Table 1

Established beneficial effect on cognitive function

Remedy	Method (Year)	Results (significant ● and non-significant ●)
Alcohol consumption as a risk factor for dementia and cognitive decline[14, 15]	Meta-analyses of 23 studies (2008)/ 15 prospective studies (2009)	● Pooled RR of Alzheimer's disease for light to moderate drinkers compared with non-drinkers 0.57 to 0.72 ● Pooled RR of vascular dementia for light to moderate drinkers compared with non-drinkers 0.75 to 0.82 (ns) ● Pooled RR of any dementia for light to moderate drinkers compared with non-drinkers 0.63 to 0.74 ● Pooled RR of cognitive decline for light to moderate drinkers compared with non-drinkers 0.89 (ns)