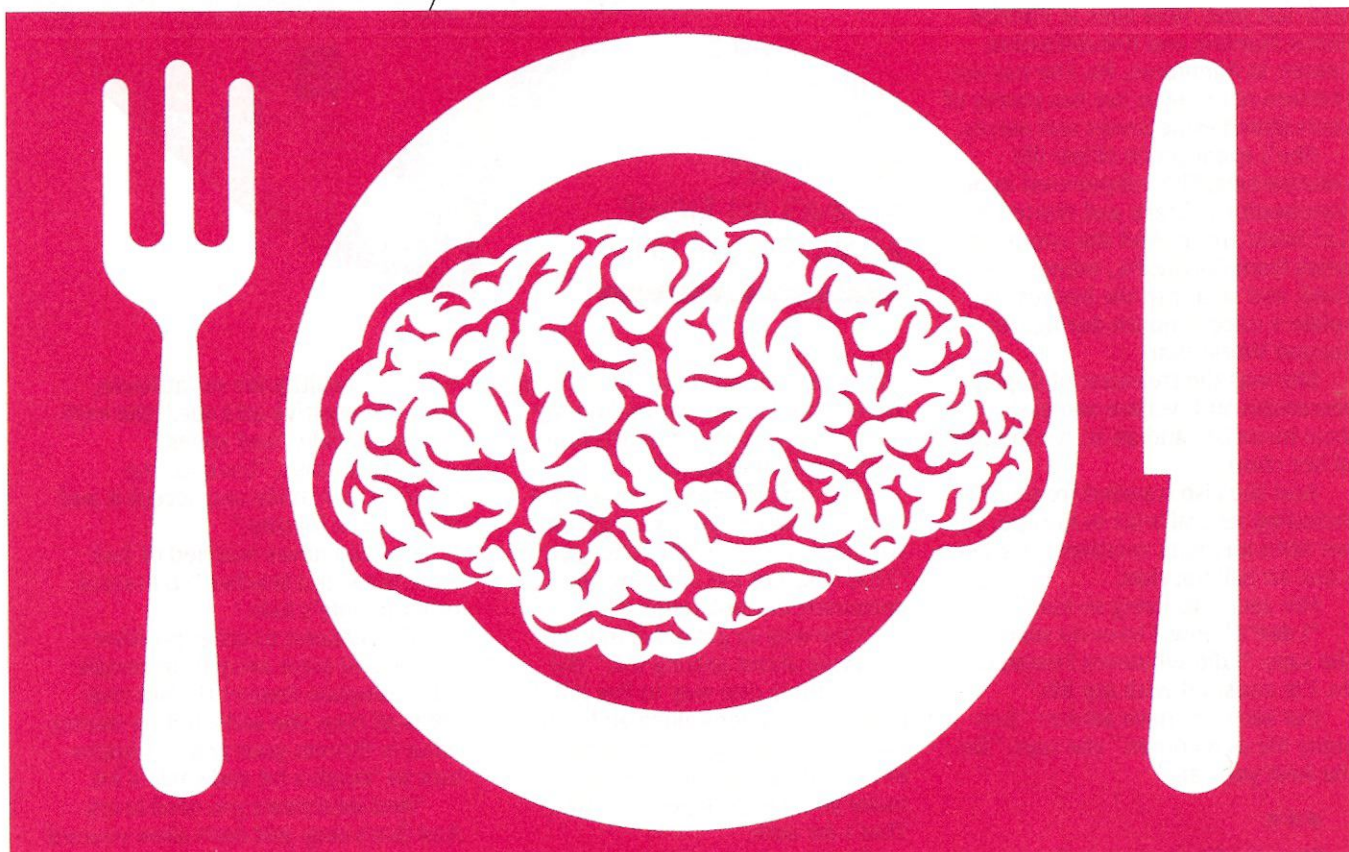


BRAIN FOOD

VITAMIN B

A groundbreaking study has discovered B vitamins can slow brain atrophy. // **By Celia Shatzman for USA TODAY**



“THE B VITAMINS LOWER THE LEVELS OF HOMOCYSTEINE AND THAT IS ASSOCIATED WITH A SLOWING OF THE RATE OF SHRINKAGE BY UP TO 50 PERCENT.”

According to research from Oxford University, high doses of vitamin B can slow brain shrinkage, which often leads to dementia and Alzheimer’s disease.

Brain shrinkage is linked to high levels of homocysteine, an amino acid that is toxic to nerve cells. Because B vitamins can help break down homocysteine, Oxford researcher David Smith and his team tested whether reducing homocysteine levels could slow the rate of brain shrinkage.

The super high dosage of vitamins B6, B9, and B12 the team gave study participants was more than people could get from traditional supplements or food. For two years the researchers examined 168 volunteers over age 70 with mild cognitive impairment; half of the volunteers took high-dose vitamin B pills daily and the other half took a placebo. By the end of the study, the homocysteine levels had dropped by nearly 23 percent for the participants taking the pills, while