

WHITE MATTER



GREY MATTER

WHY SUPPORTING BOTH MATTERS.

Your brain is made up of two major types of tissue: grey matter and white matter. They work hand-in-hand to power every thought, movement, and memory.

Understanding the difference—and how they decline with age or inflammation—reveals why both ProdromeNeuro™ and ProdromeGlia™ play vital roles in restoring and preserving neurological function.



PRODROME™
SCIENCE

GREY MATTER:

The Processing Power

Grey matter is where signals start—it's like the CPU of your nervous system. It contains the cell bodies of neurons—the command centers that process incoming information and generate outgoing signals. It's where conscious thought, emotion, memory, and decision-making take place. Grey matter is especially concentrated in the cerebral cortex, hippocampus, and brainstem nuclei.



Functions: Memory, learning, decision-making, emotions, and sensory interpretation

Structure: Neurons, dendrites, synapses, and glial support cells

Location: Outer layers of the brain and deep brain structures

Challenge: Synaptic membranes and mitochondrial energy production in grey matter degrade with age and inflammation

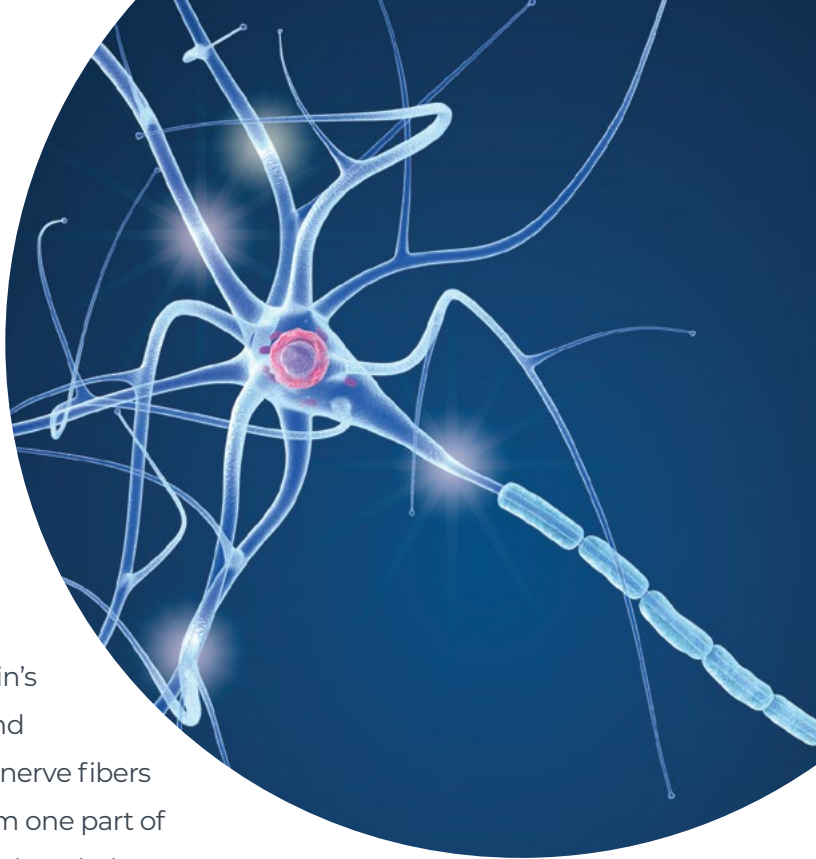


ProdromeNeuro™ provides omega-3 plasmalogen precursors, which support the synaptic membranes and mitochondrial health essential for neuron performance and signal transmission in grey matter. It targets the brain's metabolic core—keeping cognition sharp and muscles responsive.

WHITE MATTER:

The Communication Network

White matter is the wiring that connects the brain's processors—ensuring messages move quickly and accurately. It is made of myelinated axons—long nerve fibers that act like cables, carrying electrical signals from one part of the brain to another, and down through the spinal cord. These axons are wrapped in myelin, a fatty insulating layer made with plasmalogens.



Functions: Fast signal transmission, coordination between brain regions, and brain-body communication

Structure: Dense with myelinated nerve fibers and glial cells like oligodendrocytes

Location: Inner brain regions and most of the spinal cord

Challenge: White matter integrity breaks down with age, neurodegeneration, and inflammatory stress



ProdromeGLIA™ provides omega-9 (oleic acid) plasmalogen precursors that support the glial cells responsible for producing and maintaining myelin. These plasmalogens are essential for building white matter—and are especially vulnerable to inflammation.

Why Supporting Both Matters

Cognitive decline, motor dysfunction, and neurodegenerative conditions often involve both grey and white matter breakdown. That means brain health requires more than just supporting memory or movement—it requires a complete system-level restoration.

ProdromeNeuro™ targets the synaptic and neuronal side—fueling communication within grey matter.

ProdromeGlia™ reinforces the structural and insulating side—ensuring fast, reliable signal flow through white matter.

Together, they support the complete nervous system—from thought to action, from memory to movement.



References:

[Plasmalogens and Chronic Inflammatory Diseases](#)

[White matter and gray matter changes related to cognition in community populations](#)



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