

Brain-derived neurotrophic factor (BDNF)

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1 Function

1.1 Mechanics

- Control of neuronal development¹
- Control of glial development¹
- Neuroprotection¹
- Modulation of both short- and long-lasting synaptic interactions¹

i Practical function

These are critical for cognition and memory¹

1.2 Practical function

Cognition and memory¹

- Decrease mental stress two unique nutrients which have been shown to decrease mental stress and support cognition

¹

2 Dietary sources

theorized to come from dietary brain

1. Kowiański P, Lietzau G, Czuba E, Waśkow M, Steliga A, Moryś J. BDNF: A Key Factor with Multipotent Impact on Brain Signaling and Synaptic Plasticity. *Cellular and Molecular Neurobiology*. 2018;38(3):579-593. doi:[10.1007/s10571-017-0510-4](https://doi.org/10.1007/s10571-017-0510-4)