Condition Search

Natural Product Effectiveness Checker Results

Search for: memory
Matches: 19

Clinical Management Series:

- Natural Medicines in the Clinical Management of Alzheimer's Disease

Possibly Effective:

- **CAFFEINE** (Possibly Effective) View ALL Products Containing: CAFFEINE

Memory
Taking caffeine 65-200 mg orally daily seems to improve memory function in some individuals, including people with extraverted personalities and college students (37845,38071,91080).

- **HUPERZINE A** (Possibly Effective) View ALL Products Containing: HUPERZINE A

Memory
Taking huperzine A orally seems to improve memory function for healthy adolescents. In a small-scale, placebo controlled trial, Chinese middle school children complaining of poor memory had significant improvement in memory quotient scores after taking huperzine A for 4 weeks compared to placebo (4626).

- **SAGE** (Possibly Effective) View ALL Products Containing: SAGE

Memory
Single doses of Spanish sage (Salvia lavandulaefolia) 25-50 mcL seems to enhance memory in young adults (10811,72609,72660). This effect may be dose-dependent (10811). Also, taking a single dose of common sage (Salvia officinalis) extract 333 mg improves secondary memory compared to placebo in healthy, older adults (72642). When used as aromatherapy, essential oils of common sage (Salvia officinalis) but not Spanish sage (Salvia lavandulaefolia) seem to improve quality of memory and secondary memory. Neither species improve speed of memory or working memory when used as aromatherapy (72658).

- **TYROSINE** (Possibly Effective) View ALL Products Containing: TYROSINE

Memory
Preliminary clinical evidence suggests that taking L-tyrosine 150 mg/kg two hours prior to performing a memory task does not improve memory compared to placebo in healthy adults (81499). However, tyrosine may improve memory under stressful conditions. Taking tyrosine 150-300 mg/kg seems to improve memory performance when taken prior to acute exposure to cold-stress (81477,81499). Also, taking L-tyrosine 150 mg/kg one hour prior to memory testing seems to improve working memory during a multitasking battery, but not a simple task battery, compared to placebo (81469).

Possibly Ineffective:

- **GINKGO** (Possibly Ineffective) View ALL Products Containing: GINKGO

Age-related memory impairment
Some early clinical evidence suggests that ginkgo leaf extract might result in small improvements in memory and cognitive function in non-demented patients with age-related memory impairment (5717,6216). Also, taking a specific combination product (Memo, Pharco Pharmaceuticals), which contains natural lyophilized royal jelly 750 mg, standardized ginkgo leaf extract 120 mg (containing 24% flavonoid glycosides and 6% terpenoids), and standardized Panax ginseng root extract 150 mg (containing 40% to 80% ginsenosides), orally for 4 weeks improves memory in elderly patients with mild cognitive impairment when compared with placebo (89712).

- **LECITHIN** (Possibly Ineffective) View ALL Products Containing: LECITHIN

Age-related memory impairment
Taking lecithin 26 grams daily alone or in combination with physostigmine does not seem to improve or enhance memory in healthy, elderly subjects, aged 64 years and older (19204).

- **SPEARMINT** (Possibly Ineffective) View ALL Products Containing: SPEARMINT

Memory
Chewing spearmint-flavored gum during memory assessments does not appear to improve memory or attention in healthy adults compared to chewing unflavored gum (75725,75754).

Likely Ineffective:

- **CHOLINE** (Likely Ineffective) View ALL Products Containing: CHOLINE

Age-related memory impairment
Taking choline orally does not improve memory in elderly people with memory loss (5170).

Insufficient Evidence:

- **APOAEQUORIN** (Insufficient Evidence) View ALL Products Containing: APOAEQUORIN

Memory
Preliminary unpublished clinical research shows that taking apoaequorin (Prevagen, Quincy Bioscience) 10 mg daily for 90 days might improve some aspects of memory, including forgetfulness, word recall, and the need for reminders in some patients (90306). However, a lack of control group limits the validity of these findings.

- **CITICOLINE** (Insufficient Evidence) View ALL Products Containing: CITICOLINE

Memory
Preliminary clinical research suggests that taking citicoline 1000 mg daily improves memory, learning, and verbal ability in patients with traumatic brain injury (43287). Other clinical evidence suggests that taking citicoline 1000 mg daily for 4 weeks improves memory recall but not recognition compared with placebo in elderly individuals (43284).

- **CRANBERRY** (Insufficient Evidence) View ALL Products Containing: CRANBERRY

Memory
Preliminary clinical evidence suggests that taking cranberry juice 16 ounces twice daily for 6 weeks does not significantly improve memory compared to placebo in cognitively intact older adults (46390).

- **GINSENG, PANAX** (Insufficient Evidence) View ALL Products Containing: GINSENG, PANAX

Age-related memory impairment
Taking a specific combination product (Memo, Pharco Pharmaceuticals), which contains natural lyophilized royal jelly 750 mg, standardized ginkgo leaf extract 120 mg (containing 24% flavonoid glycosides and 6% terpenoids), and standardized Panax ginseng root extract 150 mg (containing 40% to 80% ginsenosides), orally for 4 weeks improves memory in elderly patients with mild cognitive impairment when compared with placebo (89712).

Memory impairment
Taking standardized ginseng extract (G115) in combination with vitamins, minerals, and dimethylaminoethanol bitartrate may improve memory compared to baseline in patients over 50 years old with memory impairments (23600).

- **L-CARNITINE** (Insufficient Evidence) View ALL Products Containing: L-CARNITINE

Memory
Preliminary clinical research shows that taking L-carnitine 500 mg daily for 3 days does not improve memory in young adult females (58176).

- **PHOSPHATIDYLCHOLINE** (Insufficient Evidence) View ALL Products Containing: PHOSPHATIDYLCHOLINE

Memory
There is preliminary evidence that taking a single dose of phosphatidylcholine 25 grams (PC-55, TwinLab) can improve some measures of memory in healthy college students (5226).

- **SOY** (Insufficient Evidence) View ALL Products Containing: SOY

Memory
Some research suggests that a high soy diet might slightly improve performance on memory tests (9671).

- **VINPOCETINE** (Insufficient Evidence) View ALL Products Containing: VINPOCETINE

Memory
Preliminary clinical research suggests that vinpocetine might enhance memory in normal volunteers (1796,1797). Additionally, some clinical evidence shows that taking a combination product containing vinpocetine and ginkgo can improve short-terms

memory in healthy adults (8544).

- YOGA (Insufficient Evidence) View ALL Products Containing: YOGA

Memory

Preliminary clinical research shows that practicing pranayama or yogic breathing for 10 days may improve spatial memory in children and adolescents (89008).

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