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ABSTRACT

From aging to healthy aging

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"It's not the years in the life, but the life in the years". More and more people around the world are growing older than ever before, yet not everyone is doing so in good health. Nutrition is often an overlooked area of impact in helping older people maintain functional ability, as well as recover after moments of ill-health.

Conditions of ageing, such as cognitive decline and memory loss, significant decline in muscle mass, strength, and function (sarcopenia) are often viewed as an inevitable part of the ageing process – while the impact of an individual's nutritional intake and status are often not considered in this process. However, nutrition is highly impactful on one's health, especially in the context of ageing. Cognitive and muscular decline in ageing individuals has been linked to specific unmet nutritional needs, and moreover certain nutrients have been shown to mitigate the age-associated decline in cognition and muscle function. Over the past two decades Nutricia has dedicated itself to the research and development of two proprietary nutrient combinations to address these needs.

The decline in muscle mass, strength and function seen with ageing is largely attributed to a decreased muscle protein synthesis, which can be stimulated through nutrition. ActiSyn™ is a unique combination of specific nutrients (100% whey protein, leucine, vitamin D) designed to stimulate muscle protein synthesis, and when incorporated within a muscle-targeted ONS has shown improvements in muscle mass, strength, function, as well as increased independence in older adults.

Fortasyn™ Connect is a unique combination of nutritional precursors and cofactors that work together to support synapse formation. Its efficacy has been recently shown in the longest ever trial with a nutritional intervention in patients with Mild Cognitive Impairment due to Alzheimer's. A 3-year intervention with medical food containing Fortasyn™ Connect resulted in slowed decline of cognition (including memory) and function, as well as reduced brain shrinkage.

Given the described physiological changes associated with ageing, it is particularly relevant to explore the implementation of these two nutrient combinations in the context of healthy ageing in order to maintain the quality of life in ageing individuals.

Keywords: aging, cognitive, muscle, nutrition

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