

HERBS FOR BRAIN HEALTH

Lions Mane:

Contains compounds which stimulate the growth of brain cells. Helps to boost cognitive functioning and may be used as a preventative for memory loss.

Rosemary:

Rosemary has a long history of uses ranging from alleviating muscle pain, improving memory, boosting the immune system, and improving the circulatory system.

Ginkgo:

Rich in antioxidants. Some studies show it beneficial for brain function, increased mental performance and perceived well-being.

Gotu Kola:

May help with general brain health, improved cognitive function, and improve mood, but more research needs to be done.

Find more info at
www.theathomeapothecary.com