



# **DMAE**

**dimethylaminoethanol**

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DMAE, dimethylaminoethanol, is exceptionally beneficial in helping to eliminate brain toxins and increase the brain's potential to make neurotransmitters. DMAE also helps with mood elevation, improved memory and learning. DMAE has shown benefits against the disruptive and impulsive behaviors caused by attention deficit hyperactivity disorder (ADHD). It also shows improvement in treating memory lapses, Alzheimer's Disease and some troubling movement disorders. Also referred to as a "cholinergic", DMAE is thought to increase the levels of the neurotransmitter acetylcholine, which is a chemical in the brain that raises brain powers.

DMAE is shown to:

- Improve memory loss that occurs in normal aging.
- Relieve hyperactivity, impulsiveness and inattention as effectively as Ritalin.
- Slow the progressive dementia of Alzheimer's Disease.
- Improve mental sharpness.
- Decrease drowsiness.
- Improve cognitive impairment.

DMAE is found in high levels in sardines and anchovies. DMAE is also produced in the human brain but in smaller amounts.