# Article information:

Multivitamin Supplementation Improves Memory in Older Adults: A Randomized Clinical Trial - The American Journal of Clinical Nutrition  
<https://ajcn.nutrition.org/article/S0002-9165(23)48904-6/fulltext>

# Article summary:

1. Daily multivitamin supplementation improves memory in older adults compared to placebo.

2. The study was conducted over 3 years with annual evaluations using an internet-based battery of neuropsychological tests.

3. Multivitamin supplementation holds promise as a safe and accessible approach to maintaining cognitive health in older age.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

The article titled "Multivitamin Supplementation Improves Memory in Older Adults: A Randomized Clinical Trial" published in The American Journal of Clinical Nutrition reports on a study that examined the effect of daily multivitamin/multimineral supplementation on memory in older adults. The study found that compared with placebo, participants randomly assigned to multivitamin supplementation had significantly better ModRey immediate recall at 1 year and across the 3 years of follow-up on average. However, the study had some potential biases and limitations.

One potential bias is that the study was funded by Pfizer Consumer Healthcare, which produces Centrum Silver, the multivitamin supplement used in the study. This could lead to a conflict of interest and influence the results or interpretation of the findings. Additionally, the study did not report any adverse effects or risks associated with taking multivitamins, which could be a limitation as it is important to consider both potential benefits and risks when evaluating interventions.

Another limitation is that while the study found significant improvements in episodic memory with multivitamin supplementation, it did not find significant effects on secondary outcomes such as novel object recognition and executive function. This suggests that multivitamins may have limited effects on cognitive function beyond memory.

Furthermore, the article does not explore potential counterarguments or alternative explanations for the findings. For example, it is possible that other factors such as diet or lifestyle habits could have influenced cognitive function and confounded the results.

Overall, while this study provides some evidence for the potential benefits of multivitamin supplementation for memory in older adults, it is important to consider its limitations and potential biases when interpreting its findings. Further research is needed to confirm these findings and evaluate potential risks associated with long-term use of multivitamins.

# Topics for further research:

* Potential risks of long-term multivitamin use
* Confounding factors in cognitive function studies
* Alternative explanations for memory improvements in older adults
* Conflict of interest in pharmaceutical-funded research
* Effects of multivitamins on other aspects of cognitive function
* Long-term effects of multivitamin supplementation on overall health

# Report location:

<https://www.fullpicture.app/item/23ec700befa7e85c88c19c022433b5ef>