

Memory



Dr. Hyman's supplement stack recommendation for optimal healthy support

Recommended Usage and Benefits

Memory Pro

Take 3 capsules twice a day (total of 6 capsules daily).

Supports cognitive health and memory

BDNF Essentials

Take 2 capsules twice a day (total of 4 capsules daily).

Nurtures healthy cognitive function

Homocysteine Supreme

Take 2 daily. Supports brain health.

Omega-3 Rejuvenate

Take 2 daily. Supports brain health, immune balance and performance.

Vitamin D Supreme

Take 1 daily. Anti-inflammatory that is critical for optimal immune function, and this cannot be achieved without supplementation (especially during the winter months).

NeuroMag

Take 3 daily. Supports cognitive abilities and decrease common age-related memory decline.

Turiva

Take 2 daily. Anti-inflammatory and anti-cancer effects. It also enhances brain recovery after injury and may have direct anti-viral activity.

Supplements will ship as needed to maintain optimal levels

If you have any questions or concerns regarding the supplements or their usage, please don't hesitate to contact our customer support team. You can reach us at support@drhyman.com or call us at [1-888-702-2995](tel:1-888-702-2995)

We hope this guide helps you make the most of your supplement stack. Remember, consistency is key in achieving optimal results. Here's to your health and well-being!

*Information and statements regarding dietary supplements available on this Website have not been evaluated by the Food and Drug Administration and are not intended to diagnose, treat, cure, or prevent any disease.