CLAIMS

1. A pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder consisting essentially of a mixture of a black currant extract, an *Uncaria tomentosa* extract, and an oolong tea extract, wherein the water solubility of the mixture is increased relative to the water solubility of a pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder consisting essentially of *Uncaria tomentosa* extract, oolong tea extract, and no black currant extract.

2. The pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder of claim 1, wherein the black currant extract consists essentially of from about 10% to about 35% w/w proanthocyanidins, anthocyanidins, anthocyanins, or a combination thereof.

3. The pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder of claim 2, wherein the black currant extract consists essentially of about 25% w/w proanthocyanidins, anthocyanidins, anthocyanins, or a combination thereof.

4. The pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder of claim 1, wherein the mixture consists essentially of from about 10 mg to about 100 mg of black currant extract.

5. The pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder of claim 1, wherein the mixture consists essentially of from about 1% to about 10% w/w black currant extract.

6. The pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder of claim 1, wherein the mixture consists essentially of from about 100 mg to about 500 mg of *Uncaria tomentosa* extract.

7. The pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder of claim 1, wherein the mixture consists essentially of from about 10% to about 40% w/w *Uncaria tomentosa* extract.

8. The pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder of claim 1, wherein the mixture consists essentially of from about 100 mg to about 500 mg of oolong tea extract.

9. The pill, tablet, caplet, soft gelatin capsule, hard gelatin capsule, lozenge, sachet bag, emulsion, tea bag, suppository, or sterile packaged powder of claim 1, wherein the mixture consists essentially of from about 10% to about 40% w/w of oolong tea extract.

10. The soft gelatin capsule or hard gelatin capsule of claim 1, which has a weight from about 200 mg to about 1000 mg.

WHAT IS CLAIMED IS:

1. A composition comprising a therapeutically effective amount of a black currant extract; *Uncaria tomentosa* extract; and an oolong tea extract.

2. The composition of claim 1, wherein the black currant extract comprises from about 10% to about 35% w/w proanthocyanidins, anthocyanidins, anthocyanins, or a combination thereof.

3. The composition of claim 1 or claim 2, wherein the black currant extract comprises about 25% w/w proanthocyanidins, anthocyanidins, anthocyanins, or a combination thereof.

4. The composition of any one of claims 1-3, wherein the composition comprises from about 10 mg to about 100 mg of black currant extract.

5. The composition of any one of claims 1-4, wherein the composition comprises from about 1% to about 10% w/w black currant extract.

6. The composition of any one of claims 1-5, wherein the composition comprises from about 100 mg to about 500 mg of *Uncaria tomentosa* extract.

7. The composition of any one of claims 1-6, wherein the composition comprises from about 10% to about 40% w/w *Uncaria tomentosa* extract.

8. The composition of any one of claims 1-7, wherein the composition comprises from about 100 mg to about 500 mg of oolong tea extract.

9. The composition of any one of claims 1-8, wherein the composition comprises from about 10% to about 40% w/w of oolong tea extract.

10. The composition of any one of claims 1-9, wherein the composition is formulated as a pill, tablet, caplet, soft or hard gelatin capsule, lozenge, sachet, cachet, vegicap, liquid drop, elixir, suspension, emulsion, solution, beverage preparation, cold or hot tea beverage, syrup, tea bag, aerosol, suppository, sterile injectable solution, or sterile packaged powder.

11. The composition of any one of claims 1-10, wherein the composition is formulated as a capsule.

12. The composition of claim 11, wherein the capsule is from about 200 mg to about 1000 mg.

13. The composition of any one of claims 1-10, wherein the composition is formulated as a beverage preparation.

14. The composition of claim 13, wherein the beverage preparation is a beverage shot.

15. The composition of any one of claims 1-14, wherein the composition is more soluble than a composition comprising *Uncaria tomentosa* extract; oolong tea extract; and no black currant extract.

16. A capsule comprising a composition of any one of claims 1-12 and 15.

17. A beverage preparation comprising a composition of any one of claims 1-10 and 13-15.

18. A method for the treatment of amyloidosis in a mammal in need thereof comprising administering to the mammal in need thereof the composition of any one of claims 1-15.

