

# Abstract

J Nutr Biochem. 2009 Jan;20(1):1-10.

## **Experimental models and mechanisms underlying the protective effects of n-3 polyunsaturated fatty acids in Alzheimer's disease.**

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**BACKGROUND:** Dementia such as Alzheimer's disease (AD) is a growing health problem in aging populations in many countries around the world. Currently, there is no cure for AD; consequently, alternative therapies are urgently needed.

**DISCUSSION:** Recent studies suggest that nutritional intervention may have therapeutic benefits for AD. Specifically, an increased intake of n-3 polyunsaturated fatty acids (PUFA) from fish and marine oils may lower AD risk.

**SUMMARY:** This review will summarize the current body of knowledge regarding the association between n-3 PUFA and AD, including human studies and experimental models, and potential mechanisms of action.

PMID: 18824343

