



A Quicker Brain



Aava's silica and magnesium content improves cognitive performance and mood, helps with memory retention and can prevent risk of Alzheimers.

1. The Journal of Nutrition, Health & Aging: *The Potential Influence of Silica Present in Drinking Water on Alzheimer's Disease and Associated Disorders*, 2007

Silica present in drinking water may be protective with respect to the decrease of cognitive function as it was suggested by several epidemiologic studies.

Moreover, it has been shown that the performances to a cognitive test were positively correlated to the consumption of silica and that the risk of Alzheimer's disease (AD) was reduced in subjects who had the higher daily silica intake compared to the others

<https://europepmc.org/article/med/17435954>

2. The American Journal of Clinical Nutrition: *Cognitive impairment and composition of drinking water in women: findings of the EPIDOS Study*, 2005

Objectives: The objective was to investigate at baseline the potential association between the composition of drinking water and the level of cognitive function in women taking part in the Epidemiology of Osteoporosis (EPIDOS) Study and to determine during follow-up the effects of the composition of drinking water on the risk of AD.

Conclusions: Silica in drinking water may reduce the risk of developing AD in elderly women. The results corroborate those of another epidemiologic study carried out in France.

<https://academic.oup.com/ajcn/article/81/4/897/4649100>

3. CNS neuroscience and Therapeutics: *Magnesium boosts the memory restorative effect of environmental enrichment in Alzheimer's disease mice*, 2018

2.2. MgT treatment

Magnesium L-threonate (Neurocentria, Inc, CA, USA) was administered via drinking water at a dose of 910 mg/kg/d for APP/PS1 mice (about 75 mg/kg/d elemental Mg²⁺). This is consistent with the effective dose described previously.¹⁴ For MgT-treated mice, drinking water was switched to MgT-containing water at 3 months of age (to evaluate long-term therapeutic effects) or 6 months of age (to evaluate short-term therapeutic effects) until the animals were killed.

Environmental enrichment and MgT may synergistically improve recognition and spatial memory by reducing synaptic loss and restoring the NMDAR signaling pathway in AD mice, which suggests that combination of EE and MgT may be a novel therapeutic strategy for AD.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6489792/>



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4. Medicine and Science in Sports and Exercise: Dehydration Impairs Cognitive Performance: A Meta-analysis, 2018

Dehydration (DEH) is believed to impair cognitive performance but which domains are affected and at what magnitude of body mass loss (BML) remains unclear.

Purpose: To conduct systematic literature review and meta-analysis to determine the effect size (ES) of DEH on cognitive performance and influence of experimental design factors (e.g., DEH > 2% BML).

Conclusions: Despite variability among studies, DEH impairs cognitive performance, particularly for tasks involving attention, executive function, and motor coordination when water deficits exceed 2% BML.

<https://pubmed.ncbi.nlm.nih.gov/29933347/>

5. British Journal of Nutrition: Effects of Hydration Status on Cognitive Performance and Mood 2014

Although it is well known that water is essential for human homeostasis and survival, only recently have we begun to understand its role in the maintenance of brain function. Herein, we integrate emerging evidence regarding the effects of both dehydration and additional acute water consumption on cognition and mood. Current findings in the field suggest that particular cognitive abilities and mood states are positively influenced by water consumption. The impact of dehydration on cognition and mood is particularly relevant for those with poor fluid regulation, such as the elderly and children. We critically review the most recent advances in both behavioural and neuroimaging studies of dehydration and link the findings to the known effects of water on hormonal, neurochemical and vascular functions in an attempt to suggest plausible mechanisms of action

Conclusion:

Accumulating evidence supports the notion that hydration state affects cognitive ability and mood. Severe dehydration has been shown to cause cognitive deficits such as short-term memory and visual perceptual abilities as well as mood disturbance, whereas water consumption can improve cognitive performance, particularly visual attention and mood.

<https://www.cambridge.org/core/journals/british-journal-of-nutrition/article/effects-of-hydration-status-on-cognitive-performance-and-mood/1210B6BE585E03C71A299C52B51B22F7>



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6. The American Journal of Clinical Nutrition: *Minor degree of hypohydration adversely influences cognition: a mediator analysis, 2016*

Background: Because the assumption that small changes in hydration status are readily compensated by homeostatic mechanisms has been little studied, the influence of hypohydration on cognition was examined.

Objectives: We assessed whether a loss of <1% of body mass due to hypohydration adversely influenced cognition, and examined the possible underlying mechanisms.

Results: Drinking water improved memory and focused attention. In the short-term, thirst was associated with poorer memory. Later, a greater loss of body mass was associated with poorer memory and attention (mean loss: 0.72%). **At 90 min, an increase in thirst was associated with a decline in subjective energy and increased anxiety and depression, effects that were reduced by drinking water. At 180 min, subjects found the tests easier if they had consumed water.**

Conclusions: Drinking water was shown, for the first time to our knowledge, to benefit cognitive functioning when there was a loss of <1% body mass at levels that may occur during everyday living. This trial was registered at clinicaltrials.gov as NCT02671149.

<https://academic.oup.com/ajcn/article/104/3/603/4564728>