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Cognition; Cellular Basis of Information Storage; Synaptic Plasticity as a Physical Basis for Memory; Biological Basis of Dementia; Nutraceuticals with Potential Cognitive Enhancing Functions; Ginkgo biloba; Positive Effects; Potential Mechanisms; Negative or Null Effects; Bacopa monnieri; Positive Effects; Potential Mechanisms; Negative or Null Effects; Ginseng; Positive Effects Potential MechanismNegative or Null Effects; Phosphatidylserine; Positive Effects; Potential Mechanisms; Negative or Null Effects; Caffeine; Positive Effects; Potential Mechanisms; Negative or Null Effects; Centella asiatica, Ephedra sinica, and Crocus sativus; Potential Concerns of Cognitive Enhancement; Concluding Remarks and Future Directions: References: 4 Nutraceuticals in Cardiovascular Diseases: Introduction; Cardiac Dysfunction; Features of Cardiac Disease; Hypertension; Coronary Artery Disease (CAD)-Atherosclerosis; Ischemia: Hypertrophy: Oxidative Stress: Vascular Injury Biomarkers of Heart DiseaseTherapeutic Response to Heart Disease; Phytotherapeutic Strategies; Nutraceuticals; Cruciferous Vegetables; Bulbous Plants; Tea; CoQ10; Turmeric; Grape Skin; Fish Oil/Olive Oil; Vegetables: Carnitine: Soy: Concluding Remarks and Future Directions: References: 5 Antiatherosclerotic Efficacy of Nutraceuticals: Introduction; Pathogenesis of Atherosclerosis and Possible Points of Therapeutic Intervention; Role of LDL; Atherosclerotic Plague Formation; Existing and Emerging Antiatherosclerotic Therapies; Nutraceuticals with Antiatherosclerotic Activity Antiatherogenic Natural Agents