

ACUTE COGNITIVE AND MOOD EFFECTS OF PLANT POLYSACCHARIDES IN ADULT HUMAN SUBJECTS

Abstract

Compositions and methods to improve cognitive performance and mood in an adult human subject's are presented herein. The method of the present invention involved the administration of a dietary supplement comprising plant polysaccharides. The compositions disclosed herein have beneficial effects on memory performance and tasks of high cognitive demand independent of blood glucose responses and despite mental fatigue.

[FIGURE 1]