POSTER ABSTRACT

The Effects of Antioxidants on Cognitive and Motor Functioning in Young Adult Rats

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Nutritional supplementation with berry fruits rich in antioxidant and other bioactive properties has been shown to have beneficial effects on age-related deficits in motor and cognitive behavior. The current study examined if very short-term dietary supplementation with 2% blueberry extract (BB) would improve spatial learning and memory and motor performance. Four month old male Fischer 344 rats were fed BB diet for 2 weeks and tested in the Morris water maze and on the wire hang and plank walk. No significant differences were found on any behavioral measure assessed between the control group fed a fortified, well-balanced diet and the BB supplemented group. Further study is needed to determine how long dietary supplementation must continue to have a significant effect.