

**Press Release  
Immediate**

Could a Pure Maple Syrup Extract Be Tapped for Better Brain Health?

*Pure Maple Syrup Research Shows Promise in the Fight Against Alzheimer's Disease*

**San Diego, CA** – March, 14 2016 – As part of a two-day symposium at the annual meeting of the American Chemical Society, a group of international scientists shared promising results of 24 studies exploring the beneficial effects of natural products on the prevention of neurodegenerative diseases, particularly Alzheimer's disease. For the first time at this symposium, pure maple syrup was included among the healthful, functional foods that show promise in protecting brain cells against the kind of damage found in Alzheimer's disease.

One study presented by Dr. Donald Weaver, of the Krembil Research Institute at the University of Toronto, found that pure maple syrup extract may help prevent the misfolding and clumping of two types of proteins found in brain cells – beta amyloid and tau peptide. When cellular proteins fold improperly and clump together, they accumulate and form the plaque that is involved in the pathogenesis of Alzheimer's and other brain diseases.

The other research presented at the symposium showed that a pure maple syrup extract prevented the fibrillation (tangling) of beta amyloid proteins and exerted neuroprotective effects in rodent's microglial brain cells. Scientists have found that a decrease in microglial brain cell function is associated with Alzheimer's disease and other neurological problems. The maple syrup extract also prolonged the lifespan of an Alzheimer's roundworm model in vivo. The study was conducted out of the University of Rhode Island, in collaboration with researchers at Texas State University, and was led by Dr. Navindra P. Seeram, the symposium's organizer.

"Natural food products such as green tea, red wine, berries, curcumin and pomegranates continue to be studied for their potential benefits in combatting Alzheimer's disease. And now, in preliminary laboratory-based Alzheimer's disease studies, phenolic-enriched extracts of maple syrup from Canada showed neuroprotective effects, similar to resveratrol, a compound found in red wine," said Dr. Seeram. "However, further animal and eventually human studies would be required to confirm these initial findings."

These preliminary findings help support discoveries made over the past few years on the inherent properties of pure maple syrup that comes directly from the sap of the maple tree, making it an all-natural product with unique health benefits.

Serge Beaulieu, President of the Federation of Quebec Maple Syrup Producers, is excited by the findings of the independent scientific studies and enthusiastic about the potential pure maple syrup may have on neurological health. “The Federation and the 7,300 Quebec maple enterprisers are committed to investing in scientific research to help better understand the link between food and health. This has been demonstrated by a robust and carefully guided research program that started in 2005 to explore the potential health benefits of pure maple syrup,” said Beaulieu. “We already know that maple has more than 100 bioactive compounds, some of which have anti-inflammatory properties. Brain health is the latest topic of exploration and we look forward to learning more about the potential benefits that maple syrup might have in this area.”

Alzheimer’s disease is a progressive, neurodegenerative disease that impairs daily functioning through gradual loss of memory. Alzheimer’s has no current cure, but treatments for symptoms are available and research continues.

According to the Alzheimer Society of Canada, the latest statistics are showing that 747 000 Canadians are living with Alzheimer’s disease and other dementias and it’s predicted by 2031 that figure will grow to 1.4 million. The combined direct (medical) and indirect (lost earnings) costs of dementia total \$ 33 billion per year.

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### **About the Federation of Quebec Maple Syrup Producers and Maple Products from Quebec**

Since 1966, the Federation of Quebec Maple Syrup Producers (FPAQ) has pursued its mission of defending and promoting the economic, social and moral interests of 7,300 maple enterprises in Quebec, men and women working together to establish standards of quality and see to the promotion and collective marketing of their products. Quebec is responsible for 90 percent of maple syrup production in Canada and approximately 71 percent of all maple production in the entire world. Together, Ontario, New Brunswick and Nova Scotia account for 10 percent of Canadian production.

FPAQ proudly promotes the Maple Products from Quebec brand and coordinates the marketing and development of Canadian maple products to the world on behalf of the Canadian maple industry. To these ends, FPAQ leads and gives direction to an international innovation network for maple products from Canada.

**The Federation of Quebec Maple Syrup Producers does not promote an increase of sugar consumption. When choosing a sweetener for moderate use, pure maple syrup has more healthful compounds compared to some other sources of sugar.**

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