

18 supplements that may stave off Alzheimer's

A new study from the Cleveland Clinic has revealed that 99.6 percent of Alzheimer's drug trials are *unsuccessful*! Of 244 drugs tested from 2002 to 2012, *only one drug was a success*—and a very partial one at that, with only temporary small benefits and no impact on the ultimate course of the disease, and with side effects to boot!

No wonder that drug companies are rethinking the vast amounts of money that they're pouring into Alzheimer's research and that the "drug pipeline" is drying up—and consumers are searching for natural ways to forestall the disease in lieu of a "magic bullet" cure.



The problem is critical. With 10,000 Baby Boomers reaching the Alzheimer's risk period each day (!) our current tally of 5.5 million sufferers will reach 14 million by 2050 if we don't come up with better answers. This unsustainable level of disability will sink our health care system and hobble our economy.

In the second of my new "Clinical Focus" podcast series, I focus on factors that impact the progression of dementia such as genes, diet, exercise, mental gymnastics, sleep, stress, heavy metal toxicity and harmful effects of prescription drugs.

I also catalog some of my favorite supplements for combating cognitive decline.

Here's the list:

- 1) **DHA-rich fish oil:** 1.5 to 2 grams per day
- 2) **Vitamin E (gamma-rich mixed tocopherols):** 2,000 IUs per day
- 3) **Alpha lipoic acid:** 600 milligrams twice daily
- 4) **B12 (methylcobalamin):** 500-1,000 micrograms per day
- 5) **Folate (5 methyl-folate, not synthetic folic acid!):** 1-5 milligrams per day
- 6) **Phosphatidylserine (PS):** 200-300 mg per day
- 7) **Phosphatidylcholine (PC):** 12-15 grams per day
- 8) **Acetyl-L-carnitine:** 2-3 grams per day
- 9) **Melatonin:** 1.5 to 3 grams before bedtime
- 10) **DHEA (dehydroepiandrosterone):** 5-15 milligrams per day for women; 25-50 milligrams per day for men
- 11) **Ginkgo biloba:** 120-240 milligrams per day
- 12) **Huperzine A:** 200 micrograms twice daily
- 13) **Vinpocetine:** 5-10 milligrams three times daily
- 14) **CoQ10/Ubiquinol:** 1,200 to 1,600 mg daily/600 to 800 mg daily

15) Resveratrol: 500 milligrams once daily to 1,000 milligrams twice daily

16) Vitamin D: 2,000 IU per day

17) Curcumin: 500 to 1,000 milligrams twice daily

18) Nicotinamide riboside (Tru Niagen): 125 milligrams twice daily

To get the rationale for each of these supplements in detail, listen to **Part 2** of my **Clinical Focus** podcast on Alzheimer's. If you'd like to purchase any of the supplements listed above, visit the **Hoffman Center store**.