A study on “The neuroprotective effects of caffeine” was published in 2007 by “Neurology”, the publication of the American Academy of Neurology, St. Pauls, Minnesota. It was conducted by a French research group under the leadership of Dr. K. Ritchie of the University Clinic of Montpellier, examining the relations between caffeine intake, cognitive decline, and the course of dementia. The subjects were some 7000 men and women aged 65 years or more.

The findings of the study demonstrate that caffeine has a positive effect on mental powers, particularly in older women, and can thus counteract the development of dementia.

The study includes a summary by Dr. Schröder of the “Three City Study” (Montpellier, Bordeaux, Dijon), and discussion of the various aspects of caffeine consumption in elderly people.