

A SINGLE-BLIND, RANDOMISED HOME-USE STUDY, IN 50 HEALTHY MALE AND FEMALE VOLUNTEER, TO EVALUATE THE EFFICACY OF AN ACTIVE SUPPLEMENT COMPARED TO A PLACEBO AT IMPROVING MEMORY, AS MEASURED BY SELF-PERCEPTION QUESTIONNAIRE (SPQ).

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MEMORY, AS MEASURED BY SELF-PERCEPTION QUESTIONNAIRE (SPQ).**

PCR CORP REPORT NO: NUTUSE4M

I declare that the following report constitutes a true and faithful account of the procedures adopted and the results obtained in the performance of this study. The aspects of the study conducted by PCR Corp. were performed, where relevant, in accordance with the principles of Good Clinical Research Practice.

Barrie Drewitt
(Principal Investigator)

..........

Date...13th March 2018.....

Chloe Browne
(Project Manager)

..........

Date...13th March 2018.....

QUALITY ASSURANCE STATEMENT

This report has been audited and is considered to be an accurate description of the methods used and an accurate presentation of the data obtained during the conduct of the study.

Reece Statham
(Quality Assurance)

..........

Date...13th March 2018.....

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1 SUMMARY

Title:	A single-blind, randomised home-use study, in 50 healthy male and female volunteers, to evaluate the efficacy of an active supplement compared to a placebo at improving memory, as measured by Self-Perception Questionnaire (SPQ).
Study design:	Single blind, randomized home-use study.
Test Articles:	One active sleep aid and one placebo (Labelled): 1. (A) - Active 2. (B) - Placebo
Number of subjects:	Fifty-four (54) subjects completed the study.
Type of subjects:	Healthy male and female volunteers, aged over 18 years.
Method:	Subjects attended the test centre at baseline (Day 1) to complete the informed consent form (ICF). Subjects were issued the test article, diary and instructions. They were instructed on how to take their the test article, complete their diary over the next 30 Days, including the 2 Self-Perception Questionnaire (SPQ) questions daily, which was on the diary. At the end of the study (Day 30) subjects returned to the test centre to complete an online Self-Perception Questionnaire (SPQ).
Conclusion:	<p>As can be seen from the data the product performed highly favourably under Clearcast guidelines, over the 30 day testing period shown by Top 2 responses (Strongly Agree + Agree) being >80% (regarded as highly favourable). The Sponsor's product also performed statistically significantly better than the Placebo product for 17 out of 20 comparable SPQ questions.</p> <p>Claims such as "85.19% of participants noticed an improvement in their short term memory", "81.48% of subjects noticed an improvement in their short term memory in only 11 days" and "92.59% of subjects noticed an improvement in recalling information in only 9 days" can be substantiated.</p> <p>As can be seen through the results of the memory test, the active product performed highly favourably. In 15 days it improved memory by 44.8%, in 30 days, memory improved by 51% compared to the placebo at 5-6%, and over 95% of participants remembered more items by the completion of the study.</p>
Duration of study:	Started: w/c 22 nd January 2018 Ended: w/e 19 th February 2018
Location:	PCR Corp. 8 Richmond Road, Dukes Park, Chelmsford, Essex CM2 6UA United Kingdom

