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Observational study of the effect of consumption of a magnesium and B vitamins enriched gingerbread on cognitive well-being (mood, stress, sleep)

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Objective: According to European Commission Regulation No 432/2012, the incorporation into food of minerals and oligo-elements which are officially linked to a health claim allows also the “health claim” to the food. Nevertheless, their introduction into various food matrices can potentially influence their effectiveness. The objective of this study was to confirm the effect on daily mood, stress and sleep of a daily intake of magnesium and B-vitamin enriched gingerbread for 3 weeks at the required quantities determined by EFSA (30% of RDAs).

Materials: Selection criteria: men or women, aged over 18 years and under 70 years of age, complaining of a mood or stress rated by an MSP-9 scale. Evaluation criteria: MSP-9, Brief Mood Introspection Scale (BMIS) and Spiegel scale for sleep. Daily data collection for 7 days before the consumption of gingerbread and during the last week of consumption on a Smartphone CRF (NursTrial System).

Results: 185 persons aged 39 ± 12 years and mostly female were included in the study. The results show significant reductions in stress assessed by MSP-9, which significantly decreased from 42.6 ± 8.5 to 30.9 ± 8.4 ($p < 0.0001$), a 26% improvement in BMIS-assessed mood from 38.6 ± 6.6 to 47.2 ± 7.3 ($p < 0.0001$), an improvement of 25% and quality of sleep evaluated by the Spiegel scale, which increased from 16.2 ± 3.5 to 19.3 ± 3.6 ($p < 0.0001$) which corresponds to an improvement of 23%. 35.1% of the subject declared they were rather satisfied and 50.3% they were satisfied or very satisfied.

Conclusion: These results confirm that at the quantities required for EFSA health claims, the enrichment of a magnesium and B vitamin B of a gingerbread allows significant improvements in mood, stress and sleep of the subjects.

Biography

Francois Andre Allaert is a Medical Doctor specialized in Public Health, completed his PhD in Biostatistics and Pharm D. He is strongly involved in the field of Medical Evaluation and especially in the evaluation of health claim. He is managing a human clinical center specifically approved by French health authorities for food supplement and enriched food evaluation. He is also managing the Chair for Health Claim Medical Evaluation at the Burgundy University of Dijon. He authored more than 1500 scientific oral communications and publications among which 210 are PubMed referred.

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