



# You can be a **VITAL** part of the effort to slow Alzheimer's

A new nationwide research study — **VITAL** (vitamins to slow Alzheimer's disease) — is looking for 400 volunteers to test whether taking high-dose supplements of vitamins B6, B12 and folate will slow the progress of Alzheimer's disease (AD).

People with AD have elevated levels of homocysteine ("ho-mo-SIS-teen") in their blood. Homocysteine is an amino acid (a building block of protein) that is produced in the human body. High-dose supplements of folate and vitamins B6 and B12 can lower homocysteine levels. Researchers will investigate whether a regimen of these vitamins might also stall the devastating effects of AD.

**VITAL** is sponsored by the Alzheimer's Disease Cooperative Study at the University of California, San Diego and funded by the National Institute on Aging, part of the U.S. Government's National Institutes of Health.

The **VITAL** study is seeking volunteers who:

- have mild to moderate AD
- are age 55 or older
- are fluent in English or Spanish
- are on stable medications for 4 weeks prior to screening visit
- have a study partner—a friend or relative who can accompany the volunteer to all clinic visits and answer questions about him/her.

**VITAL** is a randomized, placebo-controlled research study, including two groups of unequal size: 60% of the participants will be assigned at random to receive daily high-dose supplements and 40% will receive identical placebo (inactive pill). Participants will be assessed regularly by physicians and qualified health care professionals during the 18-month study.

For more information, or to volunteer, contact:

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