

Would you like to participate in a new research study?

A MEDIUM CHAIN TRIGLYCERIDE INTERVENTION FOR ALZHEIMER DISEASE (A MINT FOR AD)



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What is the purpose of the study?

The purpose of this study is to learn about the safety and tolerability of a supplement containing a type of dietary fat called medium chain triglycerides (MCTs). MCTs are a unique type of fat, with the richest dietary sources being coconut and palm oils. A growing body of evidence suggests MCT dietary supplements can provide the brain with an alternate source of fuel that may enhance cognition and preserve everyday function in individuals at risk of or affected by AD. This study will investigate whether a ketogenic MCT dietary supplement, taken as an oral liquid food supplement, is a potentially effective treatment for those with AD.

What would I have to do?

You would be asked to attend a screening visit to learn about your symptoms, and your eligibility to participate in the study. If you are eligible and agree to be in the study, you will complete 5 study visits over 2-3 months. You will be randomly assigned to receive either the MCT or a placebo for 18 days. You will be asked to provide blood samples, undergo MRIs and PET scans, and complete tests of memory and thinking and questionnaires during the course of the study.

Who is eligible to participate?

You may be eligible to participate if:

- You have a diagnosis of mild-moderate severity AD
- You are between the ages of 50-90

- You have someone who knows you well, who you see frequently and who can be your study partner and accompany you to all study visits.
- You are able to speak, read, and understand English
- You have adequate visual and hearing abilities to be able to complete tests
- You have completed at least 6 years of education
- You are in good general health, with no diseases that would interfere with the study
- you are not breastfeeding, pregnant, or of childbearing potential
- You can commit to 5-8 clinic visits over a period of approximately 2-3 months
- You are willing and able to have 2 MRIs and 2 PET scans

Please talk to your clinic doctor or contact Penny Slack (Study Coordinator) at 604-822-6379 or pslack@mail.ubc.ca for more information.