2 KEY STUDY PERSONNEL AND RESPONSIBILITIES

Key personnel	General responsibilities
Principal Investigator (PI) Barrie Drewitt PCR Corp Princeton Forrestal Center 307 College Road East Princeton, NJ 08540 Tel: 609-455-1112	The Principal Investigator (PI) will be responsible for ensuring sufficient resources are available to conduct the study according to Good Clinical Practice (GCP), for the study design, compiling the results and writing the clinical report.
Project Supervisor (PS) Andrew King PCR Corp 8 Richmond Road Dukes Park Chelmsford Essex CM2 6UA United Kingdom Tel: +44 (0) 1245 934050	The Project Supervisor (PS) will be responsible for the conduct of the study on a daily basis.
Project Manager (PM) Jo Broyd PCR Corp 8 Richmond Road Dukes Park Chelmsford Essex CM2 6UA United Kingdom Tel: +44 (0) 1245 934050	The Project Manager (PM) will be involved with the study design, compiling the results and writing the clinical report.
Report Writer (RW) Chloe Browne PCR Corp Baypoint Commerce Center 9600 Koger Blvd. Suite 120 St. Petersburg, FL 33702 Tel: 727-576-7300	The Report Writer (RW) will be responsible for compiling the results and writing the clinical report.
Project Co-ordinator (PC) Dan Watters Nutreance 401 Riversville Road Greenwich CT. 06831 Tel: 1 (800) 749-7776 Email: support@nutreance.com	The Project Co-ordinator (PC) will be the primary point of contact on behalf of the Sponsor of this project and will represent the Sponsor (Nutreance) of this study.

3 INTRODUCTION AND OBJECTIVES

The objective of this study was to evaluate the perceived efficacy of an active supplement versus a placebo at improving memory following continued home-use for four weeks via completion of a self-perception questionnaire (SPQ) at the end of the study. With the aim of supporting the following targeted claims proposed by sponsor:

X% of subjects noticed an improvement in their memory

X% of subjects noticed an improved in their memory in only X days.

Please note that it was the responsibility of the sponsor to determine the testing and study designs required for submission to entities such as the Home Shopping Network, QVC, etc.

4 STUDY DESIGN

Single-blind, randomised home-use study.

5 SELECTION OF SUBJECTS**5.1 Screening**

Fifty-six (56) subjects were enrolled into the study to allow for fifty-four subjects to complete the active phase. Subjects satisfied the following inclusion and exclusion criteria, and the subjects accepted the prohibitions and restrictions and gave written informed consent (Appendix 1 & 2).

The suitability of potential subjects was confirmed before their acceptance onto the study by review of a study specific pre-treatment questionnaire (Appendix 3).

5.2 Inclusion criteria

- a) Healthy male and female volunteers, aged over 18 years.
- b) Subjects have completed a written informed consent.

5.3 Exclusion criteria

- a) Subject is currently on prescription medication likely to affect the results of the study.
- b) Subject is pregnant, nursing, or planning to become pregnant;
- c) A current skin disease of any type (e.g. eczema, psoriasis) apart from mild facial acne.
- d) History of malignant disease.
- e) Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease.
- f) History of asthma requiring regular medication.
- g) Known sensitivity to the test article, similar materials or their constituents.
- h) Subject is not currently participating, at PCR or other clinical testing facility, in a study utilizing the same test site (body area) or product or with conflicting inclusion/exclusion criteria.

5.4 Prohibitions and Requirements

- a) Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.

6 TEST ARTICLES

To the best of the Sponsor's knowledge and based on the information available, PCR Corp considered the test article to be safe for use in man.

The following test article was supplied by the Sponsor labelled as follows:

1. (A) - Active
2. (B) - Placebo

The test articles and placebo were provided in plain packaging plastic bags/pots by the Sponsor. The Sponsor provided the ingredient listings for the test article (see Appendix 4).

It was the responsibility of the Sponsor to determine, for each batch of the test article, the identity, strength, purity, composition and other characteristics which appropriately define the test article, before its use in the study. The determination of its stability and documentation of methods of synthesis or derivation were also the Sponsor's responsibility.

It was the responsibility of the Sponsor that the test article meets all necessary transport regulations, particularly those regulations involving the carriage of hazardous goods and the import/export of goods or equipment, and that any costs including tax/duty were fully met by the Sponsor prior to receipt of the test article at PCR Corp. No liability with regard to safe receipt or costs involved in the carriage of goods or equipment to any PCR Corp site was accepted.

On study completion any remaining unused test articles were disposed of, unless otherwise requested by the Sponsor, after issuance of the final report or 28 days after study completion, whichever came first. Sponsors requesting the return of products were liable for any costs incurred.

