

Empower your mind

Health benefit solutions

Contemplating cognition business...

Good nutrition boosts cognition and mental performance, from infants to seniors:

- Infants need long chain polyunsaturated fatty acids to give them the best start in life
- Children and teenagers can benefit from multivitamins to improve concentration and school performance
- Folate and choline supplements can help pregnant and lactating women ensure that their babies' developing brains get the nutrition they need
- The B vitamins help improve the mental performance of working individuals
- Seniors may benefit from the carotenoids lutein and β -Carotene, and the omega-3 fatty acid DHA, which are shown to support brain health

Brain boosters for life:

Keep learning, no matter what your age

Get regular exercise

Engage socially: humans thrive on interacting with other people

Eat a well-balanced diet

Pay attention to getting enough sleep

Nutrients for a powerful mind

Vitamins

Quali[®]-B
(B1, B5, B6, B12, folic acid)
Quali[®]-D

Carotenoids

Quali[®]-Carotene
FloraGLO[®]

Minerals

Iron
Iodine
Zinc

Nutritional lipids

ROPUFA[®]/life'sDHA[™] omega-3
ROPUFA[®]/life'sARA[™] omega-6

Other functional ingredients

Choline
Caffeine
Guarana
Ginkgo biloba

FloraGLO[®] is a trademark of Kemin Industries, Inc.



How can we Health you?

The mind coordinates our senses and allows us to appreciate the world around us. It is the command center of our lives, and demands proper nutrition to help it perform at its peak. Supplying the right mix of micronutrients contributes to mental performance.

DSM's broad portfolio of innovative, high-quality and safe nutrients, combined with our consumer insights, market knowledge and application expertise, can help your mental performance positioned products attract more consumers.

We are the only integrated premix, vitamin and nutraceutical manufacturer capable of creating and delivering tailor-made formulations to you anywhere. Blend in our extensive scientific expertise, technical know-how, global presence and total quality assurance for your peace-of-mind.



Via our global network of blend facilities we create value-adding nutrient combinations custom-made for you. Our Quali[®]-Blends seal can offer the right balance of ingredients to support mental performance.

DSM can help you get to market faster with appealing mental performance solutions that work.





Micronutrients for mental performance through life

From conception to golden age years, our brains are the center of how we view and interact with the world around us. Mental performance and cognition incorporate developing learning ability and memory, and also improving mood. The brain demands nutrients to support its essential work.

Pregnancy

A critical time in brain development is around three to four weeks after conception when the neural tube closes and the initial brain structures form. This is a time when mothers may not even realize they are pregnant! Keeping the nutrition status of mothers-to-be at the optimum levels is therefore very important for the brain health of their babies.

DHA and folate ensure proper cognitive development before birth

The B-vitamin folate helps reduce the risk of neural tube defects, and all women who could become pregnant should ensure they have adequate intakes. The long chain polyunsaturated fatty acids (PUFA) docosahexaenoic acid (DHA) and arachidonic acid (ARA) concentrate in the fetus's brain. It is thus very important to make sure that intakes are adequate throughout pregnancy.

Infancy

Because the brain continues to develop until early adulthood, newborn babies also need DHA and ARA after birth. A steady supply of DHA and ARA either from formula or breast milk supports growing brains. Women with higher intakes of long chain omega-3 PUFA produce higher levels in their milk, and supplements in infants or lactating women have been shown to support mental development in infants.

Choline is important as a building block for many important compounds in the brain and may need to be supplied via foods because the requirements are generally higher for newborn babies.

School-going children and students

A number of studies have shown that nutrition can enhance mental performance in school-aged children. The key micronutrients that play an important role in brain performance and learning include B vitamins (B1, B2, B6), iron and PUFAs, particularly eicosapentaenoic acid (EPA) and DHA. Micronutrient supplements have been shown to support academic performance in school-aged children.

Long chain omega-3 polyunsaturated fatty acids help school children learn

Working adults

Working people want to improve their mental performance for better work results. The importance of nutrition is highlighted by the role of breakfast in improving mental performance measures. Adequate intakes of folic acid, vitamins B6 and B12 help maintain cognitive function throughout life. An adequate intake of zinc is needed for normal cognitive function.

Caffeine in tea and coffee may also be a short-term stimulant to boost mental energy. Guarana is a plant extract that is naturally high in caffeine, and also may provide similar cognitive benefits.

Aging brain

Nutrition can support mental performance in aging populations. Vitamins B1 and B5 are needed to help brain and nerve cells function. High intake of Omega-3 long chain PUFA is linked to lower rates of cognitive disorders. β -Carotene supplementation has been linked to improvements in general cognition and verbal memory and may contribute to preventing cognitive decline. Verbal fluency increased after lutein supplementation. Low vitamin D levels are associated with poorer cognitive functioning in older adults. Gingko biloba extract may be effective for use in senior populations to enhance cognition.

The above information is based on scientific studies, and a list of the latest references is available on request.



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Quality for Life™ is the mark of quality, reliability and traceability. It means that DSM customers are getting the best nutrition & health ingredients, knowing the source on which they depend. Quality for Life™ means sustainability. It symbolizes our commitment to our environment, consumers, our business partners, our people and the regulatory framework that governs our operations.

With the Quality for Life™ seal, we guarantee peace of mind for you and for your customers.
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