



+ **Neuro Protection**  
+ **Cognitive Function**  
+ **Memory**



# Ribo**DIET** and Ribo**MIX SC**

Boost **cognitive function** and **memory**, supporting attention and **mental clarity** in Mild Cognitive Decline

## WHAT ARE RiboDIET AND RiboMIX SC?

**RiboDIET** (from *Kluyveromyces fragilis*) and **RiboMIX SC** (from *Saccharomyces cerevisiae*) are yeast extracts standardized in a high content of free nucleotides (>40% RiboDIET and >30% RiboMIX SC), rich in all macro and micro nutrients naturally occurring in a yeast cell: essential and non essential aminoacids, minerals and group B vitamins.

### Beneficial effects for different scopes:

NEURO INFLAMMATION      MENTAL VITALITY      MENTAL CLARITY      HEALTHY AGING



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## TEST AIM

The study evaluated the effects of **RiboDIET** and **RiboMIX SC** on cognitive function in older adults with Mild Cognitive Impairment (MoCA score 20–25).

**Primary outcome:** cognitive performance (MoCA, MMSE).

**Secondary outcome:** quality of life (SF-12 mental component).



## TEST MODEL

A monocentric, randomized, double-blind, placebo-controlled, parallel-group clinical study was conducted on 72 older adults aged 60–85 years.



## DOSAGE AND DURATION

Participants consumed 250mg/day of **RiboDIET** and 350mg/day of **RiboMIX SC** for 24 weeks (6 months).

Assessments were conducted at baseline (t0), at 90 days (t1) and 180 days (t2).



## RESULTS

### Primary outcome

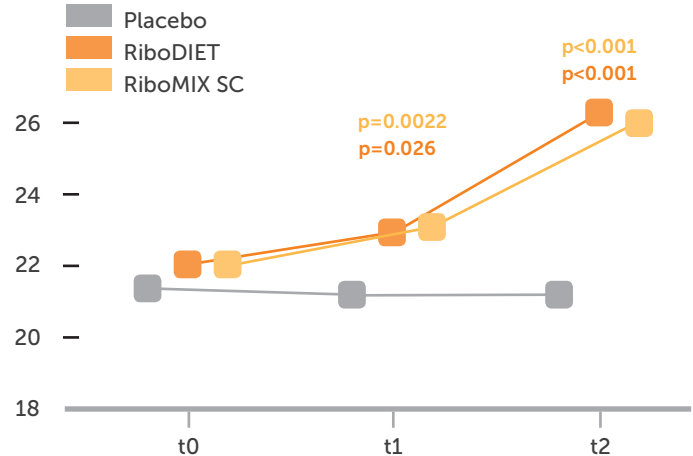
**RiboDIET** and **RiboMIX SC** significantly improved cognitive function after 6 months in subjects with mild cognitive impairment, with clinical scores returning to the threshold of normal cognitive function.

### Secondary outcome

Both ingredients also improved perceived mental well-being, in line with gains observed in cognitive function.

## MoCA TEST (Montreal Cognitive Assessment)

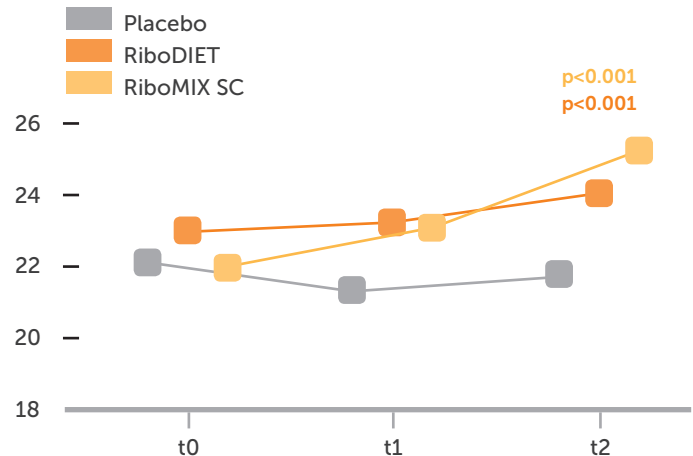
A highly sensitive and validated tool for the early detection of Mild Cognitive Impairment.



In the supplemented groups, MoCA scores progressively increased, returning to normal cognitive levels after 6 months (MoCA > 26).

## MMSE TEST (Mini-Mental State Examination)

A widely used neuropsychological test for screening of cognitive impairment and dementia.



In the supplemented groups, MMSE scores progressively increased, returning to normal cognitive levels after 6 months (MMSE > 24).

Although the two ingredients differ in composition and dosage, the study showed no significant differences in cognitive outcomes, confirming a comparable level of clinical efficacy. For guidance in selecting the most suitable option for your project, please contact our local representative.

### Study performed at:

Department of Pharmacy, School of Medicine and Surgery, University of Naples Federico II