A double-blinded, randomized, placebo-controlled trial to study the effects of dietary flax beverage on memory and cognition.

PARTICIPANTS NEEDED FOR FLAX BEVERAGE STUDY
You are invited to take part in a study testing the effect of flax beverage on memory and cognition

What is involved? (5 total In-Person Visits)
• **Attend 1 Screening clinic visit:**
  o Screening Visit (Visit 1): Sign Informed Consent, Screening Questionnaire, Medical History, Blood Pressure and 2 short Memory and Cognition Tests (~2 hours). This visit determines if you qualify for the study.
• **Attend 2 Baseline clinic visits:**
  o Baseline Visit (Visit 2): 1 Memory and Cognition Test (1 hour).
  o Baseline Visit (Visit 3)*: Fasting blood draw (15 minutes).
• **180 days of flax beverage or placebo consumption (monthly delivery)**
• **Attend 2 Final clinic visits:**
  o Final Visit (Visit 4): Review Medical History, Blood Pressure and 3 Memory and Cognition Tests (~2 hours).
  o Final Visit (Visit 5)*: Fasting blood draw (15 minutes)

* A select number of participants will be asked to have a PET-CT (Brain Scan) at HSC at the beginning and end of the study in addition to the above visits.

Where do I go?
• I.H Asper Clinical Research Institute (3rd floor), 369 Taché Ave – St. Boniface Hospital site

Who are we looking for?
60-84 year old men and women with mild memory loss and cognitive impairment (amnestic MCI) whose overall general health is good.

If you want to learn more, please contact us at: (204) 235-3941 or flaxmemory@sbrc.ca

Honorarium will be provided.
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