# Concentration

When we have reached midlife, our neuronal brain structures need additional high-quality food supplements to retain their functional capacity. Certain vitamins and trace elements, as well as phospholipids, antioxidants and plant extracts improve mental fitness, concentration, memory and cognitive abilities. Some substances have a stimulating effect and it is recommended to take them in the morning. Other nutrients–such as those fostering long-term memory–have a soothing and calming effect and are therefore recommended at bedtime.

How is a food supplement expected to affect our cognitive skills? Most importantly it should stimulate blood circulation, enhance anti-oxidative activity, improve oxygen supply, foster the formation of messenger substances between neuronal structures and boost our energy level.