

# Scientists reveal drinking champagne could improve memory

May 8 2013

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(Medical Xpress)—New research shows that drinking one to three glasses of champagne a week may counteract the memory loss associated with ageing, and could help delay the onset of degenerative brain disorders, such as dementia.

Scientists at the University of Reading have shown that the [phenolic compounds](#) found in champagne can improve [spatial memory](#), which is responsible for recording information about one's environment, and storing the information for future navigation.

The compounds work by modulating signals in the hippocampus and cortex, which control memory and learning. The compounds were found to favourably alter a number of proteins linked to the effective storage of memories in the brain. Many of these are known to be depleted with age, making [memory storage](#) less efficient, and leading to poorer memory in old age and conditions such as dementia. Champagne slows these losses and therefore may help prevent the cognitive losses that occur during typical and atypical brain ageing.

Champagne has relatively high levels of phenolics compared to [white wine](#), deriving predominantly from the two red grapes, Pinot Noir and Pinot Meunier, which are used in its production along with the white grape Chardonnay. It is these phenolic compounds which are believed to be responsible for the beneficial effects of champagne on the brain.

Professor Jeremy Spencer, Department of Food and Nutritional Sciences, University of Reading, said: "These exciting results illustrate for the first time that the moderate consumption of champagne has the potential to influence [cognitive functioning](#), such as memory. Such observations have previously been reported with red wine, through the actions of flavonoids contained within it.

"However, our research shows that champagne, which lacks flavonoids, is also capable of influencing [brain function](#) through the actions of smaller phenolic compounds, previously thought to lack biological activity. We encourage a responsible approach to alcohol consumption, and our results suggest that a very low intake of one to two glasses a week can be effective."

Dr. David Vauzour, the researcher on the study, added: "in the near future we will be looking to translate these findings into humans. This has been achieved successfully with other polyphenol-rich foods, such as blueberry and cocoa, and we predict similar outcomes for moderate

Champagne intake on cognition in humans."

Previous research from the University of Reading revealed that two glasses of champagne a day may be good for your heart and circulation and could reduce the risks of suffering from cardiovascular disease and stroke.

The paper is published in *Antioxidants and Redox Signalling*.

Provided by University of Reading

Citation: Scientists reveal drinking champagne could improve memory (2013, May 8) retrieved 27 April 2024 from

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