Natural Substances and Mental Function Aliments

The Tables below lists the recognized and researched natural substances that have been studied for the following mental function ailments:

- Age Related Cognitive Decline
- Age Related Memory Impairment
- Dementia
- Alzheimer’s Disease
- Attention Deficit Disorder/ Attention deficit hyperactivity disorder (ADHD-PI/ADHD)

Note: The contents of this document have not been evaluated by the Food and Drug Administration. Any substances referred to in this document are not intended to diagnose, treat, cure, or prevent any disease. Information and statements made are for education purposes and are not intended to replace the advice of your treating doctor. BioFoundations does not dispense medical advice, prescribe, or diagnose illness. If you have a severe medical condition or health concern, consult your physician.

Table: Nootropics/Nutraceuticals/Foods/Herbs that May Alleviate and/or Prevent Age-Related Cognitive Decline

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# Age Related Memory Impairment

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# Dementia

## Table: Nootropics/Nutraceuticals/Foods/Herbs that May Alleviate and/or Prevent Dementia

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### Table: Nootropics/Nutraceuticals/Foods/Herbs/Spices that May Alleviate and/or Prevent Alzheimer’s Disease

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<td>Ferulic Acid</td>
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<td>Hesperidin</td>
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<td>Luteolin</td>
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<td>Myricetin</td>
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<td>Naringenin</td>
<td>[168]</td>
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<tr>
<td>Nobiletin</td>
<td>[169]</td>
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<td>Pycnogenol</td>
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<td>Quercetin</td>
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<td>Resveratrol</td>
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<td>Curcumin</td>
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<td>Ellagic Acid</td>
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### Quinones

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<td>Nordihydroguaiaretic Acid (NDGA)</td>
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### Spices

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<td>Cinnamon</td>
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<td>Saffron</td>
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<td>Sage (Rosmaniric acid)</td>
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<tr>
<td>Piperine (Piper nigrum)</td>
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<td>Ginger</td>
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<td>Spin Traps</td>
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<td>Alpha Phenyl-N-Tert Butyl Nitrone (PBN)</td>
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References:


Myers TM et al. Systemic administration of the potential countermeasure huperzine reversibly inhibits central and peripheral acetylcholinesterase activity without adverse cognitive-behavioral effects. Pharmacol Biochem Behav. 2010 Jan;94(3):477-81.


4 Dietary intakes of berries and flavonoids in relation to cognitive decline

**Effect of a polyphenol-rich wild blueberry extract on cognitive performance of mice, brain antioxidant markers and acetylcholinesterase activity**

**Reversals of Age-Related Declines in Neuronal Signal Transduction, Cognitive, and Motor Behavioral Deficits with Blueberry, Spinach, or Strawberry Dietary Supplementation**


Heinrichs SC. Dietary omega-3 fatty acid supplementation for optimizing neuronal structure and function. Mol Nutr Food Res. 2010 Apr;54(4):447-56.


Kuzuya F. Effects of vinpocetine on platelet aggregability and erythrocyte deformability. Ther Hung 1985;33:22-34.


24 Nobiletin, a citrus flavonoid, ameliorates cognitive impairment, oxidative burden, and hyperphosphorylation of tau in senescence-accelerated mouse


Blueberry Supplementation Improves Memory in Older Adults

Blueberry-induced changes in spatial working memory correlate with changes in hippocampal CREB phosphorylation and brain-derived neurotrophic factor (BDNF) levels


In-Tele-Health © 2009 (from Hyperhealth Pro CD-ROM)


Zhao, H., et al. Long-term ginsenoside administration prevents memory impairment in aged C57BL/6J mice by up-regulating the synaptic plasticity-related proteins in hippocampus. Behav Brain Res. 201(2):311-317, 2009.


Citicoline improves verbal memory in aging.


Beneficial effects of idebenone on memory impairment in rats


Husseini, K., et al. Lithium at 50: have the neuroprotective effects of this unique cation been overlooked? Biological Psychiatry. 46(7):929-940, 1999.


Effects of centrophenoxine on body composition and some biochemical parameters of demented elderly people as revealed in a double-blind clinical trial.


Centrophenoxine was shown to be a conceivable treatment in patients suffering from medium level Dementia in a double blind study conducted in 1989 on 50 residents in an old age home. The study was over a 3 month period, and showed that 48% of the subjects experienced an improvement in cognition when taking Centrophenoxine versus the placebo which only yielded 28% of the group demonstrating improvement.


Taurine in drinking water recovers learning and memory in the adult APP/PS1 mouse model of Alzheimer's disease


Wang, P. Y., et al. Docosahexaenoic acid supplementation of primary rat hippocampal neurons attenuates the neurotoxicity induced by aggregated amyloid


Wilde, M. C., et al. The omega-3 fatty acid docosahexaenoic acid (DHA) inhibits the formation of beta amyloid in CHO7PA2 cells. 33rd Annual Meeting of the Society for Neuroscience, New Orleans, USA, November 8 – 12, 2003.


Husseini, K., et al. Lithium at 50: have the neuroprotective effects of this unique cation been overlooked? Biological Psychiatry. 46(7):929-940, 1999.


Cover, C. C., et al. Posttranslational changes in band 3 in adult and aging brain following treatment with ergoloid mesylates, comparison to changes observed in Alzheimer's disease. Life Sciences. 58(8), 1996.


Yamakuni, T., et al. Preventive action of nobiletin, a constituent of Aurantii nobilis pericarpium with anti-dementia activity, against amyloid-beta peptide-induced


http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2929771/


175 http://www.sciencedaily.com/releases/2015/01/150112110405.htm


This study investigated the effects of a combination of choline and piracetam in Alzheimer’s disease patients. Subjects were treated for seven days with 9,000 mg of choline combined with 4,800 mg of piracetam administered as three equally divided doses. Slight improvement in most cognitive measures was observed. During the evaluation period it was noted that 30% of Alzheimer’s disease patients experienced dramatic clinical improvement (significantly greater than had ever been achieved with choline alone or piracetam alone). In one test, scores improved by 70% on verbal memory retrieval. The authors concluded that there are a subgroup of Alzheimer’s disease patients that can experience significant improvement using combined choline + piracetam therapy.


220 Borek, C. How A better understanding of ADHD leads to new approaches in treating the disorder. Life Extension. 6(4), 2000.


