- Brain

Nutrition

BETTER HEALTH, MORE ENERGY AND USEFUL, EXPERT-APPROVED ADVICE ON A PLATE

DAMAGE CONTROL

Adding pomegranates to your plate could protect your brain, say University of Copenhagen researchers. After discovering in a previous study that nicotinamide riboside (NR) – a form of vitamin B3 – actively removes damaged mitochondria from the brains of mice, they investigated whether another substance, urolithin A, had the same effect. Found in foods like pomegranates, walnuts and raspberries, it was found to be just as effective as NR at clearing damaged cells from the brains of mice modelling Alzheimer's disease. While more research is needed on humans and to determine how much urolithin A we need to consume to reap its brain-protecting rewards, these promising results could offer a simple way to stave off cognitive decline. Pomegranate punch, anyone?



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