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Quenching the flames

By Dale Kiefer

OF INFLAMMATORY BRAIN AGING

A large multi-center trial examined the use of PS to combat the effects of moderate to severe age-related cognitive decline. Patients were drawn from 23 general medicine or geriatric units. Compared to patients receiving placebo PS patients demonstrated

One of vinpocetine's most powerful effects is its ability to increase blood circulation and enhance oxygen utilization in the brain. This is especially important, given that blood flow in the brain tends to diminish with advancing age. Vinpocetine improves

decrease in abnormally high pressure within the brain.

These studies reveal that vinpocetine's therapeutic effects compare favorably with prescription drugs of the acetylcholinesterase inhibitor class, such as Aricept®, which is used extensively in the United States and abroad to treat symptoms of Alzheimer's disease and vascular dementia. Human trials, and others using rodent models, reveal that vinpocetine is safe, effective, and well tolerated.^{25,26}

Vinpocetine also exhibits some anti-clotting activity. While there are no specific studies relating to the combined use of Coumadin and vinpocetine, you should consult with your physician before taking vinpocetine, as it may enhance the anti-coagulant effect.

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significant improvements in behavior, including increased socialization, motivation, and initiative.

PS is generally safe and well tolerated, with no significant drug interactions reported.²⁴ While there are no specific studies relating to the combined use of Coumadin® and PS, you should consult with your physician before taking PS, as it may enhance the anti-coagulant effect.

Vinpocetine — the brain cell oxygenator

Vinpocetine is a semi-synthetic derivative of the *Vinca minor*, or periwinkle plant. Developed more than two decades ago, vinpocetine has been hailed as an important neuroprotective agent with several key mechanisms of action. It has been widely used to treat symptoms of senility throughout Europe, where it is available only by prescription.

cerebral blood flow by inhibiting an enzyme that degrades the cellular messenger cyclic GMP. The degradation of cyclic GMP causes blood vessel constriction. Preventing degradation, therefore, allows cerebral arteries to relax, improving blood flow.

Vinpocetine's therapeutic effects may be mediated at the cellular level by its ability to enhance the electrical conductivity of cells comprising the neural network. It also protects the brain from damage caused by the excessive release of calcium ions intracellularly.

Vinpocetine's effects on human subjects have been studied under controlled conditions in a variety of clinical trials. Vinpocetine has even been studied in newborn babies who suffered brain damage due to birth trauma. Vinpocetine significantly reduced or eradicated seizures and caused a

Pregnenolone — the mother hormone

Pregnenolone is a powerful natural hormone that is synthesized by the body (in the mitochondria) directly from cholesterol. Mitochondria are important structures within the cells that function as "power plants."

