

Effects of a standardised herbal formula Wei Nao Kang(WNK) on neurocognitive function in healthy volunteers: a pilot study

ACTRN12610000947000

Status	RECRUITING
Phase	Phase 2
Sponsor	University of Western Sydney
Enrollment	16 participants

Plain Language Summary

This study is testing whether a Chinese herbal formula called Wei Nao Kang (WNK) — containing extracts of ginseng, ginkgo biloba, and saffron — can improve thinking ability and heart-related measurements in healthy adults. Participants will take either WNK or a dummy pill for two weeks, then switch after a 10-day break. Thinking skills will be tested before and after each treatment.

You may be eligible if:

- You are between 22 and 75 years old
- You are a non-smoker
- Your body weight is within 15% of the ideal range for your height
- Your MMSE (memory test) score is 21 or above

You may NOT be eligible if:

- You are pregnant
- You have a history of allergies
- You have serious gut, lung, or psychiatric conditions
- You have diabetes
- You currently use medications, especially blood thinners or cognitive enhancers
- You have taken part in a clinical trial or donated blood in the past 30 days
- You currently take any herbal or pharmaceutical cognitive enhancing supplements

Talk to your doctor about whether this trial might be right for you.

Key Eligibility Criteria

Inclusion (4)

- Age 22 to 75 years old
- Non-smoker
- Body weight not more than 15% of the ideal weight range for the subject's height and frame (< 25 kg/m²) as in Ciba Geigy tables
- Mini Mental State Exam (MMSE) score of 21 or greater

Exclusion (11)

- Pregnant women
- History of allergies
- Serious gastrointestinal disorders such as peptic ulcers
- History of asthma, bronchitis, or other serious pulmonary disorders
- History of drug or alcohol abuse

... and 6 more (see full listing online)

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12610000947000>

Locations (1 total)

This information is for informational purposes only and does not constitute medical advice. Always consult your healthcare provider before enrolling in any clinical trial. Information may not be up to date — verify details at anzctr.org.au. Generated by ClinicalTrialsFinder.org.

