

The Effects of Pomegranate Seed Oil on Mild Cognitive Impairment

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PMID: 38306046 PMCID: [PMC10977427](#) DOI: [10.3233/JAD-231100](#)

Abstract

Background: In recent years, there has been a growing interest, supported by many experimental and clinical studies, about the benefits of pomegranate in preventing various pathologic conditions, including brain neurodegeneration. The pomegranate seed oil (PSO) contains high levels of fatty acids that have antioxidant and anti-inflammatory properties.

Objective: Due to the lack of clinical trials, the aim of the present study was to investigate the effects of PSO on cognition of people with mild cognitive impairment (MCI).

Methods: Eighty people with the diagnosis of MCI were randomized forty to take 5 drops of PSO and follow the Mediterranean Diet (MeDi) and forty just followed MeDi. All were examined with an extensive neuropsychological assessment before and after one year of treatment.

Results: The results showed that the participants who took the PSO had statistically significantly better global cognition ($p = 0.004$), verbal episodic memory ($p = 0.009$), and processing and executive functions ($p < 0.001$) in contrast with the participants who did not take it.

Conclusions: In conclusion, the PSO can be beneficial for people with MCI as it is helpful for some important cognitive domains. As PSO is a natural product that does not burden the human body, it can be used by people with MCI and be a significant and promising part of holistic approaches for the prevention of dementia.

Keywords: Alzheimer's disease; mild cognitive impairment; neuropsychological assessment; pomegranate seed oil; prevention; randomized clinical trial.