

**Stancil AN, Hicks LH. Glyconutrients and perception, cognition and memory.
Perceptual and Motor Skills 2009;108:259-270.**

SUMMARY

Neuropsychological tests were administered to 62 college students to assess the influence of glyconutrients* on perception, cognition and memory in two randomized, double-blind, placebo-controlled, counterbalanced studies. Participants were given both a glyconutritional supplement and a control substance prior

to testing. In Exp. 1, a Same-Different visual discrimination task, Raven's Standard Progressive Matrices and the Stroop test were administered. In Exp. 2, simple and complex working-memory capacity were measured. Participants receiving the supplement performed significantly more accurately on the visual discrimination task and the first session of the simple working-memory test.

* A single one-tablespoon serving of Ambrotose® complex.