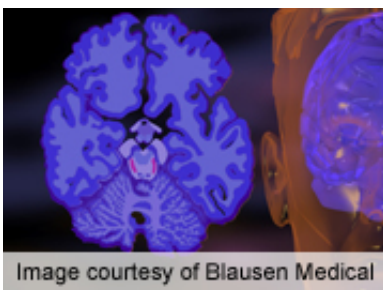


Supplement mixture improves memory in mild Alzheimer's

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(HealthDay) -- A supplement mixture (Souvenaid) containing dietary precursors and specific nutrients can improve memory in drug-naive patients with mild Alzheimer's disease (AD), according to a study published in the July issue of the *Journal of Alzheimer's Disease*.

Philip Scheltens, M.D., from the VU University Medical Center in Amsterdam, and colleagues conducted a 24-week, randomized, controlled trial in which drug-naive patients with mild AD were randomized in a 1:1 ratio to receive Souvenaid or an iso-caloric control product once daily. [Memory function](#) was assessed using the domain z-score of the Neuropsychological Test Battery (NTB).

The researchers found that, over the intervention period, the NTB memory domain z-score was significantly increased in patients taking Souvenaid versus the control group ($P = 0.023$), with a trend toward improvement in the NTB total composite z- score ($P = 0.053$).

[Functional connectivity](#) in the delta band, as measured by an electroencephalography, was significantly different between the study groups in favor of the active group. There was very high adherence to the intervention (96.6 percent for the control and 97.1 percent for the active group). Both products were well tolerated and there was no between-group difference in the occurrence of [serious adverse events](#).

"In conclusion, this study confirms that Souvenaid is well tolerated and improves [memory performance](#)," the authors write. "Our results warrant further investigation of the clinical potential of Souvenaid in preclinical or clinical conditions characterized by synaptic loss, in particular AD."

Several authors disclosed [financial ties](#) to Danone Research BV and Nutricia Advanced Medical Nutrition, which sponsored the study and manufacture Souvenaid.

More information: [Abstract](#)

[Full Text \(subscription or payment may be required\)](#)

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