7 STUDY PROCEDURE

a) Study Outline

Subjects attended the test centre at baseline (Day 1) to complete the informed consent form (ICF). Subjects were issued with the test product (according to Randomisation-28 subjects tested Product A and 28 subjects tested Product B). Subjects completed 2 Self-Perception Questionnaire (SPQ) questions daily, which were on their diary card. At the end of the study (Day 30) subjects returned to the test centre to complete an online Self-Perception Questionnaire (SPQ).

b) Test Article Use

The test articles were used at home throughout the duration of the study. According to the usage instructions (Appendix 2).

c) Self-Perception Questionnaire (SPQ)

Subjects answered the same two questions on their diary every day (Appendix 6&7). At the end of the study subjects completed an online SPQ (Appendix 8&9) on how the test product improved their sleep.

8 STUDY ETHICS**8.1 Declaration of Helsinki**

The study conformed to the requirements of the 1964 Declaration of Helsinki and its subsequent amendments (*World Medical Association; 2013*).

8.2 Subject consent

Subjects were informed of the nature, purpose and known risk of the study both orally and in writing and gave their written informed consent to participate in the study prior to any study procedures being performed (Appendix 1). Subjects were advised that they were free to withdraw from the study at any time without being obliged to give a reason. They were compensated for their time.

8.3 Indemnity Provision

The Sponsor was responsible, without regard to legal liability, and indemnified PCR Corp or any of their respective officers or employees in the event of claims for compensation from subjects suffering injury or other deterioration in health or well-being as a result of participation in this study, except and insofar as such claims arise as a result of any negligent act or omission on the part of PCR Corp employees or any persons undertaking or involved in the study by arrangement with PCR Corp.

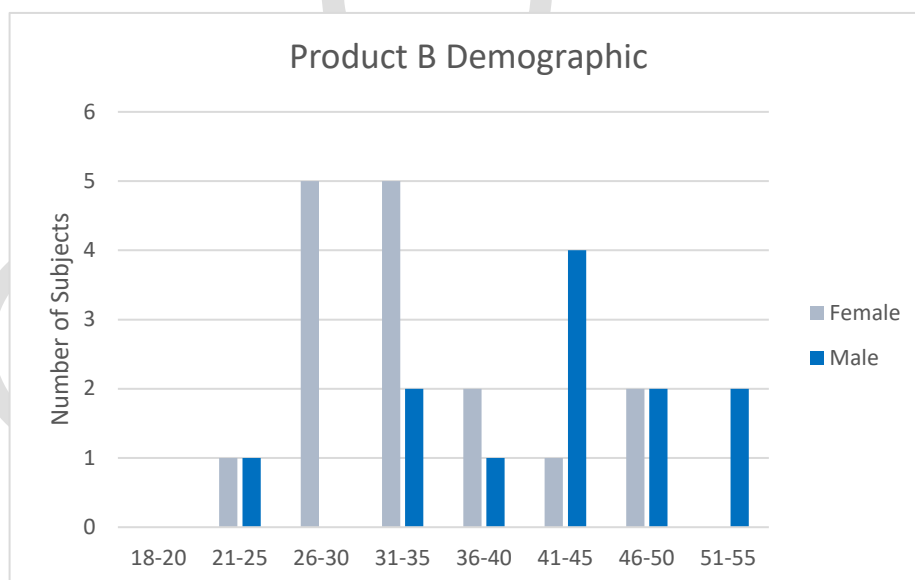
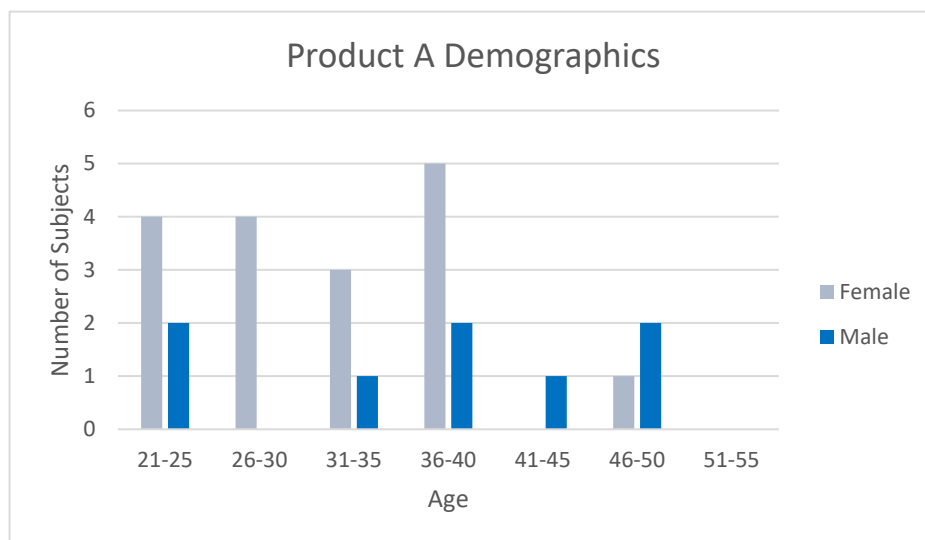
9 RESULTS

