

Global Healthspan Policy Institute

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Hello,

This week we look at a clinical trial examining a multi-ingredient longevity supplement and vascular aging, research comparing major diets for cognitive decline risk, how plant-forward diets may support healthy aging, and evidence that the MIND diet may reduce dementia risk even when adopted later in life.

Are you part of a health or life extension research organization? Our coalition has grown to over 90 member groups, including 25 major US organizations and 16 major international groups. We hope your organization will be next! Check below to find a link to join our coalition quickly and easily.

All this and more this week. Join us as we move forward into another exciting month of incredible opportunities in this burgeoning and revolutionary field.

Edwina Rogers, CEO
Global Healthspan Policy Institute



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'Longevity' supplement improves vascular aging markers in clinical trial

A randomized clinical trial in adults over 40 found that a multi-ingredient longevity supplement improved markers of vascular aging — including arterial flexibility and blood pressure support — compared with placebo after six months.

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We're Bringing the Best Research in the World to Congress - and Your Donations Are The Fuel To Our Fire!

With your help, we're bringing the vision of a world without the spectre of diseases like cancer, heart disease, and Alzheimer's one step closer to reality each and every day. Our team works closely with industry leaders from sectors as far-reaching as biotechnology to gene therapy to pharmaceuticals and beyond — uniting our members under a common, core mission to benefit the public trust.

[Help us bring new preventions and therapeutics for the benefit of all generations, today.](#)

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What's the best diet to lower cognitive decline risk? Study compares 6 diets

A large study comparing six dietary patterns found the DASH diet had the strongest and most consistent association with better cognitive function and lower risk of age-related cognitive decline.

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Plant-forward diets may help support healthy aging

New research suggests dietary patterns emphasizing plant-based foods while limiting ultra-processed and animal-based foods are linked with a higher likelihood of reaching older age free of major chronic diseases or cognitive decline.

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MIND diet may reduce dementia risk even when started later in life

A large cohort study found that people who followed the MIND diet — which combines elements of Mediterranean and DASH diets — had a lower risk of developing dementia, even when the diet was adopted later in adulthood.

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