

A double-blinded, randomized, placebo-controlled trial to study the effects of dietary flax beverage on memory and cognition.

PARTICIPANTS NEEDED FOR FLAX BEVERAGE STUDY

You are invited to take part in a study testing the effect of flax beverage on memory and cognition

What is involved? (5 total In-Person Visits)

- **Attend 1 Screening clinic visit:**
 - Screening Visit (Visit 1): Sign Informed Consent, Screening Questionnaire, Medical History, Blood Pressure and 2 short Memory and Cognition Tests (~2 hours). **This visit determines if you qualify for the study.**
- **Attend 2 Baseline clinic visits:**
 - Baseline Visit (Visit 2): 1 Memory and Cognition Test (1 hour).
 - Baseline Visit (Visit 3)*: Fasting blood draw (15 minutes).
- **180 days of flax beverage or placebo consumption (monthly delivery)**
- **Attend 2 Final clinic visits:**
 - Final Visit (Visit 4): Review Medical History, Blood Pressure and 3 Memory and Cognition Tests (~2 hours).
 - Final Visit (Visit 5)*: Fasting blood draw (15 minutes)

** A select number of participants will be asked to have a PET-CT (Brain Scan) at HSC at the beginning and end of the study in addition to the above visits.*

Where do I go?

- I.H Asper Clinical Research Institute (3rd floor), 369 Taché Ave – St. Boniface Hospital site

Who are we looking for?

60-84 year old men and women with mild memory loss and cognitive impairment (amnesic MCI) whose overall general health is good.

If you want to learn more, please contact us at:
(204) 235-3941 or flaxmemory@sbrc.ca