A Russian study (below) has found that 3000 mg per day of acetyl-l-carnitine (ALC) for 12 weeks produced a significant positive benefit to patients with early stage Alzheimer’s compared to controls.

ALC has been researched for Alzheimer’s for several decades, with many studies showing that the nutrient can be helpful. While no nutrient has been shown to “cure” Alzheimer’s, many nutrients show they can have a positive impact on the problem. ALC is one of those nutrients that is a top choice for support in any person with cognitive decline.

Additionally, the studies on ALC show that it gets the best results when the problem is not yet too big. This means taking action at an earlier stage before the cognitive decline requires that someone else take care of you. The initial stages of the type of brain damage that eventually leads to Alzheimer’s is evident in almost anyone at age 35. It takes proactive steps to preserve and manage your brain as you grow older. Those likely to manifest problems have a combination of weak genes (family history) and/or problems managing brain inflammation over the long haul.

There are many great brain support nutrients, and ALC is one of them. A healthy lifestyle and good stress management skills are also important.

http://www.wellnessresources.com/health/articles/acetyl-l-carnitine_helpful_in_early_stage_alzheimers/

Acetyl-l-carnitine Trial In Early Stage Alzheimer's

**Study Title:** Acetyl-L-carnitine (carnicetine) in the treatment of early stages of Alzheimer's disease and vascular dementia.

**Study Abstract:** Efficacy, safety and tolerability of acetyl-L-carnitine (ALC) were studied during the double-blind placebo-controlled 12-week trial in patients with mild (initial) dementia caused by the Alzheimer's disease (AD) and vascular dementia (VD). ALC was administered in doses from 2250 to 3000 mg per day. Patient’s state was assessed with some scales (MMSE, CGI etc) and a battery of neuropsychological tests. The treatment effect of ALC was 2.8 times higher than in placebo-treated patients. The clinical improvement by CGI scores was significantly better in AD patients compared to VD and did not depend on the severity of baseline cognitive deficit. The drug was well-tolerated. Carnicetine can be recommended in the above-mentioned doses for treatment of early stages of AD and VD.


Otdel po izucheniiu bolezni Al'tsgeîmera i assotsiirovannykh s neî rasstroïstv Nauchnogo tsentra psikhicheskogo zdorov'ia RAMN, Moskva.

http://www.wellnessresources.com/studies/acetyl-l-carnitine_trial_in_early_stage_alzheimers