



Can a herbal supplement improve cognitive decline?

Do you feel your memory is declining? Between 25-50 per cent of the world's ageing population experience subjective cognitive complaints (SCCs) such as frequent forgetfulness, difficulties concentrating, making decisions and thinking clearly. SCCs are also linked to an increased risk of mild cognitive impairment (MCI) and Alzheimer's disease.

Researchers at NICM Health Research Institute, Western Sydney University are seeking participants for a six-month clinical trial investigating a herbal and nutritional supplement for the treatment of SCCs.

Who can join?

Men and women aged over 60, who:

- Experience problems with memory and/or thinking
- Are not diagnosed with dementia or mild cognitive impairment
- Are non-smokers
- Have normal or corrected to normal vision and hearing
- Are not suffering from any serious health conditions (psychological and physical).

Human Research Ethics Committee Approval: This clinical trial has been approved by Western Sydney University Human Research Ethics Committee (Approval Number: H11958). The study is supported by NICM Health Research Institute, Western Sydney University and BioCeuticals. ACTRN12617000945325



What's involved?

- A short screening questionnaire and interview over the phone.
- A face-to-face screening session.
- Two blood tests at your local pathology.
- Three cognitive testing sessions and two EEG sessions (on the same day as two of the cognitive testing sessions).
- One tablet taken twice daily (morning and night) during the six-month study.
- Travel to the study centre at NICM Health Research Institute, Western Sydney University, Campbelltown or Westmead (NSW).

What are the benefits of participating?

- You will be reimbursed \$30 per testing session (excluding the face to face screen) for your travel expenses.
- You may experience improved cognition.
- You will be helping to advance medical research, which could assist in the development of effective treatments in the future for people with Subjective Cognitive Complaints.

For more information, please contact
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