



THE EFFECTS OF CREATINE ON COGNITIVE FUNCTION IN HEALTHY, NON- DEMENTED ELDERLY INDIVIDUALS

The Brain and Psychological Sciences Research Centre at Swinburne University of Technology is currently investigating the effects of Creatine on cognitive functioning.

Creatine is a natural substance that we all produce in our bodies in small amounts. It is also found in fish and meat and it can be bought as a supplement at health food shops.

We ***urgently*** require people who are willing to participate in this trial.

You may be eligible if you are:

- Aged 65 and over
- In a healthy condition and free from major diseases
- Not taking medication for high/low blood pressure or cholesterol

Participation involves **2 testing sessions over the course of 1 week**. Sessions will take approximately 1.5 hours each. All testing will take place at the Advanced Technologies Centre building at Swinburne University in Hawthorn. You will receive **\$60** for taking part.

It is hoped our research may contribute towards the prevention and treatment of conditions such as **dementia** and **Alzheimer's**.

If you or someone you know are interested in taking part in this clinical trial and would like further information, please contact Simon on 0406 714 712 or email

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