

# ReCODE: Reversal of COgnitive DEcline

## A New Approach To Cognitive Decline

Decades of research and pharma funding have not produced a drug that reverses cognitive decline.

## What Has Changed

There is a new appreciation that dementia arises from many drivers: metabolic, inflammatory, vascular, toxic, infectious, nutrient-related, hormonal, and sleep-related. Most of these can be identified and addressed through diet, physical activity, supplements, and other lifestyle measures.



About 50\* to 80\*\* Percent of People are Able to INCREASE their Scores on Cognitive Tests With Optimal Personalized Therapy

### Brain Growth Factors

- Optimal Diet
  - Anti-inflammatory
  - Mildly Ketogenic
  - Intermittent Fasting
- Neurotropic Supplements
- Brain Stimulation
- Sleep
- Physical Activity
- Healthy Relationships

### Brain Harming Factors

- Elevated Glucose
- Insulin Resistance
- Toxins
- Infections
- Stress
- Hormone Deficits
- Oxygen Desaturation
- Genetics
- More

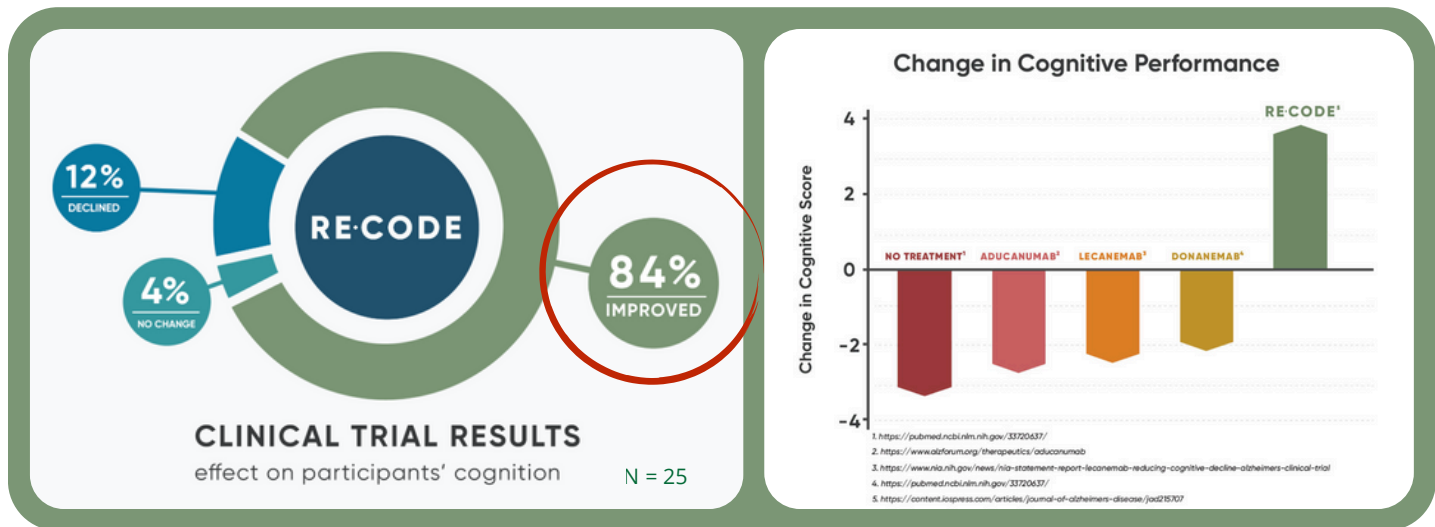
\*Dale E Bredesen, et.al. (2018) Reversal of Cognitive Decline: 100 Patients. Journal of Alzheimers Disease & Parkinsonism 2018, Vol 8(5): 450.

\*\* Rammohan V Rao, Dale E Bredesen, et.al. (2021). ReCODE: A Personalized, Targeted, Multi-Factorial Therapeutic Program for Reversal of Cognitive Decline. Biomedicines. 2021 Sep 29;9(10):1348.



