

Bacopa (CDRI 08) for cognition

Company

Soho Flordis International (SFI)

Problem/opportunity

A series of clinical trials by Scholey and colleagues have demonstrated cognitive benefits from Asian ginseng (*Panax ginseng*) [1-6]. American ginseng (*Panax quinquefolius L.*) contains a different balance of ginsenosides - the active components of Ginseng - to Asian ginseng (*Panax ginseng C.A.Mey*). Could these have cognitive benefits?

Solution

We conducted the first* placebo-controlled, randomized controlled trial on the effect of CDRI 08 on cognition in healthy humans. The RCT involved healthy participants across the lifespan who were required to consume either 320 mg per day of CDRI 08 or matching placebo. All participants were tested at baseline and then again after 90 days administration of either CDRI 08 or placebo.

Based on our results [1], a second larger trial was conducted to replicate the original results (and that of Roodenrys et al [2]) in an older and larger sample [3].

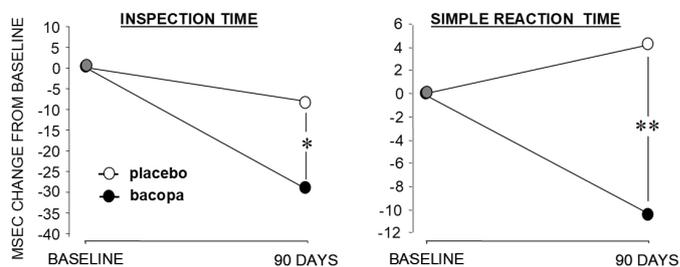
Our role

We designed, planned, and carried out two 3 month randomized controlled trials (RCTs) in which cognition and mood were assessed before and after 3 months administration of bacopa compared to matching placebo. We also analysed the data and published the papers. Several conference presentations were also completed on the data and results.

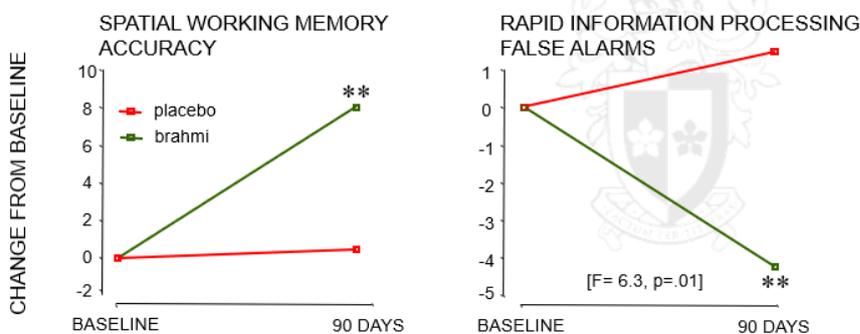
Outcomes

We collected significant evidence indicating that a special extract of CDRI08 improved cognition across the adult lifespan compared to placebo after 90 days administration. This led to two important high-quality publications in international journals and to a successful and defensible claim that CDRI 08 improves specific domains of cognition in healthy participants.

Stough et al (2001)



Stough et al (2008)



These studies also allowed us to benchmark the effect size of the cognitive enhancement against a pharmaceutical drug known for cognitive enhancement called Modafinil in a paper published in the British Journal of Clinical Pharmacology [4].

BJCP British Journal of Clinical Pharmacology

Modafinil: largest effect size (d):
(visuospatial working memory) = 0.77

Ginseng: largest effect sizes (d):
cognitive (reaction time) = 0.86
mood (mental fatigue) = 1.40

Bacopa: largest effect size (d):
(delayed word recall) = 0.95



Commercial Outcomes

The rights to CDRI 08 was sold to SFI who then established an international market for this product. CDRI 08 is currently being sold throughout the world, under the KeenMind® brand name.

References

1. Stough, C., Downey, L., Lloyd, J., Silber, B., Redman, S., Hutchison, C., Wesnes, K., & Nathan, P. (2008). Examining the Nootropic Effects of a special extract of Bacopa monniera on Human Cognitive Functioning: 90-day Double-blind Placebo Controlled Randomised Trial. *Phytomedicine*, 22, 1629-1634.
2. Roodenrys, S., Booth, D., Bulzoni, S., Phipps, A., Micallef, C., Smoker, J., (2002). Chronic effects of Brahmi (Bacopa monnieri) on human memory. *Neuropsychopharmacology*. 27, 279–281.
3. Stough, C., Lloyd, J., Clarke, J., Downey, L., & Nathan, P. J. (2001). The Chronic Effects of an extract of Bacopa monniera (Brahmi) on Cognitive Function in Healthy Human Subjects. *Psychopharmacology*, 156, 481-484.
4. Neale, C., Camfield, D., Reay, J., Stough, C., Scholey, A (2013). Cognitive effects of two nutraceuticals Ginseng and Bacopa benchmarked against modafinil: A review and comparison of effect sizes. *British Journal of Clinical Pharmacology*, 75, 728-737.

* A cognitive trial by Roodenrys et al (2002) at Wollongong University using CDRI 08 but with a different cognitive battery was conducted at about the same time.

Tags

Bacopa, CDRI 08, KeenMind, Soho Flordis International, memory, processing speed, clinical trial