



Wild, Natural & Sustainable\*

# Wild & ALASKA SEAFOOD & YOUR BRAIN

The link between seafood and brain health is clear.

Consuming a nutrient-dense diet that includes **WILD ALASKA SEAFOOD** ensures adequate intake of nutrients such as **OMEGA-3 FATTY ACIDS** and **VITAMIN D** that can boost brain health. Alaska seafood is also known for its

**ANTI-INFLAMMATORY AND NERVE CELL PROTECTIVE EFFECTS**

and can reduce the risk of developing Alzheimer's disease, cognitive decline, depression, perinatal depression and anxiety.

**SEAFOOD = BRAIN FOOD**

## DIET TO BOOST BRAIN HEALTH

- Consume 8-ounces of wild Alaska seafood per week (4-ounces, twice per week)
- Focus on consuming fish high in EPA and DHA
- Consume a diet consisting of nutrient dense whole foods such as fish, whole grains, fruits and vegetables such as the Mediterranean style diet



AMOUNT OF DHA + EPA IN ALASKA SEAFOOD (3-OUNCES)

### REDUCED INFLAMMATION:

EPA & DHA reduces small proteins in the brain that promote inflammation and are associated with depression, Alzheimer's disease and cognitive decline.



### REDUCED RISK OF ALZHEIMER'S AND DEMENTIA:

Increased levels of EPA & DHA in the blood are proven to decrease one's risk of developing Alzheimer's and dementia.

### PERINATAL DEPRESSION:

Research has shown a clear link between low blood levels of omega-3 fatty acids and increased rates of post-partum depression.

Every 1% increase in DHA in the blood is associated with a 59% reduction of depressive symptoms in pregnant mothers.



### BRAIN GROWTH:

Increased levels of EPA & DHA in the blood are associated with increases in gray matter, brain volume and improved cognition. As the dominant fatty acid in the brain, DHA, has the ability to turn on the growth of new brain cells and can protect and enhance the function of the existing ones.

### PRESERVING BRAIN FUNCTION:

Vitamin D plays a neuroprotective role. Low levels of Vitamin D are often associated with symptoms of depression, anxiety, mental health disorders and cognitive decline.



Access the full white-paper and literature sources here:



EPA and DHA from SEAFOOD help to  
→ PROTECT, RESTORE and REBUILD the BRAIN. ←