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VitaminIQ Mommy Brain Postnatal Supplement - Women's Natural Support for Brain Health, Focus, Memory and Clarity

5 customer reviews

Price: \$28.49 ~~\$29.99~~ \$1.50 (5%) & FREE Shipping. Details

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About the product

- Phosphatidylcholine (PC) frequently called "your brain's best friend," often becomes depleted for women, especially during pregnancy and lactation and can leave you with brain fog, forgetfulness, low energy and impact your mood
Phosphatidylcholine (PC) is essential for many processes in the body: Brain function, live gallbladder health, cell membrane integrity, sleep quality, and breast health
Low stores of choline may lead to issues with memory, clarity, energy, and cognition—or what many refer to as "Mommy Brain"
Daily use can help memory, increase Clarity, and ramp up energy so that you can get your brain back
Take Mommy Brain Support in confidence: It's Soy Free | GMO Free | Gluten Free | Dairy Free | Search 'VitaminIQ Mommy Support' to find the rest of our supplements for help with conception, prenatal, post partum, and motherhood



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Total price: \$109.93

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29
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Product description

Wake Up Your Brain!

Forgot what you did yesterday? Find your keys in the fridge? Forget what you are saying? "Mommy Brain" is a phrase commonly used to describe symptoms often experienced after having a baby or while nursing. And, it can plague mothers for years after having their baby, not just during the traditional postpartum or postnatal time frames. Mommy Brain was specifically formulated to remove the brain fog and bring back mental clarity.

Common symptoms of Mommy Brain:

- Foggy brain
- Trouble finishing a sentence
- Exhausted
- Misplacing items
- Can't shop without a list
- Forget why you walked into a room
- Can't remember important dates
- Unrestful sleep

The Importance of Choline

The above symptoms are often associated with the depletion of a crucial nutrient, choline, which gets quickly used up during pregnancy and in lactating mothers.

Our natural choline stores are used by our brains to support memory, cognition, learning, and restorative sleep cycles. So, when choline stores get low, it's easy to see why it can affect mothers so significantly. Often times the effects of depleted choline can become quite scary when they start to effect everyday life and simple tasks.

Goodbye brain fog, hello clarity! Mommy Brain Support is formulated with two natural activated forms of choline from sunflower (not from soy) and other key nutrients phosphatidylserine and Omega-3 DHA which your brain needs to function properly .

Check out our entire line of Mommy & Baby Support Products that are intended to optimize you and your baby's health from pre-conception, through infancy, and beyond – [Search VitaminIQ Mommy Support](#)

Product details

Shipping Weight: 2.9 ounces (View shipping rates and policies)

ASIN: B07KY6GSF7


UPC: 860000170857

Average Customer Review: 5 customer reviews

Amazon Best Sellers Rank: #181,719 in Health & Household (See Top 100 in Health & Household)
#47806 in Vitamins & Dietary Supplements

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Important information

Legal Disclaimer

Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition.

Ingredients

Natural ingredients and vitamins

Sponsored products related to this item



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1,327

\$29.99



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396

\$26.97



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196

\$17.95



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43

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82

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5 customer reviews

4.7 out of 5 stars



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Top Reviews

Mrs. Alfano

Seriously helps with "Mommy Brain!"

March 1, 2019

Verified Purchase

I really like this vitamin! I currently have a 6 and 2 year old and am very familiar with "mommy brain." I equate mommy brain as feeling like I'm in a fog and it takes a bit of effort to think through normal routines and problems, I experience this especially after a rough night of sleep. This helps me feel alert and like I can focus rather than being in an exhausted daze. I feel like it works quickly and helps me to focus enough so I don't put my keys away in the freezer and I can have a productive adult conversation. Even on days when I've slept well I find that this supplement helps me to stay on track, keep organized, and power through my long days.

The capsules are easy to swallow and I don't feel nauseous after taking them. I sometimes get nauseous after taking supplements but not with this.

Mommy Brain is high quality product and I like that the source of the ingredients is from sun flowers. The smell isn't pleasant to me but it doesn't keep me from taking it, I just don't stick my nose in the bottle!

One person found this helpful

Helpful Comment Report abuse

Weikko

Mommy Brain Rocks!

March 1, 2019

Verified Purchase

Excellent product. Works quickly as described. Opened up my chronic stuffy nose. Bonus

One person found this helpful

Helpful Comment Report abuse

D. D.

Love it!

May 12, 2019

Verified Purchase

I recently started taking Mommy Brain because I heard through the "mommy grapevine" at my daughter's school that it was great. I was desperate to find something that would aid with my overall sluggishness and brain fog. Not only was I always absolutely exhausted ALL THE TIME, but I was at a loss for words... literally. I would find myself midsentence at work or home trying to explain something or answer a question and I simply couldn't think of the next word in my sentence. It would be on the tip of my tongue, so frustrating! I felt like I couldn't properly access my vocabulary. Since taking Mommy Brain, I feel as though the fog has finally lifted. I have an increase in energy and I'm beginning to find those darn elusive words again. Lol. I highly recommend and I'll be ordering again.

Helpful Comment Report abuse

Patrick Milligan

Great help with the mommy fog!

June 4, 2019

Verified Purchase

Helped so much with the brain fog it took about 2 weeks to really see a difference but I have alot more energy now and I can remember alot more! It does come in a cheeper plastic bottle and the pills do have the fishy tast from the omega 3 but it's worth it!

[Comment](#) [Report abuse](#)

 Theresa Winter

Super helpful for a busy Momma!

April 23, 2019

Verified Purchase

I am a full time working mom with two kids so I need anything I can get to help me out! These are wonderful ☺

One person found this helpful

[Comment](#) [Report abuse](#)

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Customers who bought this item also bought



VitaminIQ - Whole Food Multivitamin for Women | 120 Vegetarian Capsules | Women's Multi Vitamin...

5

\$39.99



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