

Cognitive demand and acute Bacopa monnieri (CDRI08) supplementation

ACTRN12612000810819

Status	RECRUITING
Phase	Phase 3, Phase 4
Sponsor	Swinburne University
Enrollment	50 participants

Plain Language Summary

This study tests whether two different doses of Bacopa monnieri (a traditional herbal supplement used for memory and brain health) improve thinking and mental performance, and how they affect heart rate and stress levels. Participants will take each dose and a placebo on separate days, then complete a series of cognitive tests.

You may be eligible if:

- You are 18 to 56 years old
- You are a non-smoker
- You are generally healthy with no chronic illnesses
- Your BMI is between 15.4 and 32.74
- You are not taking any medications, herbal supplements, or vitamins
- You are not pregnant or breastfeeding

You may NOT be eligible if:

- You smoke
- You have any neurological, heart, psychiatric, gut, or bleeding conditions
- You take any regular medication, supplements, or vitamins
- You are pregnant or breastfeeding

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

Key Eligibility Criteria

Inclusion (2)

- Non-smoker
- Age between 18 and 56 years

Exclusion (11)

- BMI between 15.40 to 32.74 kg/m²
- Not taking any medication, herbal extracts, vitamin supplements or illicit drugs
- Not pregnant or lactating
- 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
- ... and 6 more (see full listing online)

Locations (1 total)

Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12612000810819>

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