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The acute and chronic cognitive and cerebral blood flow effects of Timur pepper in healthy humans: A recent collaborative trial between Northumbria University and Mibelle Biochemistry.

- Timut pepper revealed acute (after a single dose) and chronic (following 56 days of consumption) improvements in speed of performance, attention, mental arithmetic and information processing skills in healthy human participants.
- Mental fatigue was also reduced chronically and the hemodynamic response on both visits was lower, in comparison to a control intervention, suggesting a reduced requirement for neural support for these cognitive improvements and utilization of alternative mechanisms.
- David and Emma will discuss these findings with a specific focus on the interdisciplinary network at Northumbria University under which this research was performed; Nutrition Research Trials At Northumbria (NUTRAN; [NUTRAN AT NORTHUMBRIA UNIVERSITY](#)) and the cognitive task platform, utilized in this trial, which was also developed here; Computerised Mental Performance Assessment System (COMPASS; [Compass | Cognitive Assessment System \(cognitivetesting.co.uk\)](#))