9.1 Location and dates of the study

The study was performed at PCR Corp, between 22nd January 2018 and 19th February 2018.

9.2 Subjects

Fifty-six (56) male and female subjects were enrolled onto the study and fifty-four (54) subjects completed the study. There were 28 subjects that tested Product A and 28 subjects that tested Product B.



9.3 Adverse events, adverse reactions and subjects not completing the study

No Adverse Events were reported. Two subjects withdrew from the study for personal reasons.

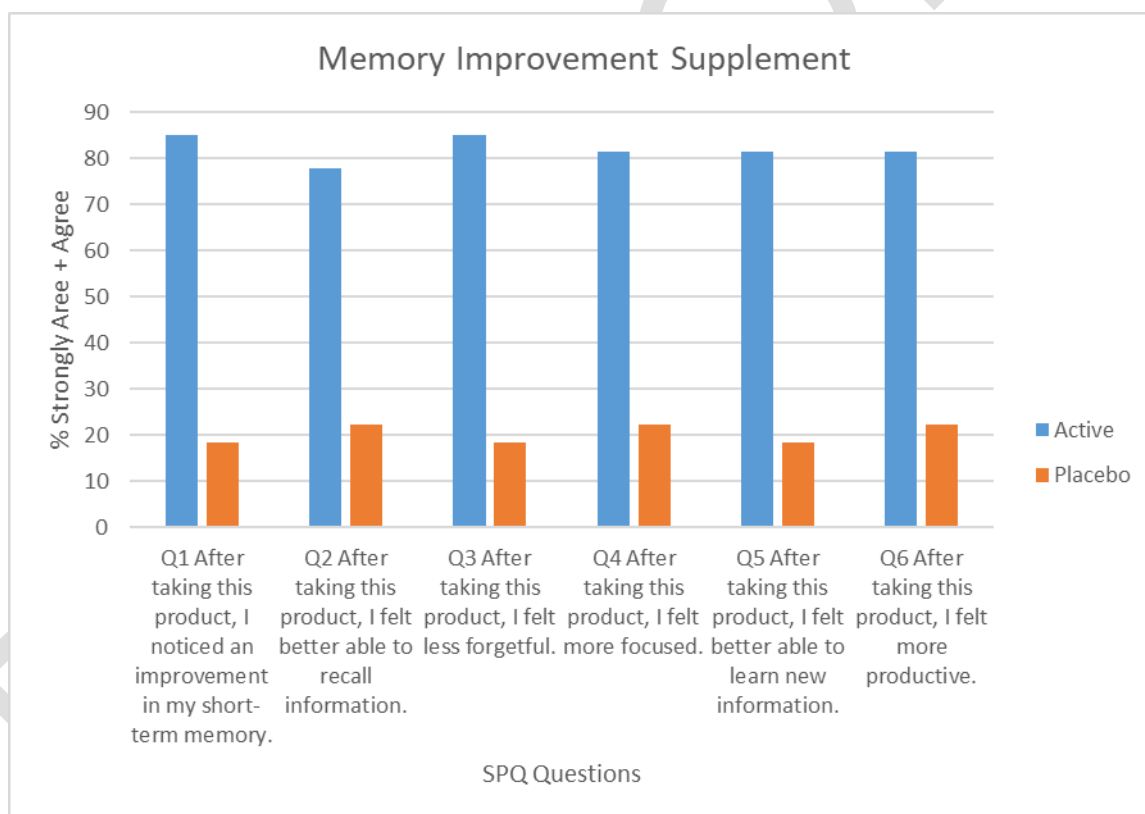
9.4 Conclusions

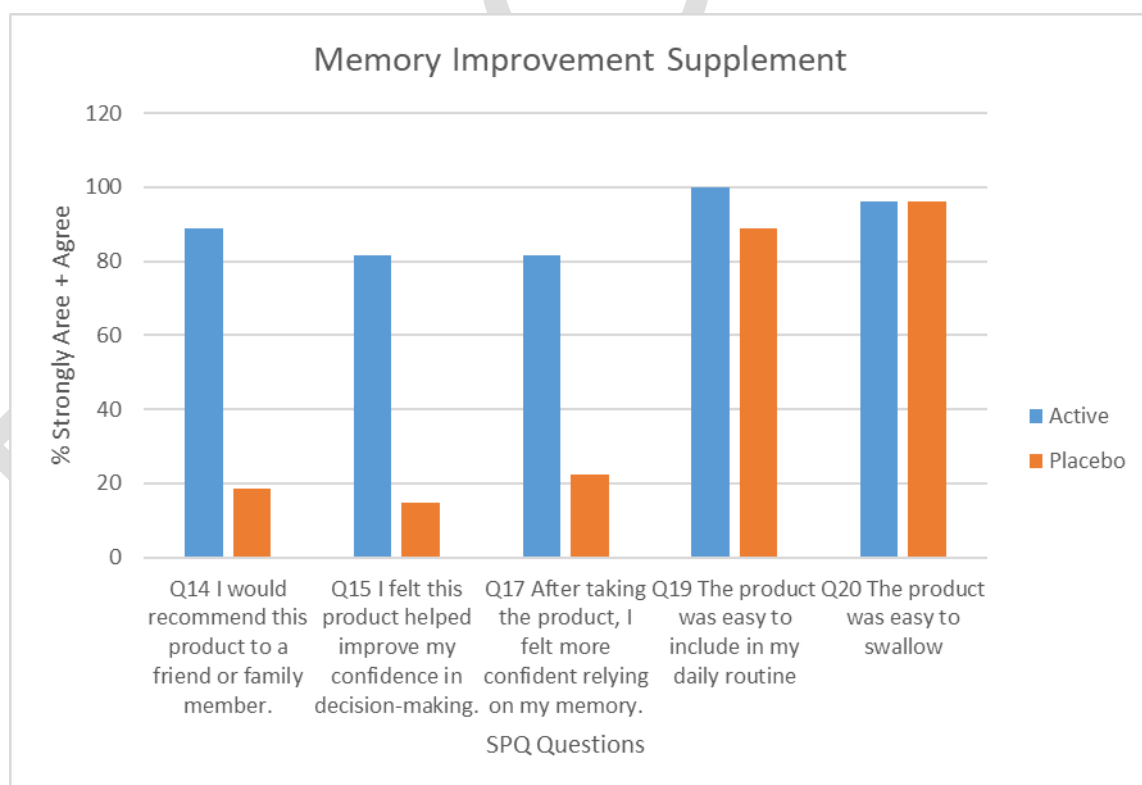
