

Green Tea improves memory

Researchers in Switzerland found green tea improves cognitive function and enhance working memory.

According to the study, green tea increased the working memory and enhanced task performance. They concluded green tea increases the connectivity among frontal and parietal brain regions during working memory processing. This result suggests green tea may be effective to treat cognitive impairments in psychiatric disorders such as dementia.

This study was published in Psychopharmacology in March, 2014.

reference: "Green tea extract enhances parieto-frontal connectivity during working memory processing" Andre Schmidt, Felix Hammann, Bettina Wolnerhanssen, Anne Christin Meyer-Gerspach, Jurgen Drewe, Christoph Beglinger, Stefan Borgwardt, Psychopharmacology, 2014