Supplementation with Glucosamine and Chondroitin Associated with Lower Mortality Over a 5-Year Period

An article published online in the American Journal of Clinical Nutrition revealed the discovery of a lower risk of death from all causes among users of the arthritis supplements chondroitin and glucosamine over an average 5-year follow-up period. *

The study included 77,673 men and women. Dietary supplement use during the 10 years prior to enrollment was documented in questionnaires completed by all participants.

Over an average 5 years of follow-up, 3,577 deaths occurred. While none of the supplements evaluated, which included individual B vitamins, fiber and other supplements, were associated with an increased risk of dying over follow-up, adjusted analysis confirmed an association between the use of glucosamine and chondroitin with reduced risk. The authors remarked that chondroitin and glucosamine may inhibit nuclear factor-kappaB (NF-kB)-dependent pathways, and that abnormal regulation of NF-kB is associated with cancer and inflammatory diseases.

Editor's note: While previous research by the team, summarized in the July 24, 2009 issue of Life Extension Update, sought to determine the impact of multivitamins and vitamins C and E on mortality, the current investigation focused on the effect of less common supplements.

—Dayna Dye

Reference


Brain Blood Flow Possibly Boosted By Resveratrol

A recent study in the American Journal of Clinical Nutrition states that high doses of resveratrol may improve blood flow in the brain and potentially boost brain health.* The researchers, led by David Kennedy from the Brain, Performance, and Nutrition Research Centre at Northumbria University, ran a randomized, double-blind, placebo-controlled, crossover study, which involved 22 healthy adults who either received a placebo, or one of two doses of resveratrol (250 or 500 milligrams). Forty-five minutes after the dose was given, participants were measured for blood flow and cognitive performance for over a half hour.

The results showed that resveratrol produced a dose-dependent increase in cerebral blood flow, but no increase in the placebo group. Kennedy and his team also noticed an increase in levels of deoxyhemoglobin after both doses of resveratrol, which was indicative of increased oxygen extraction and utilization.

“The results of the current study provide the first indication in humans that resveratrol may be able to modulate cerebral blood flow variables,” the researchers wrote.

—Jon Finkel

Reference


Vinpocetine Shows Promise for Chronic Inflammation