Table 4

Insufficient data to establish or refute a beneficial effect on cognitive function

Remedy	Method (Year)	Results
Physical activity programmes for persons with/without dementia[16, 17]	Cochrane review: meta-analyses of 4/11 studies (2008; 2009)	● Insufficient and inconsistent evidence of effect on cognitive function
Treatment of type 2 diabetes[10]	Cochrane review: meta-analysis of 5 studies (2002)	● NO convincing evidence relating type or intensity of diabetes treatment to the prevention or management of cognitive impairment in type 2 diabetes (no recent update)
Omega-3 fatty acids for the prevention of dementia[25]	Cochrane review: meta-analysis (2006)	● No suitably controlled data available, recent controlled trials have been negative
Folic acid ± vitamin B_{12} for prevention and treatment in healthy elderly and demented people[27]	Cochrane review: meta-analysis of 8 studies (2008)	● There is no adequate evidence of benefit from folic acid supplementation with or without vitamin B_{12} on cognitive function and mood of unselected healthy elderly people. ● In healthy elderly people with high homocysteine levels, 800 mcg/day folic acid supplementation over three years was associated with significant benefit in terms of: **a. global functioning** WMD 0.05, 95% CI: 0.004 to 0.096, P = 0.033 **b. memory storage** WMD 0.14, 95% CI: 0.04 to 0.24, P = 0.006 **c. information-processing speed** WMD 0.09, 95% CI: 0.02 to 0.16, P = 0.016 ● In people with cognitive impairment including Alzheimer's disease there was inconsistent benefit in measures of cognitive function from folic acid, with or without vitamin B_{12}. Folic acid plus vitamin B_{12} was effective in reducing serum homocysteine concentrations (WMD -5.90, 95% CI: -8.43 to -3.37, P < 0.00001)[27]
Vitamin, mineral and fatty acid supplements to prevent cognitive decline[28, 29]	Meta-analysis of 22 trials (2008)	"NO significant effect of taking B vitamins or antioxidant vitamins on global cognitive function. There was insufficient evidence to evaluate the effect of omega-3 fatty acids on any cognitive domains"[28]
Ginkgo biloba for cognitive impairment and dementia[30]	Cochrane review: meta-analysis of 36 controlled studies (2008)	The results from the more recent methodologically adequate trials show INCONSISTENT results for cognition, activities of daily living, mood, depression and carer burden[30]