

Complex antioxidant blend improves memory in community-dwelling seniors

Keywords: memory, declarative memory, working memory,
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Working memory is immediate recall memory, while declarative memory involves either personal experiences or factual information. In numerous animal studies, potent antioxidants improve memory performance. In large scale human studies antioxidants do not seem to improve memory performance. We offered a complex potent antioxidant blend (Memory reVITALIZER®) or an identical placebo to 113 community dwelling subjects between 50-75 years of age over a four month period. Screening to rule out Alzheimer's disease was done. Memory testing was done at baseline, one and 4 months. The 50-item Names-Learning-Test (NLT₅₀) putatively measures competence of the superior temporal lobe connections to other areas of the brain. The 20 Word Recall Test (₂₀WRT) putatively assesses hippocampal competency. Thirty-eight placebo and 48 active treatment subjects completed the four month trial. Demographic data showed no differences between the groups. Results confirmed significant improvement in the antioxidant treatment group for the NLT₅₀ (p<0.018) and the ₂₀WRT (p<0.011). The current human literature suggests this to be a surprising result. Analysis of prior studies reveal serious flaws such as 1)simplistic, inadequate use of antioxidants 2)inadequate memory testing tools 3)overly complex experimental design. It is concluded that a 35 component potent antioxidant administered over four months does significantly improve memory in normal community dwelling humans aged 50-75.

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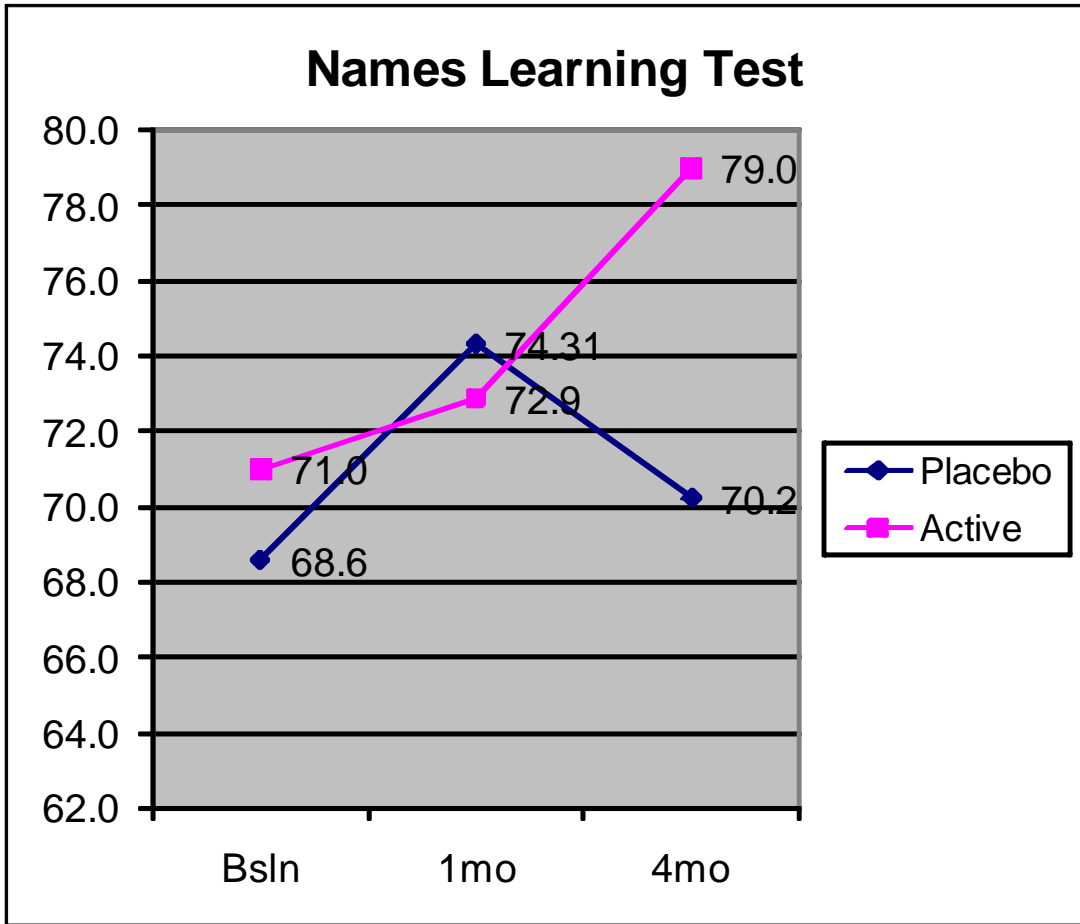


Figure 1. NLT₅₀ scores [p<0.018]

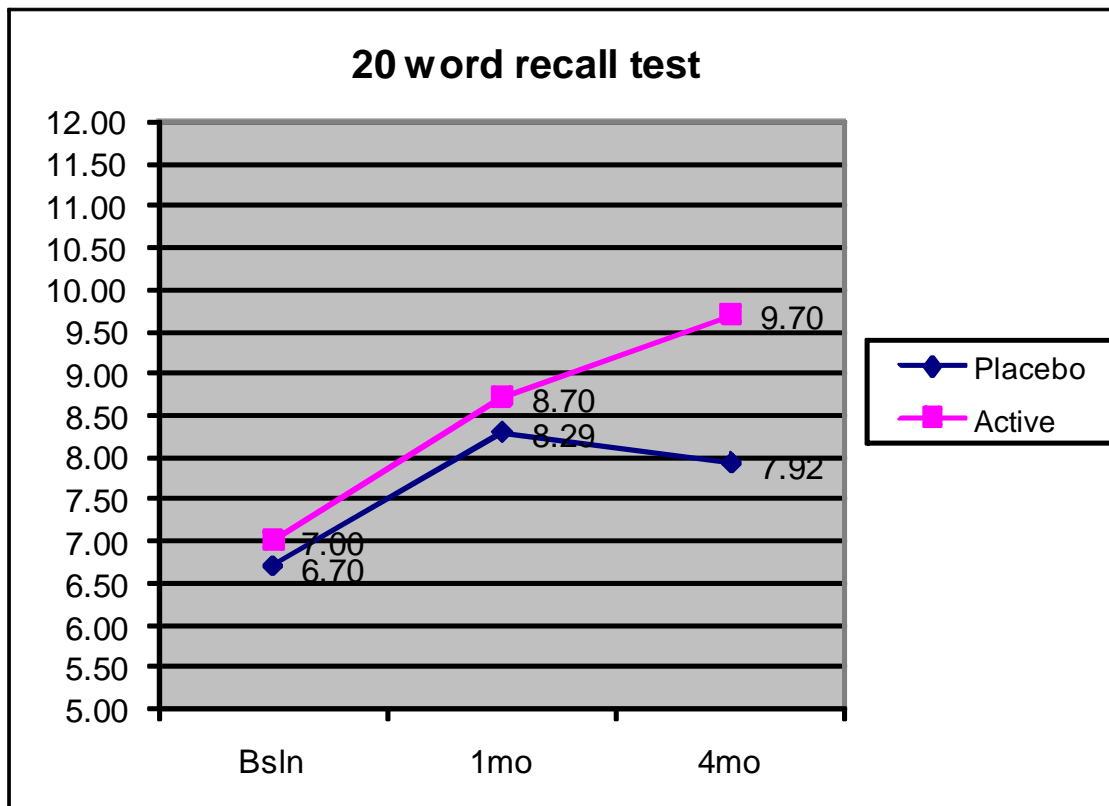


Figure 2. ₂₀WRT scores [p<0.011]