brain-health-guide

url: https://www.opss.org/infographic/brain-health-guide  
  
  
Products for brain health have emerged in the dietary supplement marketplace as cognitive health has become an increasingly popular health issue. This 20-page resource was created to help you become an informed consumer when considering dietary supplements to boost your brain health or cognitive performance.  
  
Note: Please visit the individual articles on opss.org to view the references. You can use the search feature on the website or go to the A-Z web page to locate the articles on individual ingredients.  
  
  
book: https://www.opss.org/sites/default/files/downloadable/OPSS\_BHG\_022521\_508.pdf