

# Comparison of Cogni 8 (Hokkaido Scallop Oil Plasmalogen) and Prevagen (Apoaequorin) on Cognitive Function - An In-Office Pilot Study

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May 6, 2026  
DHDEU Cogni 8 Seminar



# Introduction

- Our Aging Population
  - 62 Million > 65 (18%)
  - By 2054 84 Million > 65 (23%)
  - New Methodologies Needed to Preserve Cognitive Function



# Alzheimer's Disease

- 1/3 > 85 years old
- Most Common Cause of Pathological Cognitive Decline
- 60 to 80 % of all Dementias
- Sixth Leading Cause of Death in the USA
- Only one with no known Prevention, Efficacious Treatment or Cure



# Dementia

- Broad Category of Diseases
- Alzheimer's
- Lewy body
- Cerebrovascular (Stroke/TIA)
- Mixed



# Public Health Implications

- 78 Million Worldwide in 2030
- 139 Million Worldwide in 2050
- Massive Need for Facilities/Services
- Day to Day Functioning
- Overall Quality of Life
- Managing Other Chronic Illnesses
- ADL's - Cooking/Cleaning etc.



# Dementia

- Cognitive Decline Occurs Slowly
- Mild Cognitive Impairment - Greater than Dementia
- Affects a Longer Period of Life
- 10 - 15% Annual Risk of Transitioning to Dementia



# Subjective Cognitive Decline

- Self-Reported Experience of Worsening or More Frequent Confusion or Memory Loss Within the Past Year
- Younger People Concerned about Brain Health
- 8 in 10 Americans Worry about Memory
- Detrimental Implications for Living



# Modifiable Lifestyle Risk Factors

- Poor Blood Sugar Control - Increases Risk by 50%
- Pre-diabetics - Up to 10% Shrinkage in Brain Volume
- New Study Published 2026 - Consumption of Meat decreases SDAT 55% carriers of APOE-4
- Standard American Diet (SAD) Leads to:
  - Memory Decline
  - Problem Solving
  - Attention
  - Suppressed Appetite Control
- Improving Diet and Encouraging Exercise



# Inflammation

- High Blood Sugar as Culprit
- Abnormal Blood Clotting Leads to:
- Increased Risk of Thrombosis, Embolism and Stroke
- Decreased Blood Flow - Decreased Mental Capacity
- Anything that Affects the Heart Affects the Brain



# Environmental Factors

- 30% of All Alzheimer's Cases
- Heavy Metal Toxicity
- Pesticides
- Insecticides
- Nitrogen Based Fertilizers
- Air Pollution



# Nutritional Supplementation

- Necessary Due to Lack of Effective Pharmaceutical Interventions
- Negative Side Effects of Existing Drugs
- Patients/Consumers Looking for Solutions
- Brain Health Supplement Market in 2024 - around \$10.9 Billion
- Projected Annual Growth Rate of 13.7% from 2024 to 2030
- 650 Dietary Supplements for Brain Health on Market



# Plasmalogen

- Type of Phospholipid
- Major Component of Cell Membranes
- Potent Antioxidant
- Brain is Exposed to Higher Levels of Oxidative Stress d/t Oxygen Consumption
- Decreases with Age
- Older (>65) have 40% Lower Levels Compared with Younger (20s)
- Found Throughout the Body; Abundant in Brain and Heart



# Plasmalogen and Dementia

- Lower Levels in Alzheimer's
- Specifically Bound to Docosahexaenoic Acid (DHA)
- Levels Correlated with Severity of Dementia



# Daiwa Brain Health aka Cogni 8 in European Union

- HSOP - Hokkaido Scallop Oil Plasmalogen
- Specific Type of Plasmalogen
- Prior Study - 0.5 mg or 1 mg with MCI or Alzheimer's
- Improvement in Cognitive Function and Increased Blood Plasmalogen Levels
- Suppresses Brain Inflammation
- Inhibits Neuronal Death



# Prevagen

- Apoaeguorin - Active Ingredient
- Protein Originally from Jellyfish
- Neuronal Cell Support
- One Human Clinical Trial - Improve Cognitive Function in Older Participants with Normal Cognitive Aging or VMCI



# HSOP v Apoaequorin

- Open, Dual-Armed Randomized Design
- 30 Subjects with SCD or pre-SCD
- 15 in Each Arm; 6 males and 9 females
- Daiwa Brain Health (Cogni 8)- HSOP 0.5mg daily (mean age 65.4)
- Prevagen - Apoaequorin 10mg, 50mcg D as D3 cholecalciferol daily (mean age 62.2)



# Study Details

- Abbreviated Mental Test Score (AMTS) and Standardized Mini-Mental State Examination (SMMSE)
- Baseline and 90 Days later
- Blinded to Each Other
- Informed Consent



# Baseline Numbers

- Baseline AMTS Prevagen Arm - 9.133
- Baseline SMMSE Prevagen Arm - 27.600
- Baseline AMTS Daiwa Brain Health (Cogni 8) Arm - 9.267
- Baseline SMMSE Daiwa Brain Health (Cogni 8) Arm - 27.267
- Student's T test Showed No Significant Differences between the Two Groups in Age or Baseline Test Scores



# Post Intervention - 90 Days

- AMTS - Prevagen 9.133 (no change)
- SMMSE - Prevagen - 27.667 (change of +0.067)
- AMTS - Daiwa Brain Health (Cogni 8) - 9.800 (Up from 9.267)
- SMMSE - Daiwa Brain Health (Cogni 8)- 28.533 (Up from 27.267)



# Conclusion

- Prevagen - No Significant Change with 90 days of Therapy in AMTS or SMMSE
- Daiwa Brain Health (Cogni 8) - Significant Changes in Both AMTS and SMMSE
- Daiwa Brain Health (Cogni 8) is More Effective Than Prevagen in Improving both AMTS and SMMSE - Measures of Cognitive Function



# Citations:

- “Comparison of Daiwa Brain Health (Cogni 8) {Hokkaido Scallop Oil Plasmalogen} and Prevagen {Apoaequirin} on Cognitive Function, An in-office pilot study”
- Published in *Alternative Therapies, in Health & Medicine*, October 2024.
- Fred Pescatore, MD, MPH
- “Effects of HSOP on Cognition, Depression & Activities of Daily Living in Older Adults with Cognitive Issues”
- Published in *Integrative Medicine: A Clinician’s Journal* (IMCJ), December 2022/January 2023
- John E. Lewis, Ph.D, Lonnie A. Fravel, BS, BA.



# End Thoughts

- Small, Open Trial Suggesting Further Research is Needed For Confirmation
- Dire Need for Safe, Effective and Inexpensive Means to Handle the Dementia Epidemic