

# SAVE YOUR MONEY, HONEY!

The GCBH does not recommend any dietary supplement for brain health.\*

## 6 Things to Consider Before You Buy a Supplement

**Beware of supplement claims** that sound too good to be true.

**Check for warnings** related to your specific health conditions and for third-party quality assurance.

**Show your health care provider** what drugs & supplements you're already taking. They may interact with each other.

**Think about** whether you're already getting enough of a nutrient through your diet before you buy.

**Food is better than pills** to get the nutrition you need to help your brain.

Make sure you **don't take more of a supplement than is recommended**; more is not always better.



\*Unless you are one of the relatively few people in the U.S. with a vitamin B12/folate deficiency. It is estimated that 4.4% of U.S. adults 50+ are low on vitamin B12, but even fewer are low on folate. See Evatt, M.L. et al. (2010) "Association between vitamin B12- containing supplement consumption and prevalence of biochemically defined B12 deficiency in NHANES III (Third National Health and Nutrition Survey)." Public Health Nutr. 13(1), 25–31. See also <https://www.cdc.gov/nutritionreport/pdf/Second-Nutrition-Report-Overview-Factsheet.pdf>

The Real Deal on Brain Health Supplements : GCBH Recommendations on Vitamins, Minerals, and Other Dietary Supplements

[GlobalCouncilonBrainHealth.org](http://GlobalCouncilonBrainHealth.org) • Contact: [GCBH@aarp.org](mailto:GCBH@aarp.org)

For more brain health tips see [stayingsharp.org](http://stayingsharp.org) DOI: (<https://doi.org/10.26419/pia.00094.002>)

Global Council on  
**Brain Health**<sup>SM</sup>  
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