

Proven to boost brain function

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The Great 8 nutrients for cognition

Lycopene. Carotenoids. Riboflavin. Are you getting enough of these in your diet? It's time to start paying more attention to these powerhouse contributors to better cognition.

A new study says they're among the 8 nutrients (listed below) that can be directly shown to improve brain function and cognitive performance.



[Watch the video](#)

1. Omega-3 fatty acids — found in significant amounts in fatty fish and fish oils
2. Omega-6 fatty acids — found in vegetable oils, nuts, seeds, poultry products and whole grains
3. Lycopene — found in red pigmented plant foods such as tomatoes and watermelon
4. Carotenoids — found in yellow and orange pigmented foods such as sweet potatoes, winter squash and carrots
5. Vitamin D — found mostly in fatty fish and fortified dairy products and dairy substitutes such as soy milk
6. Riboflavin — found in dairy products and enriched grains
7. Folate — found in dark leafy greens and other vegetables and fruit
8. B12 — found in animal products such as meat, poultry, fish, eggs, dairy, and fortified breakfast cereals.