



# Help reduce brain shrinkage

The term dementia refers to a group of diseases, with Alzheimer's disease being the most common form. Dementia is the loss of cognitive functioning – thinking, remembering and reasoning - to such an extent that it interferes with a person's daily life and activities.

About 3% of adults aged 70 to 74 will develop dementia. That's about 1 in every 33 people in that age bracket. The prevalence of dementia increases with age. About one-third of people over 85 will have some form of dementia.

It is not known exactly why some people develop dementia while others only ever suffer occasional forgetfulness. An increased rate of brain shrinkage is one of the hallmarks of people who eventually develop dementia.

In a groundbreaking clinical study, researchers at Oxford University looked at the rate of brain shrinkage (atrophy) in those over the age of 70 who were suffering mild cognitive impairment.

One group of participants received supplementation with folic acid, vitamin B12 and vitamin B6. The other group received a placebo. The rate of brain shrinkage was assessed by MRI scans over two years.

The rate of brain shrinkage for those in the B-vitamin treatment group was 30% less on average than for those who received the placebo.

On closer inspection (called retrospective analysis), the researchers discovered something else: the level of omega-3 fatty acids in a person's blood determines how effective (or not effective) B vitamins are.

Those with high baseline omega-3 fatty acids had the best results from treatment with B vitamins; their rate of brain shrinkage was a whopping 40% less on average, compared to the placebo group.

As a Neuroscientist, I don't use the term "groundbreaking" lightly when it comes to research.

These studies are by far the most conclusive to date in identifying a way to reduce a person's risk of developing dementia.

And the way to achieve it is so simple!

Eat a balanced diet with plenty of greens, poultry and some red meat, plus oily fish. If that is not possible, protect yourself by supplementing with a good quality Omega-3 product and B Vitamins.

In good health,

Dr. Amanda Wiggins,  
Xtend-Life Chief Research Scientist



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## Protect your brain with what you eat

Wanting to protect your brain through your senior years? Your diet may hold the answers! Chief Research Scientist, Dr. Amanda Wiggins has demystified the latest research.

[LEARN MORE](#)

## High quality Omega-3's for brain health

Check out Xtend-Life's full range of Omega-3 supplements made from New Zealand hoki fish and blended with selected ingredients for targeted health support.

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## We Wanted You to be the First to Know

Everyone loves a sneak preview! After many months of development, we are beyond excited to share that we're launching a new product soon.



**Think Sharp** is an exciting new product that was developed off the back of groundbreaking research. Designed by a Neuroscientist, it contains Sibelius Sage®, Huperzine A and Bacopa Extract for a fast brain boost, and targeted nutrition in the form of B-vitamins + folate for long-term support of brain health. Stay tuned for launch details coming soon!

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