



brain health

Supporting

Cognitive Function

by Heather Granato

While memory loss may be parodied in film, television and literature, the unfortunate consequences in real life are not funny. Cognitive processes such as learning, thinking and remembering can decline during the aging process or can be impacted by degenerative disease. Conditions such as Alzheimer's disease, dementia and mild cognitive impairment may be linked through free radical damage and other age-related conditions.

Another beneficial botanical is **Vinca minor** (periwinkle); its active constituent vinpocetine and the alkaloid vincamine increase blood circulation and metabolism in the brain. Animal research has shown it can reduce neuronal cell death caused by decreased blood flow, while human research shows vinpocetine can significantly improve attention, concentration and memory in adults with poor brain circulation or dementia-related disease.²⁹