Study of the impact of *Young Tissue Extract* on short term memory loss

| Study no. 1, short term memory |
Study conducted by professor Bjødne Eskeland
The study was completed in 2003 and took place in Aas, Norway

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Introduction

Young Tissue Extraxt (YTE) is an extract of fertilized, partly incubated chicken eggs. The protein fractions isolated and used are derived at the pre- embryonic stage of the avian embryo, and are believed improve the steriodogenesis in the body and lower the synthesis of stress hormones.

To determine if YTE is an agent that enhances memory, a study of the effect of various doses of YTE on persons with reduced short term memory.

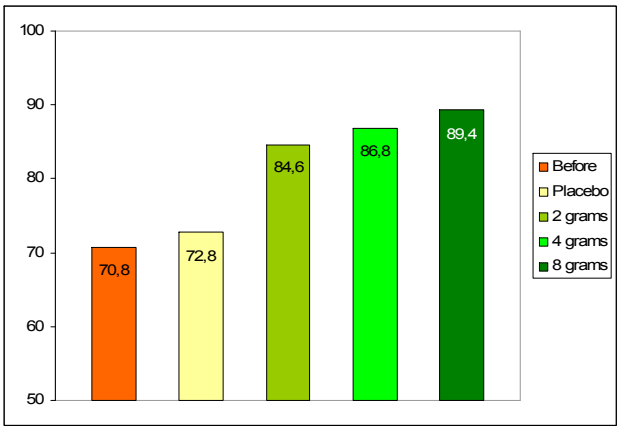
Subjects and Methods

A total of three studies were conducted on people with reduced short term memory. Out of 138 persons, 36 were selected to take part in these two studies. The age of these people ranged from 54 to 72 years old. All subjects held regular jobs and were characterized with mildly impaired short term memory. The selected group was relatively homogenous which scored much the same on the memory test they took prior to the study. The individuals ingested 2 grams of YTE per day for 8 weeks. A smaller selection of the group completed a total of 16 weeks on YTE.

Each individual undertook the Californian Memory Test within one week before the study started. They were then again tested after finishing the study.

Results

In part 1 of the study, 24 persons were divided into 3 groups with 8 persons in each group. They were then tested after 8 weeks, and the average score for the whole group had increased from 78 to 90 percent of optimal short term memory.



8 people of this group had an average lower score than the rest of the group with an average increase from 78 to 84 percent.
These 8 people continued with VPF for another 8 weeks. After a total of 16 weeks, these 8 tested again and then their average score increased from 78 to 90 percent of optimal score.

Part 2 of the study consisted of 12 persons who had a lower initial score than the first group. This group took YTE for 8 weeks. The average increase for this group were even larger than for the first group, with average pre- scores of 72 increasing to 86 percent of optimal score.

General comments

The test results show that the short term memory has increased from 15 to 19 percent during the test period, which is a rather substantial increase during a relatively short period of time. Every person in the test panel showed an increase in their short term memory. From earlier studies we know that YTE reduces the production of cortisol in the human body. Excess cortisol has through several studies been linked to decrease in short term memory.