



*The taste you love, the nutrition you want.*

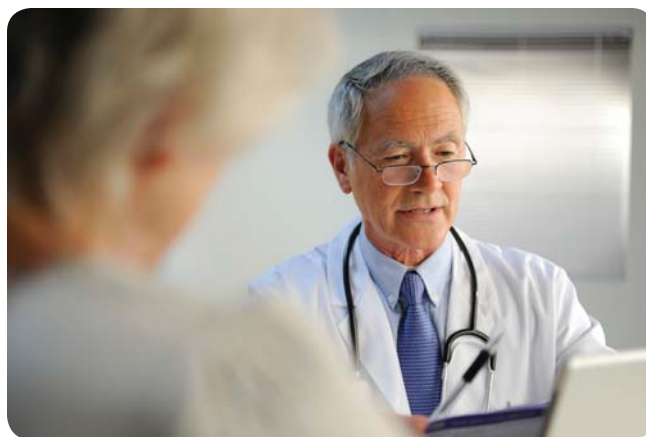
## Aging & Cognitive Function

The onset of age-related neurodegenerative diseases such as Alzheimer's or Parkinson's disease, superimposed on a declining nervous system, could exacerbate the motor and cognitive behavioral deficits that occur as a part of the aging process.

It is in the interest of public health to explore methods to slow down or reverse age-related neuronal deficits. Consumption of diets rich in antioxidants and anti-inflammatory polyphenolics, such as those found in raspberries, may lower the risk of developing age-related neurodegenerative diseases.

Research suggests that the polyphenolic compounds found in berry fruits may exert beneficial effects by lowering oxidative stress and inflammation or by altering the signaling involved in neuronal communication, calcium buffering ability, neuroprotective stress shock proteins, plasticity, and stress signaling pathways. These interventions, in turn, may exert protection against age-related deficits in cognitive and motor function.

Scientific evidence released by the Kame Project demonstrated that regular dark fruit juice consumption could lower risk against Alzheimer's disease. These findings suggest the potential anti-aging roles of



berry phenolics including anthocyanins. Research is currently underway to determine whether or not raspberry consumption improves motor control, memory and learning of new tasks in mice and aged rats. If the findings are positive, this would suggest that the beneficial effects of anthocyanins are due not only to antioxidant protection against stress, but also to neurogenesis, enhanced neuronal signaling capabilities and improved communication among neurons.



WASHINGTON **Red**  
**Raspberries**