NEWS | RESEARCH

Ketone supplements may enhance brain function in obesity: Study

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By **Pooja Yadav** | October 6, 2021



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A novel therapeutic strategy for protecting and improving brain health

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The research published in *The Journal of Physiology* has shown that ketone supplements may be a novel therapeutic strategy for protecting and improving brain health in people with obesity.

The study found that giving a ketone supplement three times a day for 14 days enhanced blood flow to the brain and improved aspects of cognitive function, like working memory and processing speed, in adults with obesity.

Supplements specifically containing the ketone body beta-hydroxybutyrate (B-OHB) that are safe for human consumption are relatively new and have mostly been investigated for physical performance (in sports and military settings).

It has previously been shown that ketone supplements are beneficial for older adults with mild cognitive impairment (MCI) and dementia.

The researchers have extended these findings by demonstrating that ketone supplements may be a novel therapeutic strategy for protecting and improving brain health in people with obesity, who are at risk of developing neurocognitive impairment.

Dr Jeremy Walsh, first author on the study said, "Once validated with a larger group of people, we expect that these supplements can be used to protect and improve brain health in people with obesity."

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