

Medical nutrition-drink may affect development of early Alzheimer's

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In a new study, an international research team shows that a medical nutrition-drink, consisting of, among other things, essential fatty acids and vitamins, may have an impact on disease development in patients with so-called prodromal Alzheimer's disease. This nutritional treatment did not improve the patients' memory, but seems to slow down neurodegeneration and help patients cope somewhat better with everyday tasks.

The study is a part of the EU FP7 funded research-project LipiDiDiet and was recently published in the journal *Lancet Neurology*.

"Although the primary objective of the study, to see an effect on the neuropsychological test battery, was not met, the results on secondary effects are extremely valuable. This means that we are learning more about how nutritional treatment can affect prodromal Alzheimer's, which is a pre-dementia stage of the [disease](#)," comments Professor Miia Kivipelto at Karolinska Institutet's Department of Neurobiology, Care Sciences and Society, who led the Swedish part of the current study.

More information: Hilkka Soininen et al. 24-month intervention with a specific multinutrient in people with prodromal Alzheimer's disease (LipiDiDiet): a randomised, double-blind, controlled trial, *The Lancet Neurology* (2017). [DOI: 10.1016/S1474-4422\(17\)30332-0](https://doi.org/10.1016/S1474-4422(17)30332-0)

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