

Scientific References

1) Memory and Brain Amyloid and Tau Effects of a Bioavailable Form of Curcumin in Non-Demented Adults: A Double-Blind, Placebo-Controlled 18-Month Trial

<https://pubmed.ncbi.nlm.nih.gov/29246725/>

2) Sustained Cerebrovascular and Cognitive Benefits of Resveratrol in Postmenopausal Women

<https://pubmed.ncbi.nlm.nih.gov/32244933/>

3) Association between magnesium intake and cognition in US older adults: National Health and Nutrition Examination Survey (NHANES) 2011 to 2014

<https://pubmed.ncbi.nlm.nih.gov/35128033/>

4) Vitamin B12 and Folate Status in Cognitively Healthy Older Adults and Associations with Cognitive Performance

<https://pubmed.ncbi.nlm.nih.gov/33575718/>

5) Identification of Neuroprotective Factors Associated with Successful Ageing and Risk of Cognitive Impairment among Malaysia Older Adults

<https://pubmed.ncbi.nlm.nih.gov/29109736/>

6) Low Vitamin B12 Levels: An Underestimated Cause Of Minimal Cognitive Impairment And Dementia

<https://pubmed.ncbi.nlm.nih.gov/32206454/>

7) Effect of amyloid on memory and non-memory decline from preclinical to clinical Alzheimer's disease

<https://academic.oup.com/brain/article/137/1/221/359056?login=false>

8) Trends in Dietary Carbohydrate, Protein, and Fat Intake and Diet Quality Among US Adults, 1999-2016

<https://pubmed.ncbi.nlm.nih.gov/31550032/>

9) U.S. adult consumption of added sugars increased by more than 30% over three decades

<https://www.sciencedaily.com/releases/2014/11/141104141731.htm>

10) Glucose levels and risk of dementia

<https://pubmed.ncbi.nlm.nih.gov/23924004/>

11) Changes in USDA food composition data for 43 garden crops, 1950 to 1999

<https://pubmed.ncbi.nlm.nih.gov/15637215/>

12) 2015-2020 Dietary Guidelines

<https://health.gov/our-work/nutrition-physical-activity/dietary-guidelines/previous-dietary-guidelines/2015>

13) Efficacy of lifestyle changes in modifying practical markers of wellness and aging

<https://pubmed.ncbi.nlm.nih.gov/18383987/>

14) Plasma homocysteine as a risk factor for dementia and Alzheimer's disease

<https://pubmed.ncbi.nlm.nih.gov/11844848/>

15) Homocysteine and folate as risk factors for dementia and Alzheimer disease

<https://pubmed.ncbi.nlm.nih.gov/16155278/>

16) Vitamin D and Memory Decline: Two Population-Based Prospective Studies

<https://pubmed.ncbi.nlm.nih.gov/26836174/>

17) Effects of resveratrol on cerebral blood flow variables and cognitive performance in humans: a double-blind, placebo-controlled, crossover investigation

<https://pubmed.ncbi.nlm.nih.gov/20357044/>

18) Long-term effects of resveratrol on cognition, cerebrovascular function and cardio-metabolic markers in postmenopausal women: A 24-month randomised, double-blind, placebo-controlled, crossover study

<https://pubmed.ncbi.nlm.nih.gov/32900519/>

19) Impact of Resveratrol on Glucose Control, Hippocampal Structure and Connectivity, and Memory Performance in Patients with Mild Cognitive Impairment

<https://pubmed.ncbi.nlm.nih.gov/28326010/>

20) Higher glucose levels associated with lower memory and reduced hippocampal microstructure

<https://pubmed.ncbi.nlm.nih.gov/24153444/>

21) Effects of resveratrol on memory performance, hippocampal functional connectivity, and glucose metabolism in healthy older adults

<https://pubmed.ncbi.nlm.nih.gov/24899709/>

22) Calorie restriction-like effects of 30 days of resveratrol supplementation on energy metabolism and metabolic profile in obese humans

<https://pubmed.ncbi.nlm.nih.gov/22055504/>

23) Magnesium in man: implications for health and disease

<https://pubmed.ncbi.nlm.nih.gov/25540137/>

24) Role of Magnesium in Vitamin D Activation and Function

<https://pubmed.ncbi.nlm.nih.gov/29480918/>

25) Dietary magnesium intake is related to larger brain volumes and lower white matter lesions with notable sex differences

<https://pubmed.ncbi.nlm.nih.gov/36899275/>

26) Magnesium supplements may enhance the effect of antihypertensive medications in stage 1 hypertensive subjects

<https://pubmed.ncbi.nlm.nih.gov/20228010/>

27) Changes of Blood Pressure and Hemodynamic Parameters after Oral Magnesium Supplementation in Patients with Essential Hypertension-An Intervention Study

<https://pubmed.ncbi.nlm.nih.gov/29738504/>

28) The effects of high oral magnesium supplementation on blood pressure, serum lipids and related variables in apparently healthy Japanese subjects

<https://pubmed.ncbi.nlm.nih.gov/9389897/>

29) Magnesium therapy for periodic leg movements-related insomnia and restless legs syndrome: an open pilot study

<https://pubmed.ncbi.nlm.nih.gov/9703590/>

30) Memory and Brain Amyloid and Tau Effects of a Bioavailable Form of Curcumin in Non-Demented Adults: A Double-Blind, Placebo-Controlled 18-Month Trial

<https://pubmed.ncbi.nlm.nih.gov/29246725/>

31) Curcumin Formulations for Better Bioavailability: What We Learned from Clinical Trials Thus Far?

<https://pubmed.ncbi.nlm.nih.gov/37008131/>

32) A novel amorphous preparation improved curcumin bioavailability in healthy volunteers: A single-dose, double-blind, two-way crossover study

<https://www.sciencedirect.com/science/article/pii/S175646462100092X>

33) Investigation of the effects of solid lipid curcumin on cognition and mood in a healthy older population

<https://pubmed.ncbi.nlm.nih.gov/25277322/>

34) Proton Pump Inhibitors, H₂-Receptor Antagonists, Metformin, and Vitamin B-12 Deficiency: Clinical Implications

<https://pubmed.ncbi.nlm.nih.gov/30032223/>

35) Memory and Brain Amyloid and Tau Effects of a Bioavailable Form of Curcumin in Non-Demented Adults: A Double-Blind, Placebo-Controlled 18-Month Trial

<https://pubmed.ncbi.nlm.nih.gov/29246725/>

36) Sustained Cerebrovascular and Cognitive Benefits of Resveratrol in Postmenopausal Women

<https://pubmed.ncbi.nlm.nih.gov/32244933/>

37) Association between magnesium intake and cognition in US older adults: National Health and Nutrition Examination Survey (NHANES) 2011 to 2014

<https://pubmed.ncbi.nlm.nih.gov/35128033/>

38) Vitamin B12 and Folate Status in Cognitively Healthy Older Adults and Associations with Cognitive Performance

<https://pubmed.ncbi.nlm.nih.gov/33575718/>

39) Identification of Neuroprotective Factors Associated with Successful Ageing and Risk of Cognitive Impairment among Malaysia Older Adults

<https://pubmed.ncbi.nlm.nih.gov/29109736/>

40) Low Vitamin B12 Levels: An Underestimated Cause Of Minimal Cognitive Impairment And Dementia

<https://pubmed.ncbi.nlm.nih.gov/32206454/>