19. The method of claim 18, wherein the amyloidosis is Alzheimer's disease, Down's syndrome, dementia pugilistica, cognitive dysfunction syndrome, canine cognitive dysfunction, multiple system atrophy, inclusion body myositosis, hereditary cerebral hemorrhage with amyloidosis of the Dutch type, Nieman-Pick disease type C, cerebral amyloid angiopathy, dementia associated with cortical basal degeneration, the amyloidosis of type 2 diabetes, amyloidosis of chronic inflammation, amyloidosis of malignancy and Familial Mediterranean Fever, amyloidosis of multiple myeloma and B-cell dyscrasias, amyloidosis of prion diseases, Creutzfeldt-Jakob disease, Gerstmann-Straussler syndrome, kuru, scrapie, amyloidosis associated with carpal tunnel syndrome, senile cardiac amyloidosis, familial amyloidotic polyneuropathy, or amyloidosis associated with endocrine tumors.

20. A method of treating the formation, deposition, accumulation, or persistence of amyloid fibrils, comprising treating the fibrils with a composition of any one of claims 1-15.

21. A method of treating the formation, deposition, accumulation, or persistence of beta-amyloid containing plaques, comprising treating the plaques with the composition of any one of claims 1-15.

22. A method for the treatment of a tauopathy in a human or mammal in need thereof comprising administrating to the human or mammal in need thereof a composition of any one of claims 1-15.

23. The method of claim 22, wherein the tauopathy is Alzheimer's disease, frontotemporal lobar degeneration with that inclusions (FLTD-tau), Pick's disease, progressive supranuclear palsy, corticobasal degeneration, agryophlic grain disease, prion disease, amyotrophic lateral sclerosis-parkinsonism-dementia complex of Guam (also called Lytico Bodig disease), Parkinson's disease, tangle- predominant dementia, ganglioma, gangliоglioma, gangliocytoma, meningiomatosis, subacute sclerosing panencephalitis, lead encephalopathy, tuberous sclerosis, Hallervorden-Spatz disease, lipofuscinosis, traumatic brain injury (TBI), chronic traumatic encephalopathy (CTE), dementia pugilistic, concussion, single or repeated blows to the head, or post-traumatic stress disorder.

24. A method of treating the formation, deposition, accumulation, or persistence of tau protein containing tangles, comprising treating the tangles with a composition of any one of claims 1-15.

25. A method for inhibiting,preventing, reducing, or treating plaques in the brain of a subject in need thereof comprising administering to the subject a composition of any one of claims 1-15.

26. A method for improving cognitive performance and/or slowing cognitive decline in a subject in need thereof comprising administering to the subject a composition of any one of claims 1-15 to reduce formation, deposition, accumulation or persistence of beta-amyloid protein plaques or fibrils in the subject.

27. The method of claim 26, wherein the subject is a patient suffering from an amyloid disease.

28. A method for improving learning, memory, cognition, focus and/or concentration in a subject in need thereof comprising administering to the subject a composition of any one of claims 1-15.

29. The method of claim 28, wherein the subject is patient with age-associated memory impairment (AAMI), mild cognitive impairment (MCI) or Alzheimer's disease.

30. A method for inhibiting, preventing, reducing, or treating tangles in the brain of a subject in need thereof comprising administering to the subject a composition of any one of claims 1-15.

31. The method of claim 30, the subject is a patient who has experienced single or multiple concussions, traumatic brain injury (TBI), blows to the head, chronic traumatic encephalopathy (CTE), post-traumatic stress disorder, brain aging, mild cognitive impairment or Alzheimer's disease.

32. A method for preventing, reducing or treating plaques and tangles in the brain of an aged dog or cat, the method comprising treating the plaques and tangles with the composition of any one of claims 1-15.

33. A method for improving cognitive performance and/or slowing cognitive decline in an aged dog or cat suffering from brain formation, deposition, accumulation and/or persistence of plaques and tangles, comprising administering to the aged dog or cat a composition of any one of claims 1-15.

34. A method for improving athletic performance in a subject by inhibiting or reducing tangles in the brain comprising administering to the subject a composition of any one of claims 1-15.