
Student Success \ Brain, Emotion, and Health

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Can Supplements Boost Brain Power?

GINKGO BILOBA

May help increase oxygen flow to the brain while acting as an antioxidant. One preliminary study suggests that it may help relieve mild dementia.

VITAMIN E

This antioxidant helps prevent heart disease and boost immune function. Studies suggest that it may also slow the progression of Alzheimer's. However, no definitive studies show that it can help improve memory in healthy people.

DHEA

After the age of 30, the adrenal glands produce less and less of this hormone. Mice given DHEA supplements excel on learning tasks. It's not clear whether people do.

ASPIRIN

Regular use of non-steroid based anti-inflammatories such as Aspirin may help delay the onset of Alzheimer disease. These drugs can cause gastrointestinal damage, however new versions may not.

ESTROGEN

Apart from lowering the risk of Alzheimer's disease in postmenopausal women, estrogen helps support normal brain function. Studies do suggest that estrogen replacement therapy maintain both verbal and visual memory.

DHA

An omega-3 fatty acid that is abundant in breast milk. This is critical for normal brain development in babies. There are no studies indicating that it can improve cognitive functions later in life, however these supplements are popular.