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## Evaluation of the cognition enhancement potential of nutraceuticals and natural products using the CDR system

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As interest continues to grow in substances which can enhance cognitive function, natural products are increasingly being recognized to possess such properties. For both regulatory and marketing purposes, it is critical that such product claims are backed up by solid scientific evidence. The International Life Sciences Institute Europe Nutrition and Mental Performance Task Force has published recommendations for cognitive testing in such work includes the use of standardized, sensitive, valid and reliable procedures. One issue they raise is that due to the vast range of cognitive used to study in this field, it is difficult to compare the cognitive effects of different products. The CDR System is a highly sensitive extensively validated set of cognitive tests which has been in worldwide use in clinical trials for over 30 years. It possesses the properties to satisfy all of the task force recommendation. It is user and participant friendly and enables the assessment of cognitive domain-specific effects in a wide range of populations. It is designed to show minimal practice effects and assesses core cognitive domains relevant for everyday life. The CDR System has been used in over 50 studies to evaluate the beneficial cognitive effects of a wide range of compounds and nutrients in different populations. In this presentation these findings will be summarized, so that the diverse range of substances studied can be contrasted across core cognitive domains for their ability to enhance function.

### Biography

P. Goetghebeur has completed his MSc in Neuroscience from the Institute of Psychiatry in London. He is Principal Clinical (cognition) at Bracket LCC (UK), clinical trial technology and specialty services provider. He has 20 years' experience within the pharmaceutical industry.

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