

## Can Supplements Prevent Dementia

There are some vitamin deficiencies in the body that could worsen cognition (memory and thinking) such as low vitamin D3 (cholecalciferol), vitamin B12 (cyanocobalamin), and vitamin B1 (thiamine). If your doctor finds that these levels are low in your body, supplementing them may help cognition, along with other benefits for your body.

Other than these vitamins, there is not enough evidence to recommend any supplements to treat dementia at this time. Either studies are lacking or results from studies are inconsistent. Remember, if something sounds too good to be true, it probably is.

Supplements lacking scientific data to support use to slow or prevent Alzheimer's disease include:

- Gingko biloba
- Yokukansan
- Vitamin E
- Caprylidene (Axona®)
- Omega-3 fatty acids (fish oil)
- Huperazine A

Remember to talk to your healthcare provider/pharmacist if you are considering any supplements. They will check to see if there are any interactions with your other medications and if they are safe to take. Some can increase bleeding risk therefore a conversation with your healthcare team is very important.