

Best T, Kemps E, Bryan J. Saccharide effects on cognition and well-being in middle-aged adults: A randomized controlled trial. *Developmental Neuropsychology* 2010;35(1):66–80.

ABSTRACT

The current study used a randomized, double-blind, placebo-controlled design to investigate the effects of saccharide supplementation [Ambrotose complex powder®] on cognition and well-being in middle-aged adults. Participants (N = 109; 45–60 years) took a teaspoon of a combination of saccharides or a placebo twice daily for 12 weeks (3.6 g per day). Before and after this

supplementation period, participants completed alternate forms of standardized tests of cognition and self-report measures of well-being. Significant beneficial effects of saccharide supplementation were found for memory performance and indicators of well-being. The potential for these nutrients to optimize cognitive function and well-being in older adults warrants ongoing investigation.