

ONE OF THE MOST POTENT, CLINICALLY PROVEN NATURAL INGREDIENTS FOR ALZHEIMER'S DISEASE - HUPERZINE A FROM CLUB MOSS

BRAIN HEALTH

When patients complain of symptoms relating to poor memory, forgetfulness and dementia, there are several effective strategies to maintain optimal mental health function and prevent against neurodegenerative diseases such as Alzheimer's disease (AD).

Huperzine A is one of best herbal ingredients shown to retain the concentration of acetylcholine (ACh) at the post-synaptic cleft to improve nerve transmission.

Huperzine A (HupA) is an extract from a club moss known as *Huperza serrata*. It is a potent, reversible acetylcholinesterase (AChE) inhibitor. In other words, HupA inhibits the breakdown of Ach resulting in an increase in the level and the duration of the action of ACh.

Numerous clinical trials have been done in China (since 1990's) and in the USA (since early 2000's) using Huperzine A to treat vascular dementia and AD. Improvements in memory and cognitive function were consistently observed.

A 2009 meta-analysis¹ of five double-blind, placebo-controlled, randomized clinical trials of HupA involving 474 subjects with AD concludes HupA as having beneficial effects in cognitive function and activities of daily living (ADLs).

The meta-analysis showed that daily dosages of 300-500 mcg of HupA for 6-24 weeks could improve the scores in mini-mental state examination (MMSE) scale by up to 3.52 points.¹

Similar design was used in other studies^{2,3} assessing the efficacy of a pharmaceutical reversible AChE inhibitor - Aricept (donepezil), and the results showed an mean increase in the MMSE score of only 1.26-1.36 points.

Compared to other FDA approved cholinesterase inhibitors for the treatment of AD (such as Aricept, Cognex, and Exelon), HupA is more readily bioavailable with a higher penetration rate across the blood-brain-barrier and a longer duration of action.

Further evidence⁴ has shown that concomitant use of Aricept and HupA exerted additive effect and improved the MMSE score by 2.2 points over a course of 3 months.

HupA can also support the function for mental clarity and cognitive function in healthy patients (ie. without symptoms of neurodegenerative dementia).

- Dr. Carol Lin, ND (Currently Practicing in Downtown Vancouver; Member of Vita Aid's Medical Advisory Board)

Cognicin is formulated with Huperzine A, plus other brain tonic ingredients such as:

- » Phosphatidylserine - the only FDA approved ingredient claiming the effectiveness in improving aged-related memory degeneration
- » Curcuma longa extract C3 - a patented curcumin complex with at least 95% curcumin as antioxidant, anti-inflammatory, anti-amyloid to decrease amyloid deposition in the brain as seen in AD.
- » Ginkgo biloba extract (standardized to 24% ginkgo flavonglycosides)
- » Rosemarinus officinalis extract (6% rosemarinic acid).

Reference:

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2. Rogers SL, Doody RS, Hohs RC, Friedhoff LT, Donepezil Study Group (1998a). Donepezil improves cognition and global function in Alzheimer disease: a 15-week, double-blind placebocontrolled study. *Arch Intern Med* Vo. 158: 1021-1031.
3. Rogers SL, Doody RS, Hohs RC, Friedhoff LT, Donepezil Study Group (1998b). A 24-week, double-blind, placebo-controlled trial of donepezil in pateints with Alzheimer's disease. *Neurology* Vol50: 136-145.

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