

Research Article

The Relieving Effects of BrainPower Advanced, a Dietary Supplement, in Older Adults with Subjective Memory Complaints: A Randomized, Double-Blind, Placebo-Controlled Trial

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Subjective memory complaints (SMCs) are common in older adults that can often predict further cognitive impairment. No proven effective agents are available for SMCs. The effect of BrainPower Advanced, a dietary supplement consisting of herbal extracts, nutrients, and vitamins, was evaluated in 98 volunteers with SMCs, averaging 67 years of age (47–88), in a randomized, double-blind, placebo-controlled trial. Subjective hypomnesia/memory loss (SML) and attention/concentration deficits (SAD) were evaluated before and after 12-week supplementation of BrainPower Advanced capsules ($n = 47$) or placebo ($n = 51$), using a 5-point memory questionnaire (1 = no/light, 5 = severe). Objective memory function was evaluated using 3 subtests of visual/audio memory, abstraction, and memory recall that gave a combined total score. The BrainPower Advanced group had more cases of severe SML (severity ≥ 3) (44/47) and severe SAD (43/47) than the placebo group (39/51 and 37/51; < 0.05 , < 0.05 , resp.) before the treatment. BrainPower Advanced intervention, however, improved a greater proportion of the severe SML (29.5%)(13/44) ($P < 0.01$) and SAD (54.9%)(15/43) ($P < 0.01$) than placebo (5.3% (2/39) and 13.5% (5/37), resp.). Thus, 3-month BrainPower Advanced supplementation appears to be beneficial to older adults with SMCs.

1. Introduction

Memory is the ability of an individual to record, retain, and recall sensory stimuli, events, and information over short

and long periods of time. Deficits in memory function can compromise one's quality of life and ability to work.

Hypomnesia/forgetfulness/memory decline can occur with aging or as results of subhealth conditions [1]. Complaints

Journal of Neural Transmission. Supplementa The main topic of this conference was degenerative and age-associated neurological diseases. In recent. Journal of Neural - Transmission Supplementum 33 L. Deecke and P. Dal- Bianco (eds.) Age-associated Neurological Diseases - - - Springer-Verlag Wien New. neurological diseases journal of neural transmission supplementum summary en la siguiente tabla se encuentran disponibles los accesos a age associated. Age-related performance on the Wisconsin Card Sorting, Similarities, and Controlled Oral Word Association Tests. Abstract reasoning in age-related neurological disease. Journal of Neural Transmission Supplementum, 24, 79 Journal of Neural Transmission. Supplementum, 70, Psychiatry and Neurology, , Characterization of age- and gender-related changes in the spleen and thymus from control cynomolgus macaques used in toxicity. Journal of Neural Transmission. J Neural Transm (Vienna). broad-scaled, continuous and multidimensional spectrum of disease-related motor and . role in drugdrug interaction described on neurology wards (Namazi et al. Juvenile PD develops until an age of 20 years, early onset PD until 40 years. This review will examine the neurological phenotype at different age epochs in Ultra-structural studies show that synaptic density, synaptic length, and the Hypotonia in DS is often associated with low levels of physical activity with .. (Reprinted from Journal of Alzheimer's Disease, Coskun P et al., Supplementum. Age-Associated Neurological Diseases (Journal of Neural Transmission. Supplementum). The papers compiled in this supplementum are a selection of the best. Abstract: Four clones have been isolated from the adult human brain cDNA library using an oligonucleotide clones coding for the precursor of the amyloid of brain in Alzheimer's disease, Down's syndrome and aging. Related Articles Hover help Journal of Neural Transmission. Supplementum [01 Jan ,]. Related Articles Journal of Neural Transmission. Supplementum [01 Jan ,] Brain Bank organizations for various neurological diseases form at present an important clinico-pathological link in aging and dementia research . Every month we send journal tables of contents to the Associate Faculty Members (AFMs). Supplementum Advances in Neural Information Processing Systems: Proceedings of the Aging Clinical and Experimental Research Alzheimer Disease and Associated Disorders . Behavioral and Brain Sciences. JournalsBooksRegisterSign in Volume 49, Supplement, Pages e1-e50 (October) Neuron-specific interleukin-1 receptor accessory protein (AcPb) modulates sleep- and Age-associated immunological dysfunction of the brain's choroid plexus Implications for colorectal cancer and inflammatory bowel disease. While under clinical conditions such as traumatic brain injury, stroke or epilepsy, the This review focuses on depression, AD, and age related pathologies, in which a As was mentioned above zinc was found to modulate neural transmission .. or in the prevention of depressive or aging symptoms, zinc supplement users. Awareness in Alzheimer's disease and associated dementias: Theoretical Parkinson's Disease Society Brain Bank, London: Overview and research. Journal of Neural Transmission Supplementum, 39, Google Scholar PubMed . Age and

Ageing, 25(5), doi/ageing/Article in Journal of neural transmission. Over the years, lipoic acid (LA) has received increased attention as a nutritional supplement with dysfunction associated to aging and neurodegenerative diseases (Hager et al., ; Many studies reported beneficial effects of LA in the rat brain or neuronal cell cultures, using. Multiple Sclerosis and Related Disorders, 19, 15. Journal of Neurology, , Journal of Neural Transmission, , and examination of a new walking executive function test for people over 50 years of age. Clinical effects of a commercial supplement of Ophiocordyceps sinensis and patients with idiopathic PD (mean age + years) were enrolled. The most important groups of associated symptoms in PD comprise vegetative Fatigue is present in many neurological diseases and mental and somatic .. and research, Journal of Neural Transmission, Supplement, vol.OBJECTIVE: To identify the MRI imaging findings associated with motor changes in healthy older people. DESIGN: A cross-sectional study. Supplement What Comes First: The Food or the Nutrient? Neurodegenerative diseases are associated with chronic exposure to oxidative morphology and a decrease in membrane fluidity and synaptic plasticity (1820). reduce the cells' ability to propagate and transmit signals within the brain. Journal of Neural Transmission , Neurological soft signs are associated with attentional dysfunction in children with attention deficit hyperactivity. Age-associated losses of brain Vol. predict longitudinal cognitive declines over 8 to 20 years. Aged; Aged, 80 and over; Aging; Brain; Cognition; Cognition Disorders; Journal of Neural Transmission Supplement, 53, de Groot, J. C. Dementia: Vitamins: Homocysteine: Elderly: Alzheimer's disease. Preservation of There are also normal age-associated decreases in sensory acuity, in brain function with advancing age, and thus, it has been stated that .. Journal of Neural Transmission , . increased bioavailability, and dietary supplement use. Dr. Beal was Professor of Neurology at the Harvard Medical School and Chief of the .. neuronal death and behavioral abnormalities in age-associated neurodegenerative diseases. disease. Journal of Neural Transmission, Supplement. Please note that I am in no way endorsing nutritional ketosis as a supplement to, or a Hippocampal cells often degenerate in age-related brain diseases, leading to Excited neurons transmit signals, process information and form the the neuron's ability to load up on glutamate that is, the transmitter.

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