Alzheimer's Quality Initiative

To Whom It May Concern:

Cerefolin is quackery and a scam. Their ingredient, the protein L-methylfolate/NAC has no clear beneficial effect on patients with MCI or Alzheimer's disease. There is no mechanism by which Cerefolin can help memory function.[1] Trials of folic acid supplementation have not demonstrated an effect on cognitive function or in reducing the risk of Alzheimer's disease. A randomized, double-blind, placebo-controlled trial in the Netherlands, comparing folic acid with B12, B12 only; or placebo for 24 weeks showed no impact on cognitive function.[2]

Cerefolin/NAC performed a retrospective trial in only 109 patients to find a minimal difference in "Memory Performance Index." A retrospective trial is not an appropriate basis to prescribe a medication. Yet the makers claim this medical food helps memory.

Stop selling patients Cerefolin and as such are complicit in this fraud. Please refund their money, apologize for your actions, and reflect on how to be better.

Sincerely yours,

[1] Frolov A, Wadood A, Kelley BJ. Review of Supplements That Patients Commonly Report Using for Dementia. Journal of Clinical Medicine. 2024; 13(24):7541. https://doi.org/10.3390/jcm13247541

[2] Eussen, S.J.; de Groot, L.C.; Joosten, L.W.; Bloo, R.J.; Clarke, R.; Ueland, P.M.; Schneede, J.; Blom, H.J.; Hoefnagels, W.H.; van Staveren, W.A. Effect of oral vitamin B-12 with or without folic acid on cognitive function in older people with mild vitamin B-12 deficiency: A randomized, placebo-controlled trial. Am. J. Clin. Nutr. 2006, 84, 361–370.