

Bacopa Monniera: An Herb to Enhance Your Memory

It is not uncommon to become more forgetful as we age. Remembering where we put the car keys or what we had for dinner 2 nights ago seems to become more difficult as the years go by.

Fortunately, research is now showing that a naturally occurring herb in India, Bacopa monniera, houses the potential to help us make the most of our memories.

An Australian study, involving 81 participants aged 55 and older, revealed that participants receiving a 300 mg per day extract of Bacopa monniera displayed significant improvements in learning new information and recalling this information at a later time.

These findings are consistent with traditional use and previous research.



Source: The Cochrane Library

<http://onlinelibrary.wiley.com.ezproxy.cmcc.ca/o/cochrane/clcentral/articles/550/CN-00759550/frame.html>