

THE FOOD WE EAT

Food is essential to keep the body healthy and functioning properly. Like any other organ, ears also need nutrition to support peak performance and to stay healthy.

Here's a look at a few examples of food that contain vitamins and minerals our ears thrive on:

Folic acid

Folic acid helps your body generate new cell growth and helps increase circulation in the body, contributing to the overall health of the hair cells in your inner ear.



Magnesium

Magnesium helps expand blood vessels and can improve circulation - even in the inner ear. Magnesium can also help control the release of glutamate which is incidentally one of the major contributors of noise-induced hearing loss.



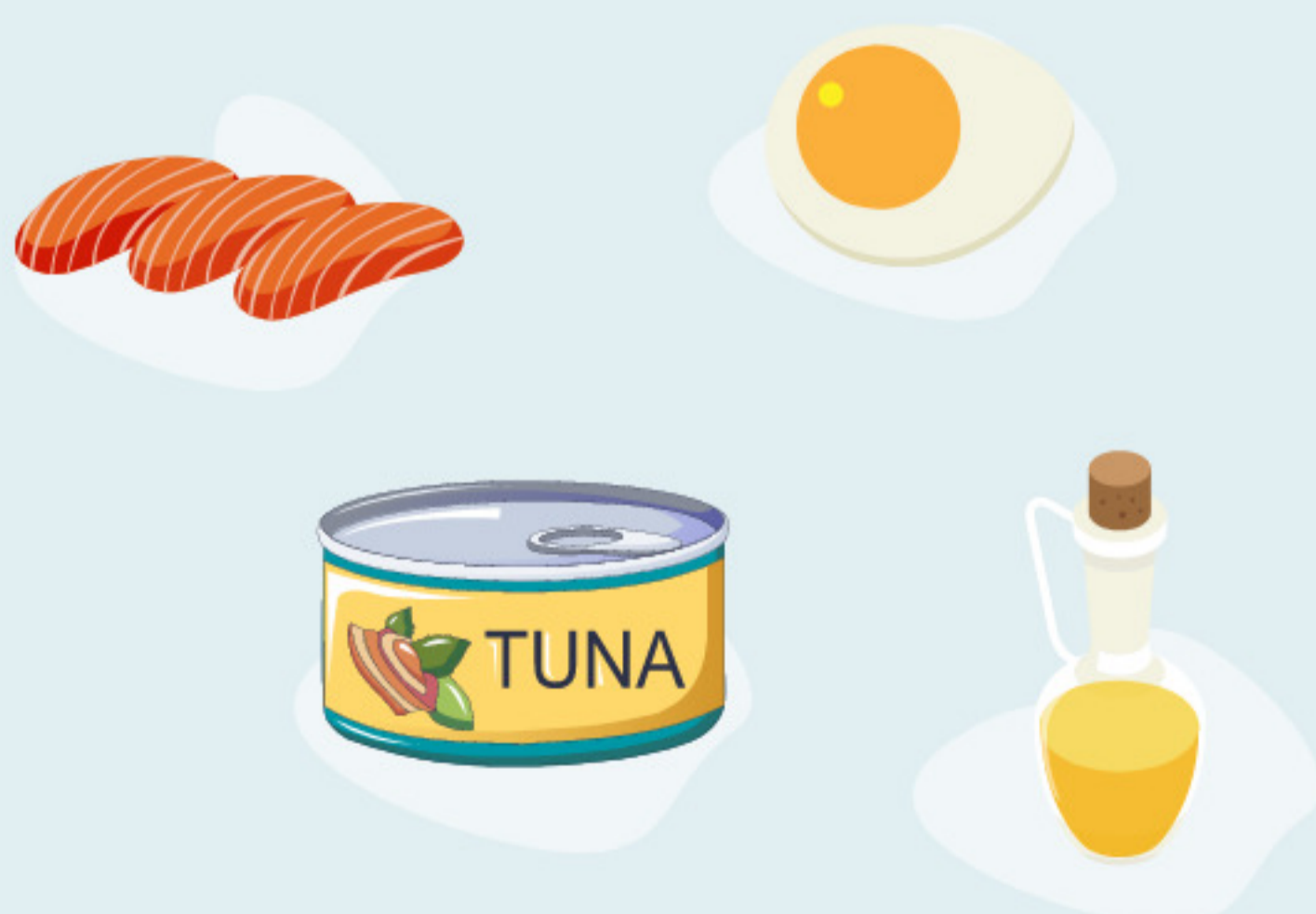
Vitamin A, C & E

Vitamin A, C & E are supplements that keep free radicals in check and strengthen your overall immune system, thus reducing the risk of ear infections.



Vitamin D

Vitamin D is responsible for the absorption of calcium, required for strong bones.



Zinc

Zinc is a nutrient that can help ward off age-related hearing loss.



Vitamin B12

Vitamin B12 helps improve hearing by regulating the formation of red blood that can help prevent tinnitus.

