

# Cocoa & Cognition



We are seeking **healthy volunteers aged 60-75** to help investigate the long-term benefits of daily consumption of flavonoids (small compounds found in many fruits and vegetables) on mental performance (cognition) and brain blood flow over 36 weeks.

- Are you 60-75 years old, right-handed, generally healthy (no neurological or psychological illness, no high blood pressure or diabetes), have a stable diet, a normal BMI and have no cardiac pacemaker or metal implants?
- Are you happy to take a daily nutritional supplement for 24 weeks, spend 3 mornings at the University of Reading (before your supplement, after 24 weeks and after a further 12 weeks) performing a series of paper-based and computerized tests and have your brain scanned with functional magnetic resonance imaging (fMRI)?
- You will be remunerated for taking part in this study.

If you would like further information about this study, please contact Anja or Georgina on 07580 237963 or [CoCo@reading.ac.uk](mailto:CoCo@reading.ac.uk).

**This study has been reviewed according to procedures specified by the University Research Ethics Committee and has been given a favourable opinion for conduct.**

[www.reading.ac.uk/internal/res/ResearchEthics](http://www.reading.ac.uk/internal/res/ResearchEthics)

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