Claims

1. Use of a preparation for the manufacture of a composition for treating, inhibiting, suppressing, and/or decreasing impaired plasma levels of one or more polar lipids selected from the group consisting of C16:1 CE; C18:3 CE; C20:4 CE; PI(34:1); PI(38:2); PI(38:4); C16:0 CE; C18:2 CE; PA(34:3); PE(36:0); PE(38:0); aePC(36:0); aePC(38:0); aePC(38:4); aePC(40:4); lPC(18:0); lPC(18:3); lPC(20:4); PC(36:1); PC(38:0); PC(38:4); PC(40:4); DSM(18:0); aePC(32:1); aePC(32:2); aePC(34:0); PC(44:2); SM(16:0); SM(18:0); SM(22:0); SM(24:0); SM(24:1); aePC(36:5); aePC(38:5); aePC(40:5); lPC(20:5); lPC(22:5); PC(36:5); PC(38:5); PC(40:5); PI(38:5); PI(40:5); C20:5 CE; C22:6 CE; aePC(38:6); aePC(40:6); aePE(40:6); PC(36:6); PC(38:6); PC(40:6); PC(42:6); PI(40:6); C22:5 CE; aePE(38:6); lPE(22:6); PE(38:6); PE(40:6); PI(38:6); PC(40:7); PC(40:8); PC(42:10); PC(42:7); PC(42:8); PC(42:9); PE(40:7); lPC(22:6); C19:0 CE; C19:1 CE; C20:0 CE; C20:1 CE; C20:3 CE; PE(34:1); PE(34:2); PE(36:1); PE(36:2); PE(36:3); PE(36:4); PE(38:3); PE(38:4); PE(40:4); PI(36:3); PI(38:3); PS(38:4); aePC(36:1); aePC(38:1); aePC(38:2); aePC(38:3); aePC(40:2); aePC(40:3); lPC(20:3); PC(34:3); PC(36:3); PC(38:1); PC(38:2); PC(40:3); and PE(40:5) in a Alzheimer's Disease (AD) or mild cognitive impairment (MCI) subject, wherein said composition comprises at least one B vitamin selected from the group consisting of vitamin B6, vitamin B12 and vitamin B9; and one or more of uridine and cytidine, or salts, phosphates, or esters thereof.

2. Use according to claim 1, said composition comprising at least two B vitamins selected from the group consisting of vitamin B6, vitamin B12 and vitamin B9.

3. Use according to claim 2, said composition comprising vitamin B6, vitamin B12 and vitamin B9.

4. Use of a preparation for the manufacture of a composition for treating, inhibiting, suppressing, and/or decreasing impaired plasma levels of one or more phosphatidylcholines [PC] selected from the group consisting of phosphatidylcholine diacyl C36:6 [PC aa C36:6], phosphatidylcholine diacyl C38:0 [PC aa C38:0], phosphatidylcholine diacyl C38:6 [PC aa C38:6], phosphatidylcholine diacyl C40:6 [PC aa C40:6] and phosphatidylcholine acyl-alkyl C40:6 [PC ae C40:6] in an AD or MCI subject, and wherein said subject is to be administered with a composition comprising at least one B vitamin selected from the group consisting of vitamin B6, vitamin B12 and vitamin B9; and one or more of uridine and cytidine, or salts, phosphates, or esters thereof.

5. Use according to claim 4, said composition comprising at least two B vitamins selected from the group consisting of vitamin B6, vitamin B12 and vitamin B9.

6. Use according to claim 5, said composition comprising vitamin B6, vitamin B12 and vitamin B9.

7. Use according to any one of claim 1 - 6, said composition comprising per daily dosage or per 100 ml, at least one, preferably at least two, most preferably all of:
   0.5 – 10000 µg, preferably 0.5 - 1000 µg vitamin B12;
   0.5 – 100 mg, preferably 0.7- 20 mg vitamin B6; and
   100 – 5000 µg, preferably 150-1000 µg folic acid.

8. Use according to any one of claim 1 - 6, said composition comprising per daily dosage or per 100 ml, 0.5 – 100 mg, preferably 0.7-20 mg vitamin B6, and 100 – 5000 µg, preferably 150-1000 µg folic acid.

9. Use according to any one of claim 1 - 6, wherein the plasma polar lipids are lPC 22:6 and/or PC 40:6, preferably at least lPC 22:6.

10. Use according to any one of claims 4 - 6, wherein said one or more phosphatidylcholines involve at least two, more preferably at least three phosphatidylcholine species selected from the group consisting of phosphatidylcholine diacyl C36:6 [PC aa C36:6], phosphatidylcholine diacyl C38:0 [PC aa C38:0], phosphatidylcholine diacyl C38:6 [PC aa C38:6], phosphatidylcholine diacyl C40:6 [PC aa C40:6] and phosphatidylcholine acyl-alkyl C40:6 [PC ae C40:6].

11. Use according to any one of claims 4 - 6, wherein said one or more phosphatidylcholine species is selected from the group consisting of phosphatidylcholine diacyl C36:6 [PC aa C36:6], phosphatidylcholine diacyl C38:6 [PC aa C38:6], phosphatidylcholine diacyl C40:6 [PC aa C40:6] and phosphatidylcholine acyl-alkyl C40:6 [PC ae C40:6], preferably at least phosphatidylcholine diacyl C40:6 [PC aa C40:6] and/or phosphatidylcholine acyl-alkyl C40:6 [PC ae C40:6].

12. Use according to any one of claims 4 - 6, further comprising monitoring plasma PC levels in the subject before and/or after administration.

13. Use according to any one of the preceding claims, wherein said composition further comprises a lipid fraction comprising at least one of docosahexaenoic acid (22:6; DHA), eicosapentaenoic acid (20:5; EPA) and docosapentaenoic acid (22:5; DPA), or esters thereof.

14. Use according to any one of the preceding claims, wherein said composition further comprises, per daily dose or preferably per 100 ml composition, at least 500 mg of DHA, preferably at least 600 mg of DHA, and at least 50 mg of uridine, preferably at least 100 mg of uridine.

15. Use according to any one of the preceding claims, wherein the composition comprises, per daily dose or preferably per 100 ml composition:

0.5 – 10000 µg, preferably 0.5 - 1000 µg vitamin B12;
0.5 – 100 mg, preferably 0.7- 20 mg vitamin B6;
100 – 5000 µg, preferably 150-1000 µg folic acid;
100 – 500 mg, preferably 200-400 mg EPA,
1000 – 1500 mg, preferably 1100-1300 mg DHA,
50 – 600 mg, preferably 60-200 mg phospholipids,
200 – 600 mg, preferably 300-500 mg choline,
400 – 800 mg, preferably 500-700 mg UMP (uridine monophosphate),
20 – 60 mg, preferably 30-50 mg vitamin E (alpha-TE),
60 – 100 mg, preferably 70-90 mg vitamin C, and
40 – 80 µg, preferably 50-70 µg selenium.

16. Use according to any one of the preceding claims, wherein the subject is an elderly of at least 50 years of age, and not suffering from any cognitive deficits.