

DMAE

(Dimethylaminoethanol)

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IMPORTANT

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Introduction

DMAE (Dimethylaminoethanol) is a naturally-occurring, mild cerebral stimulant nutrient found in such "brain" foods as anchovies and sardines. It contains two main active ingredients, 2-dimethylaminoethanol, and dimethylethanolamine. These are naturally occurring precursors of the compound Choline which is an important component of neurotransmitters and is vital for the normal function of nerves in the brain and throughout the body.

Moreover, DMAE reduces the appearance of wrinkles, improves sagging skin tone and elasticity, reducing lines, age spots, and other problems that come with age.

Strength

DMAE products typically come in 50, 100, 175, 250, and 350 mg strengths.

DMAE

DMAE (Dimethylaminoethanol) is an antioxidant and is a naturally occurring amino alcohol that is produced in minute amounts by the brain. Known primarily as a precursor to choline and acetylcholine (chemicals in the brain responsible for nerve transmissions and cognitive function), DMAE has been used most predominantly to improve memory and focus while stimulating neural activity.

Benefits of DMAE

- Promotes feelings of well-being and relaxation
- Fights memory loss due to ageing
- Supports memory and learning ability
- Stabilizes emotions and increases energy

- Alleviates or prevents symptoms of depression
- Eliminates "liver spots" (lentigo)

Cognitive Functions

DMAE can lift one's mood level to a more positive side, counter depression and bad moods, and raise and improve cognitive functions (such as memory and concentration), DMAE can even increase intelligence. These benefits of DMAE come from the nutrient's ability in manufacturing acetylcholine, which is a substance responsible for positive mental functioning.

Some of the functions of DMAE include the improvement of concentration and memory. It may also treat autism, memory deficits, depression, and dementia. Further, it is believed that DMAE may treat sleep problems, Alzheimer's, Attention deficit hyperactivity disorder (ADHD), and attention deficit disorder (ADD).

Thus, DMAE works by accelerating the brain's synthesis of the neurotransmitter acetylcholine, which in turn plays a key role in maximizing mental ability as well as in preventing loss of memory in ageing adults. DMAE has been shown to decrease the accumulation of lipofuscin (age spots) within the brain. DMAE is used for treating attention deficit disorder (ADD), enhancing memory and mood, boosting cognitive function, treating Alzheimer's disease, increasing IQ and physical energy, improving athletic performance, delaying aging, improving red blood cell function, improving muscle reflex and increasing oxygen efficiency, extending life span, treating autism, and treating tardive dyskinesia (involuntary, repetitive movements).

Liver Spots

One of the most dramatic and well-documented effects of DMAE is its ability to inhibit the formation of ageing pigment (lipofuscin) - this is the brownish pigment which causes "liver spots" (lentigo) on the backs of the hands of many people over 50 years of age.

Lipofuscin is believed to be formed by the inefficient metabolism of fatty acids, and its accumulation in the cells is one of the most obvious and regularly reported cytological (cellular) changes with age. Lipofuscin accumulates with age in all body tissues - especially, the heart, muscles, kidneys, nerves and brain. Although no known adverse effects are known to result from lipofuscin accumulation, it certainly does no good, acting as "intracellular garbage." Even if it is not harmful, lipofuscin is often cosmetically unacceptable. DMAE not only can prevent the formation of lipofuscin, but it also actually flushes it from the body. Many people gauge the rate of lipofuscin removal from their hearts and brains by watching their "liver spots" disappear with long-term supplementation of DMAE.

It usually takes about six months for significant changes to take place - with many spots resolving completely.

Thus, DMAE acts as an antioxidant membrane stabilizer preventing the breakdown of the cell plasma membrane and protecting against free radical damage. DMAE inhibits and reverses the cross-linking of proteins and removes lipofuscin from the skin. DMAE in conjunction with the antioxidants vitamin C and lipoic acid can have a profound effect on skin health and vitality, including delaying ageing and liver spots.

B Vitamins

Acetylcholine cannot be produced by DMAE alone. The presence of other nutrients is also needed. This includes the B vitamins (B-Complex), Biotin, folic acid, and B6. Consequently when the individual is looking for the cognitive benefits associated with DMAE the above mentioned supplements should also be taken.

C Vitamins

Individuals who wish to use the benefits of DMAE relating to the skin, should take the nutrient in combination with Vitamin C.

DMAE Dosage

To support cognitive function and diminish the build-up of cellular and skin aging pigments, start with DMAE - 250 mg, 3-6 caps daily, in divided doses, and gradually increase to 6-12 capsules daily.

With higher doses a well-balanced multivitamin is also recommended.

Always discuss dosage requirements with your health professional.

Contra Indications

DMAE is considered to be a very safe supplement, and there is no recommended daily allowance set for this supplement. However there are some cautions for people with certain conditions.

DMAE is advised not to be used by those with epilepsy or seizure disorders, bipolar depression, or Parkinson's disease. Pregnant or nursing women should not use DMAE without first consulting their Doctor.

Side effects, though very rare, include gastro-intestinal problems, body odour, drowsiness, sleeplessness, headache, confusion, muscle tension, neck and shoulders pain, anxiety, high blood pressure, restlessness, moderate depression, and persistent irritability.

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