Improve Memory, Cognition and Mental Performance", I cover the different kinds of brain supplements available to everyone (not just Air Force fighter pilots and Navy Seals), and show you what supplements will help you improve your mental performance.

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Brain supplements, also known as nootropics, are natural supplements or medications known to do any of the following: Enhance brain power
Strengthen cognitive thinking Boost memory Promote

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They do, however,
note that small
studies have shown
that DHA (an

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omega-3 fatty acid) supplements may benefit those who already have mild cognitive impairment, which is often a precursor of Alzheimer's. Overall, the authors stress, vitamins or nutrients that might be helpful in preserving brain health should be consumed as food.

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Shabir Daya adds, "Vitamin D is a fat soluble vitamin and is found in egg yolks,

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and some fortified
foods such as
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