

**Mayo Clinic Minute: Can a beverage provide a brain boost?**

Video	Audio
<b>Brent Bauer, M.D.</b> <b>General Internal Medicine</b> <b>Mayo Clinic</b>	<p>“Nootropics are generally thought of as things that help the brain. Fish oil falls in that category. A lot of people consider that something good for the brain. But the adaptogens are the herbs that are often thought of as kind of balancing effect. So if you're a little high on something, that lowers it. If you're a little low on something, it raises it.”</p>
	<p>While these ingredients are natural and sometimes found in supplements, Mayo Clinic's Dr. Brent Bauer says it doesn't mean they're safe for everyone.</p>
	<p>“Being natural is not a guarantee of any way, shape or form of being safe.”</p>
	<p>As with any supplement, Dr. Bauer says people should check with their health care team to make sure brain boost drinks won't interfere with other medications.</p>
	<p>And as far as what kind of health benefits these products can provide, he says don't expect a quick fix.</p>
	<p>"Maybe in some select patients, there might be some that could be beneficial. But I think, at this point based on the evidence we have so far, that the effects — if they're there — are pretty modest and probably not noticeable to the average person."</p>
	<p>A better bet would be focusing on proven strategies to reduce risk of cognitive decline, like getting exercise, great nutrition and good sleep.</p>
	<p>For the Mayo Clinic News Network, I'm DeeDee Stiepan.</p>