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Chronic supplementation with a natural spearmint extract shows cognitive performance benefits in young healthy individuals

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Abstract:

A natural spearmint extract containing 14.5% rosmarinic acid and 24% total phenolic content, Neumentix™ Phenolic Complex K110-42, has shown positive effects on working memory following chronic supplementation in a randomized controlled trial in healthy adults 50-70 years with age-related memory impairment. Additionally, a single-arm study in men and women of the same age with self-reported memory impairments found improvements versus baseline in attention after 30 days of supplementation. However, no study to date has evaluated cognitive performance in a young, healthy population following chronic supplementation of a spearmint extract. The current study was a randomized, double-blind, placebo-controlled, parallel study, evaluating the effects of supplementation with 900 mg of Neumentix for 90 days in 142 young, healthy men and women (18-50 years). Outcomes from a computerized cognitive test battery (CNS Vital Signs) were evaluated 7, 30, and 90 days post-supplementation compared to pre-supplementation values. Data are shown as percent improvement (calculated as change from pre-supplementation within the Neumentix group minus the change from pre-supplementation within the placebo group) and p-values (calculated from the change scores). Cognitive testing indicated that supplementation with Neumentix significantly improved sustained attention

($p=0.003$, treatment effect) with improvements of 12.5% at Day 30 ($p=0.001$) and 10.2% at Day 90 ($p=0.007$) compared to placebo. In addition, a treatment by time interaction was observed for complex attention ($p=0.022$) with pairwise comparisons revealing a 15.5% improvement at day 7 ($p=0.016$) following Neumentix supplementation versus placebo. Similarly, a treatment by time interaction was observed for shifting attention errors ($p=0.011$) with a 28.4% improvement in individuals consuming Neumentix compared to placebo at Day 7 ($p=0.033$). Significant treatment effects were also seen with Neumentix compared to placebo in correct response ($p=0.030$) and omission error ($p=0.023$) individual tests from part 4 of the 4-part continuous performance test with improvements at both Day 30 (7.4%, $p=0.020$ and 39.5%, $p=0.016$, respectively) and 90 (7.5%, $p=0.029$ and 42.3%, $p=0.018$, respectively), which are reflective of working memory performance. Overall, this study indicates that supplementation with 900 mg of Neumentix can improve attention as early as 30 days, and provide working memory benefits in young, healthy individuals. These results confirm previous work, expand on short-term memory benefits, and extend to include attention thus further building support for Neumentix as a safe and natural nootropic.

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