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## **Kyolic Aged Garlic Extract Increases Nitric Oxide, Improving Cognition: Study**

**LOS ANGELES (December 20, 2025)** — According to The Alzheimer’s Association, an estimated 7.2 million Americans, age 65 and older, are currently living with Alzheimer’s disease. While science continues to search for a medical breakthrough to effectively address this devastating brain condition, a growing number of studies point to the role non-pharmaceuticals can play in improving cognition and possibly even helping to keep Alzheimer’s at bay. One of those garnering interest is nitric oxide, a colorless gas primarily produced within the endothelial cells lining the body’s blood vessels.

Promising research shows that nitric oxide (NO) can help improve cognition and protect against dementia by enhancing neuronal communication, reducing inflammation, and supporting healthy blood flow in the brain. It also supports the brain’s ability to adapt and form new connections—a process vital for learning new things and storing memories. The problem is, the body’s production of NO declines with age, with a loss of up to 75 percent by age 70. What’s more, epidemiological investigations have found a link between this deficiency and Alzheimer’s disease in the elderly.

While a diet high in NO-rich foods such as beets, citrus, leafy greens, meat, and dark chocolate can help offset this deficiency, supplementing with Aged Garlic Extract (AGE) has been shown to increase NO. But, even though preliminary research shows that AGE can boost overall NO levels, human studies investigating its ability to elevate NO in the brain have been lacking—until now. A new study in the *World Academy of Sciences Journal* reports that AGE can effectively enhance cognition by increasing NO’s bioavailability.

The double-blind, randomized, placebo-controlled trial—which was conducted at the Lundquist Institute at Harbor-UCLA in Torrance, CA—involved 72 people with either prehypertension or hypertension. Each participant underwent the Montreal Cognitive Assessment (MOCA) to measure cognition before being randomly divided into two groups. One group received 2,400 mg of AGE daily while the other group was given a placebo. After 12 weeks, the research team, led by cardiologist Matthew Budoff, MD, noted that 92% of the people in the AGE group had no cognitive impairment (CI) while those taking the placebo experienced more CI based on updated MOCA scores. These findings aren’t surprising since earlier studies have shown that

AGE improves cognition by increasing the bioavailability of NO. This, in turn, enhances blood flow, particularly to those areas in the brain associated with working memory.

“These findings are extremely promising,” said Jay Levy, Wakunaga’s Sales Director. “As Baby Boomers head into their senior years, a growing number of them are looking for proven, science-based solutions to enhance brain health. Although more research is needed, this study suggests that Aged Garlic Extract may be an effective, readily-available tool to help them stay sharp for years to come.”

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**About Wakunaga of America:** Since its establishment in 1972, the Wakunaga group of companies has played a unique role in promoting consumer health worldwide through the research, development, manufacturing and marketing of high-quality medicinal herbs. The corporate philosophy of Wakunaga centers around a commitment to research and a mission to serve public health. This mission is accomplished by providing products of the highest quality, which are supported by truthful science and accompanied by helpful consumer information.

**About Lundquist Institute at Harbor-UCLA and Matthew J. Budoff, MD:** The Lundquist Institute is the largest independent, not-for-profit biomedical research institute in Los Angeles County. Affiliated with both the David Geffen School of Medicine at UCLA and the Harbor-UCLA Medical Center, the Institute’s mission is to improve patient outcomes through cutting-edge research, education and community outreach.

**About Dr. Matthew J. Budoff, MD:** Dr. Budoff has authored or coauthored more than 50 books and book chapters and more than 1,000 scientific articles. He has received numerous research grants from the National Institutes of Health. In addition to his 2015 appointment as the Endowed Chair of Preventive Cardiology at Harbor-UCLA Medical Center, he has been recognized for his work by the Society of Cardiovascular Computed Tomography, from which he received the Gold Medal Award and recently designated as Master of the Society of Cardiovascular Computed Tomography (MSCCT). He was recently named Cardiologist of the Year by the American College of Cardiology California chapter.

### **Highlights**

- An estimated 7.2 million older Americans are currently living with Alzheimer’s disease.
- Nitric oxide (NO) enhances communication between neurons, reduces inflammation, and supports blood flow in the brain.
- The body’s production of NO declines with age, with a loss of up to 75 percent by age 70.
- Foods rich in NO, when eaten regularly, can help offset this decline.
- Preliminary research suggests that Aged Garlic Extract increases NO levels in the brain.

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#### **HEADQUARTERS**

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- A new double-blind, placebo-controlled clinical trial suggests that supplementing with AGE enhances NO bioavailability, improving cognitive function in people with prehypertension or hypertension.

## References

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