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## Supplements & Cognition:

- **Multivitamins:** [PMC10375458]
- **Vitamin D:** Usual dosage: 600-2,000 IU daily -Test Vitamin D to reach blood level of 50-80 ng/ml.
- **Omega-3 Fatty Acids:** Usual dosage: 1,000-2,000 mg daily. [PMID: 37028557][PMID: 36637075]
- **Ginkgo Biloba:** Research dosage: 240 mg daily [PMC11201198]
- **Curcumin:** Research dosage: 1500 mg daily [PMID: 27102361][PMC5964053]
- **Citicoline:** Research Dose: 500mg twice per day [PMC9866349]
- **Huperzine A:** Research dosage: 200-400 mcg twice daily [PMC8587556]
- **Acetyl-L-Carnitine:** Research dosage: 1.5-3 grams [PMID: 12598816]
- **Phosphatidylserine:** Research dosage: 300 mg daily [PMID: 26345866]
- **Lion's Mane Mushroom:** Usual dosage: 500-1,000 mg daily
  - Fruiting Body: Dosed at 3.2 grams per day for 12 weeks ~PMID31413233
  - Mycelium: Dosed at 350 mg per day standardized 5 mg/g erinacine A [PMC7283924]
- **Magnesium L-Threonate:** 200-400 mg daily [PMC6242385]
- **Ashwagandha:** Usual dosage: 300-500 mg daily [PMC5976976]
- **Bacopa Monnieri:** Usual dosage: 300 mg daily [PMC6669844]
- **N-Acetyl Cysteine (NAC):** Usual dosage: 600-1,800 mg daily [PMC11852533]
- **Alpha-GPC:** Usual dosage: 300-600 mg daily [PMC10886565, PMID: 8477148]
- **L-Theanine:** Usual dosage: 100-400 mg daily [PMID: 30585616][PMC6836118]
- **Low Dose Lithium:** Dose: 1-20 mg [PMC12443616, PMC8345730]
- **Pycnogenol:** Research dosage: 150 mg daily [PMID: 29754480]
- **Gotu Kola:** Research dosage: 500 mg twice daily [PMC3359802]
- **Polyphenols:** Research Dose: 260mg [PMID: 30032176]
- **Lemon Balm:** Usual dosage: 300-600 mg daily [PMC7596544]
- **Ginger:** 250-1,000 mg daily [PMID: 33378982]
- **Vinpocetine:** Dose: 20-60 mg [PMC8406981]
- **Alpha Lipoic Acid:** Research Dose: 600 mg/d [PMC4437336]
- **Nicotinamide Mononucleotide (NMN):** 300-1000 mg/day [PMID: 37271037, PMID: 37271037]
- **Fisetin:** [PMC11304624] [PMC11304624] [PMC12047392]
- **Pomegranate:** 8 oz Juice per day, 2000 mg pomegranate extract [PMC3789410, PMID: 36125072]
- **Saffron:** [PMC12103703]
- **Probiotic:** [PMID: 36629438][PMC8746506]
- **Coffee Cherry:** [PMC7909261]
- **Less Well Studied:**
  - **Prolon Fasting Mimicking Diet:** Monthly [PMC9648488][PMC10413426]
  - **Schisandrin:** Usual dose 100-500 mg/day. [PMC3399599, PMC11547720]
  - **Astaxanthin:** Usual dose: 2-4 mg/day [PMC8241491]
  - **Reishi:** [PMC5233449] [PMC6444160]
  - **Cat's Claw:** [PMC6365538]
  - **Luteolin:** [PMC4490655, PMC8975883]
  - **Propolis:** [PMC7929669]
  - **Hesperidin:** [PMC6384806] [PMC9370591]

### Multicenter ReCode Trial

- 50% Improved
- 23% Stayed The Same
- 27% Declined

N = 100

### ReCODE References:

[PMC11351722](#)  
[PMC8533598](#)  
[PMC4221920](#)  
[PMC7377549](#)

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