

The acute effects of coffee extract on cognitive function and mood in healthy older adults

ACTRN12611000067976

Status	RECRUITING
Sponsor	Nestec
Enrollment	60 participants

Plain Language Summary

This study is looking at whether a concentrated coffee extract affects memory, attention, mood, and blood flow to the brain in healthy older adults. Participants visit the research site on three separate occasions, each at least a week apart, and receive different doses of the coffee extract or a placebo (inactive drink) in a random order. Researchers measure how well participants think and feel before the drink and again at 40 minutes and 2 hours after taking it.

You may be eligible if:

- You are 50 years of age or older
- You are generally healthy
- You drink coffee (with caffeine) but no more than 8 cups per week
- You are willing to avoid all caffeine-containing foods and drinks and alcohol for 24 hours before each study visit

You may NOT be eligible if:

- You have a known physical or neurological health condition
- You have a history of psychiatric, heart, hormone, digestive, or bleeding disorders
- You have high blood pressure
- You are taking certain blood pressure medications (spironolactone-like drugs, aldosterone receptor antagonists, or angiotensin II antagonists)
- You have hearing problems
- You take psychiatric medications
- You have a history of substance abuse
- You currently smoke
- You have food allergies
- You are on a low-potassium diet
- Your score on a cognitive test (Mini-Mental State Exam) is below 24 out of 30
- You have been in another clinical trial in the past 2 months

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

Key Eligibility Criteria

Inclusion (1)

- Age 50 and over

Exclusion (16)

- Light to moderate coffee drinkers (i.e. with caffeine)
- Drink no more than 8 cups of coffee per week
- Participants must abstain from caffeine-containing foods/beverages and alcohol for 24 hours prior to the training session and each testing session.

• Written informed consent obtained
<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12611000067976>

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- Existing or pre-existing physical or neurological conditions
- ... and 11 more (see full listing online)

Locations (1 total)

Australia