

Preventing dementia: do vitamin and mineral supplements have a role?

Sarah Chapman for Evidently Cochrane 3 January 2019 updated 18 December 2020

References

Burckhardt M, Watzke S, Wienke A, Langer G, Fink A. Souvenaid for Alzheimer's disease. Cochrane Database of Systematic Reviews 2020, Issue 12. Art. No.: CD011679. DOI: 10.1002/14651858.CD011679.pub2. Accessed 18 December 2020.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011679.pub2/full>

Livingston G, Sommerlad A, Orgeta V, Costafreda SG, Huntley J, Ames D, Ballard C, Banerjee S, Burns A, Cohen-Mansfield J, Cooper C, Fox N, Gitlin LN, Howard R, Kales HC, Larson EB, Ritchie K, Rockwood K, Sampson EL, Samus Q, Schneider LS, Selbæk G, Teri L, Mukadam N. Dementia prevention, intervention, and care. *Lancet* 2017;390(10113):2673-734. Available from: [http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(17\)31363-6/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(17)31363-6/fulltext)

Marais K. "Behind the headlines: can one in three dementia cases be prevented?". Cochrane UK, *Evidently Cochrane* blog, 1 August 2017. Web. 14 December 2018. <http://www.evidentlycochrane.net/behind-the-headlines-can-one-in-three-dementia-cases-be-prevented/>.

Marais K. "Behind the headlines: can one in three dementia cases be prevented?". Alzheimer's Research UK blog, 20 July 2017. Web. 14 December 2018. <http://www.dementiablog.org/behind-the-headlines-can-one-in-three-dementia-cases-be-prevented/>.

McCleery J, Abraham RP, Denton DA, Rutjes AWS, Chong LY, Al-Assaf AS, Griffith DJ, Rafeeq S, Yaman H, Malik MA, Di Nisio M, Martínez G, Vernooij RWM, Tabet N. Vitamin and mineral supplementation for preventing dementia or delaying cognitive decline in people with mild cognitive impairment. Cochrane Database of Systematic Reviews 2018, Issue 11. Art. No.: CD011905. DOI: 10.1002/14651858.CD011905.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011905.pub2/full>

Rutjes AWS, Denton DA, Di Nisio M, Chong LY, Abraham RP, Al-Assaf AS, Anderson JL, Malik MA, Vernooij RWM, Martínez G, Tabet N, McCleery J. Vitamin and mineral supplementation for maintaining cognitive function in cognitively healthy people in mid and late life. Cochrane Database of Systematic Reviews 2018, Issue 12. Art. No.: CD011906. DOI: 10.1002/14651858.CD011906.pub2.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD011906.pub2/full>

Sydenham E, Dangour AD, Lim WS. Omega 3 fatty acid for the prevention of cognitive decline and dementia. Cochrane Database of Systematic Reviews 2012, Issue 6. Art. No.: CD005379. DOI: 10.1002/14651858.CD005379.pub3.

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD005379.pub3/full>

Walsh F. "Nine lifestyle changes can reduce dementia risk, study says". BBC News, Health, 20 July 2017. Web. 14 December 2018. <https://www.bbc.co.uk/news/health-40655566>