

AND NOW A WORD FROM THE DOCTOR...

Boost Your Memory with DHA

By David Perlmutter, MD, FACN



Can a nutritional supplement help your memory? If you are a healthy older individual, the answer is a resounding “yes” judging from research presented at the Alzheimer’s Association 2009 International Conference on Alzheimer’s Disease.

Researchers presented a study in which close to 500 elderly individuals took 900 mg of algae-derived DHA (docosahexaenoic acid), an omega-3 supplement, for six months. After that, the subjects underwent a battery of tests measuring their ability to learn new information. These folks were then compared to a control group that received a placebo.

The results were impressive according to lead researcher Dr. Yurko-Mauro who stated, “In our study, healthy people with memory complaints who took algal DHA capsules for six months had almost double the reduction in errors on a test that measures learning and memory performance versus those who took a placebo.”

DHA is found in fish and fish oils, but the kind of DHA used in this study was vegetarian (derived from marine algae), which is actually where fish get their DHA in the first place.

With valid concerns about the risk of fish products containing mercury and other toxins, algal DHA seems like a better choice. If you’re interested, look for product labels stating that the supplement contains vegetarian-based DHA.

A handwritten signature in blue ink that reads "David".