

Some dietary supplements can do more harm than good. For example, these are vitamins such as E, B6.

**Vitamin E.** His reception in large doses can be dangerous, says Lisa Young, a doctor of philosophy, a registered nutritionist. Excess vitamin E can disrupt blood coagulation and increase the risk of some types of stroke. It is safer instead of taking additives to receive this vitamin from food.

**Vitamin B6 in high doses.** In large doses, it can lead to damage to nerves, numbness or tingling. In the long run, this will negatively affect the brain.

**Ginkgo biloba.** Studies show that it can be ineffective to prevent memory problems or improve memory in adults. Moreover, this tool has such side effects as headaches, dizziness and increased risk of bleeding, especially if you take medications that liquefy blood.



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**Highly content of caffeine.** They can cause you short -term stress, and with prolonged reception - increase anxiety, break sleep, worsen concentration.

**Omega-6.** Their reception may strengthen the imbalance of omega-3 and omega-6, unless you compensate for this with a sufficient amount of omega-3 fatty acids. Potentially, this can increase inflammation associated with the brain.

***News -in -law materials cannot be equated to the doctor's prescription. Before making a decision, consult a specialist.***