

BENESSERE MENTALE E COGNITIVO E SUPPLEMENTAZIONE

GIOVANNI SCAPAGNINI

Università degli Studi del Molise / SINUT | Italia

REFERENZE

1. Calabrese V, Scapagnini G, Giuffrida Stella AM, Bates TE, Clark JB. Mitochondrial involvement in brain function and dysfunction: relevance to aging, neurodegenerative disorders and longevity. *Neurochem Res* 2001;26(6):739-64.
2. Krause D, Roupas P. Effect of vitamin intake on cognitive decline in older adults: evaluation of the evidence. *J Nutr Health Aging* 2015;19:745-53.
3. Jones PJH, Papamandjaris AA. Lipids: cellular metabolism. In: Erdman JW, Macdonald IA, Zeisel SH, eds. *Present Knowledge in Nutrition*. 10th ed. Washington, DC: Wiley-Blackwell; 2012:132-48.
4. Bazan NG. Neuroprotectin D1-mediated anti-inflammatory and survival signaling in stroke, retinal degenerations, and Alzheimer's disease. *J Lipid Res* 2009; 50 Suppl:S400-5.
5. Delwaide PJ, Gyselynck-Mambourg AM, Hurllet A, Ylieff M. Double blind randomized controlled study of phosphatidylserine in senile demented patients. *Acta Neurol Scand* 1986;73:136-40.
6. Caltagirone C, Ferrannini L, Marchionni N, Nappi G, Scapagnini G, Trabucchi M. The potential protective effect of tramiprosate (homotaurine) against Alzheimer's disease: a review. *Aging Clin Exp Res* 2012;24(6):580-7.
7. Park SK, Jung IC, Lee WK, Lee YS, Park HK, Go HJ, Kim K, Lim NK, Hong JT, Ly SY, Rho SS. A combination of green tea extract and L-theanine improves memory and attention in subjects with mild cognitive impairment: a double-blind placebo-controlled study. *J Med Food* 2011;14(4):334-43.
8. Hidese S, Ota M, Wakabayashi C, Noda T, Ozawa H, Okubo T, Kunugi H. Effects of chronic L-theanine administration in patients with major depressive disorder: an open-label study. *Acta Neuropsychiatr* 2017;29(2):72-79.
9. Nobre AC, Rao A, Owen GN. L-theanine, a natural constituent in tea, and its effect on mental state. *Asia Pac J Clin Nutr* 2008;17 Suppl 1:167-8.
10. Candore G, Bulati M, Caruso C, Castiglia L, Colonna-Romano G, Di Bona D, et al. Inflammation, cytokines, immune response, APOE and cholesterol, oxidative stress in Alzheimer's disease: Therapeutic implications. *Rejuvenation Res* 2010;13(2-3):301-13.
11. Scapagnini G, Caruso C, Calabrese V. Therapeutic potential of dietary polyphenols against brain ageing and neurodegenerative disorders. In: *Bio-farms for nutraceuticals: functional food and safety control by biosensors*. Ed. Landes Bioscience, 2011.