

Best, T. Bryan J, Burns N. An investigation of saccharide effects on memory performance.
Abstracts of the 12th Annual Australian Psychiatry Conference, 2005.

ABSTRACT

Previous research suggests that saccharides, especially glucose, enhance the performance of cognitive tasks. The positive effects of glucose administration in old and young adults have been well researched. The current study investigated the effects of glucose and additional saccharides on the memory performance of middle-aged adults aged between 45 and 63 years. Memory tasks included immediate and delayed recall, recognition, short-term memory, working memory,

and a test of general cognitive ability. Participants were randomly given one of three treatments: 25 g of glucose, or 7 g of a combination of saccharides,* or 2 drops of Stevia as a placebo. There were no statistically significant effects of the treatments on the performance on any of the outcome measures. However, the pattern of means in the combination of saccharides group suggests potential positive effects on memory task performance. Possible directions for further research will be discussed.

*A single 7 gram serving of Ambrotose® complex (1.75 times the recommended dose [4 grams/day] for this product).