



Clinical Trial: Effects of Culinary Herbs on Brain Function

Research Participants Needed

WHO: We are seeking participants who are between ages 65-90, non-smokers, in a stable state of general health, and do not have any of the following:

A history of kidney disease or liver disease; developed dementia or Alzheimer's disease; recent clinical depression or any psychiatric disorders; epilepsy; advanced diabetes; uncontrolled thyroid disease (i.e., diagnosed but not taking medication for it); digestive diseases, such as inflammatory bowel disease or gastritis; a recent history of serious cardiovascular events (e.g., heart attack or stroke in last 3 months); anemia requiring treatment beyond over-the-counter iron supplements; have known allergies to drugs; are taking prescribed anti-anxiety, anti-depressant, anti-epileptic or anti-psychotic medications; are taking St John's wort or high iron supplementation.

WHAT: The purpose of this study is to investigate the short-term effects of culinary herbs on attention and memory performance in older adults. Reduced brain functioning such as memory loss and poor concentration are often distressing consequences of aging, and non-toxic and dietary substances that can address such decline may reverse some of the social and economic costs associated with this issue.

The study procedure involves commitment on six occasions for a total of 40 hours (i.e., an initial familiarization day of less than 3 hours, and 5 subsequent sessions of one day per week for 5 weeks between the hours of 8:30am – 4:00pm or 9:00am – 4:30pm).

You will consume a tomato drink containing a randomly-assigned amount of the herbs being investigated and complete computer-based tests and questionnaires. There are no known legal, social, psychological or financial risks involved in this study, and the food/herbal agents to be tested have GRAS (generally recognized as safe) status with the U.S. FDA—no adverse events are expected. The only possible risk of drinking the tomato-based drink may be related to minimal physical risk due to the possibility of mild stomach upsets in some individuals associated with the intake of tomato juice, which would likely be known to you prior to starting the study or discovered during the initial familiarization day.

WHY: To get involved in novel research that may benefit yourself and the wider community. Potential benefits include improvements in brain functioning, such as memory and concentration!

At the end of your participation, you will also receive a one-time \$25 discount on Tai Sophia clinical services and a 10% discount in the Meeting Point Bookstore on all non-food purchases for 6 months.

WHEN: Study begins November 2009 and runs through January 2010. Call now to schedule your initial consultation before slots fill up!

WHERE: Tai Sophia Institute, 7750 Montpelier Road, Laurel, MD 20723, www.tai.edu

**If you or someone you know may be interested, please contact us at:
410-888-9048 ext. 6711 or research@tai.edu**