

# Cistanche deserticola May Provide Learning and Memory Support, New Study Shows

*Cistanche deserticola polysaccharides is a potential therapeutic for people with learning and memory disorders, especially those associated with gut dysbiosis.*

DENVER, COLORADO, UNITED STATES, November 30, 2021 /

EINPresswire.com/ -- A [study published on June 15, 2021, in Aging](#) revealed that *Cistanche deserticola polysaccharides* show therapeutic potential for people with memory and learning disorders, especially those related to gut microbial dysbiosis. The findings in the murine study demonstrated that *Cistanche deserticola polysaccharides* can improve cognitive function in a D-galactose-induced aging model in mice by restoring homeostasis of the gut microbiota-brain axis, which alleviated an amino acid imbalance and reduced peripheral inflammation and oxidative stress.



Cistanche tubulosa from Mongolia

Progressive decline in cognitive function is a characteristic feature of aging. Previous studies have shown that *Cistanche deserticola polysaccharides* can significantly improve learning and memory. Recent evidence suggests alterations in the gut microbiota-brain axis may drive cognitive impairment with aging. This study demonstrated that *Cistanche deserticola polysaccharides* treatment improved cognitive function by inhibiting peripheral inflammation and oxidative stress through restoration of gut microbial homeostasis.

Future studies are warranted in order to explore the role of *Cistanche deserticola polysaccharides* in helping to alleviate Alzheimer's disease through the gut microbiota-brain signaling axis.

"Cistanche offers a great many benefits," says Michael Van der Linden, owner of Linden Botanicals. "Cistanche has anti-aging, anti-fatigue, antidepressant, antimicrobial, anti-inflammatory, hepatoprotective, immunological, cardiovascular, and antioxidant properties. We call it 'Methuselah's Breakfast.' In the Bible, Methuselah lived until the ripe old age of 969, making him the longest-lived human in both legend and tradition."

Cistanche deserticola, also known as "ginseng of the desert," is an herb that grows mainly in Mongolia and the northwestern desert region of China. Cistanche deserticola extracts contain several pharmacologically active compounds, including phenylethanoid glycosides, iridoids, lignose, oligosaccharides, polysaccharides, and amino acids. These compounds are associated with its anti-inflammatory, anti-oxidative, anti-senescent, neuroprotective, and immunomodulatory properties



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*Michael Van der Linden,  
Owner of Linden Botanicals*

"There is good reason to believe that a lifestyle-related approach to optimal health will benefit from support with Cistanche extract as a health supplement," Van der Linden says. "To learn more about Cistanche, a good place to start is our [Cistanche FAQ](#)."

Aging is a bimonthly peer-reviewed open access biomedical journal covering research on all aspects of gerontology.

ABOUT LINDEN BOTANICALS: [Linden Botanicals sells the world's healthiest herbal teas and extracts](#), including Cistanche tubulosa, Cistus incanus, Phyllanthus niruri, Rosa rugosa (Rose Hips), and Cryptolepis sanguinolenta.

These teas and extracts provide support for immune health, stress relief, energy, memory, mood, kidney health, joint health, digestive health, inflammation, hormonal balance, and detox/cleanse. Visit [www.LindenBotanicals.com](http://www.LindenBotanicals.com) to shop the online store, find hundreds of

valuable health tips and resources, and get the free Lessons from the Darkness e-book, which chronicles Michael Van der Linden's four-year battle with Lyme disease.

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Cistanche tubulosa extract - sold in sizes ranging from 200g to 1,000g



Cistanche tubulosa from Mongolia is a top nootropic extract for brain health and energy.





## **CISTANCHE TUBULOSA (Desert Hyacinth)**

**Health Benefits and Therapeutic Uses**

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Cistanche tubulosa FAQ from Linden Botanicals  
([lindenbotanicals.com/faq/](http://lindenbotanicals.com/faq/))

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