

3<sup>rd</sup> International Conference on

# SPORTS MEDICINE AND FITNESS

October 05-06, 2017 Barcelona, Spain

## A therapeutic nutritional approach in assisting neuro-metabolic recovery in concussions

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Neuro impact is a US patented blend of vitamins, supplements, and herbs to be included in the recovery protocol of MTBI/Concussions. The goal of this clinical observation study is to document therapeutic usage of Neuro Impact on a variety of concussion cases. The factors of dosage, dosage intervals, therapeutic duration, and adjunctive therapies were examined in each case. By using a blend of herbs, vitamins, and supplements, the body can combat the neuro-metabolic cascade that occurs when an athlete sustains a concussion. Four components of a concussion can be addressed nutritionally including Emotionality, Cognitive, Sleep disturbance, and Somatic symptoms. This is accomplished by making available the nutrients, precursors and modulators needed for normal and optimal brain function. By stabilizing the blood-brain barrier, optimizing normal neurochemical pathways, and combating neuro-metabolic excitatory dysfunction; the brain will repair and return to a more normal state with greater efficiency. This application and observation study substantiates Neuro Impact's success within the manufacturer's recommendations. The formula was well tolerated with no adverse effects.

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