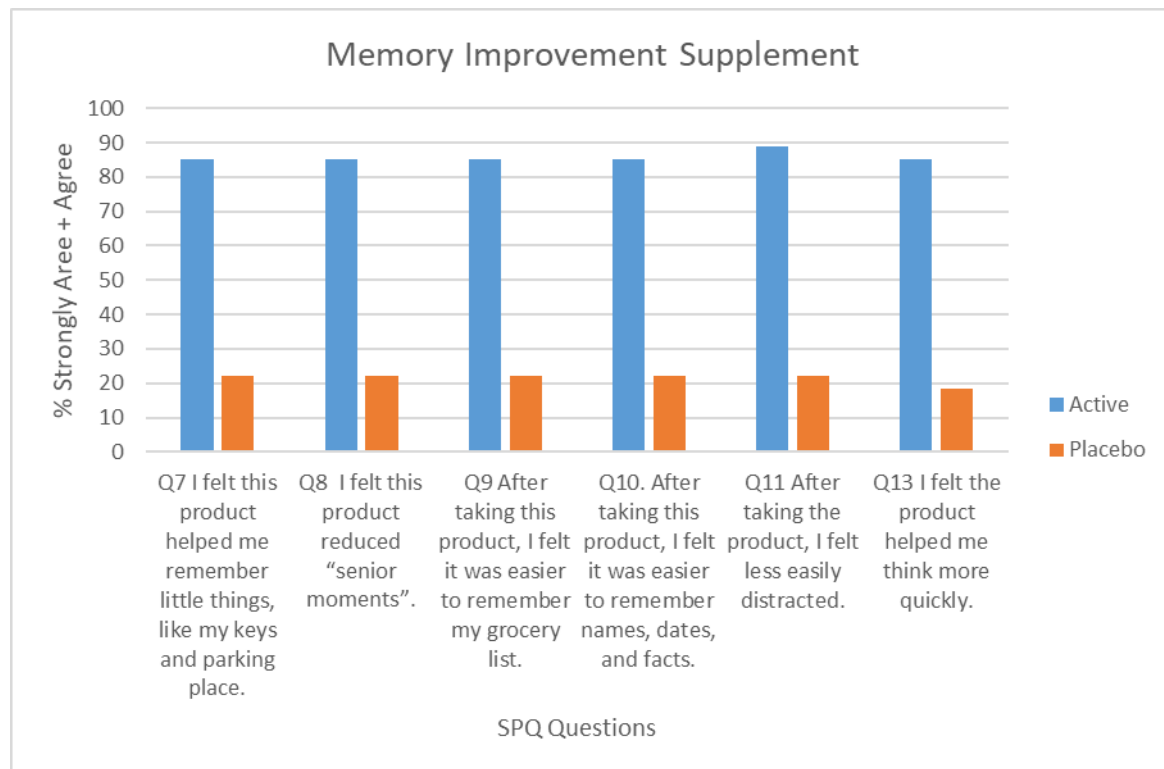
As can be seen from the data the product performed highly favourably under Clearcast guidelines, over the 30 day testing period shown by Top 2 responses (Strongly Agree + Agree) being >80% (regarded as highly favourable). The Sponsor's product also performed statistically significantly better than the Placebo product for 17 out of 20 comparable SPQ questions.

Claims such as "85.19% of participants noticed an improvement in their short term memory", "81.48% of subjects noticed an improvement in their short term memory in only 11 days" and "92.59% of subjects noticed an improvement in recalling information in only 9 days" can be substantiated.

As can be seen through the results of the memory test, the active product performed highly favourably. In 15 days it improved memory by 44.8%, in 30 days, memory improved by 51% compared to the placebo at 5-6%, and over 95% of participants remembered more items by the completion of the study.

Top two responses (Strongly Agree + Agree) for the Active Product versus the Placebo Self Perception Questionnaire (SPQ)





Top two responses (Strongly Agree + Agree) for the Active (Product A) versus the Placebo (Product B) Daily Diary Self Perception Questionnaire (SPQ)

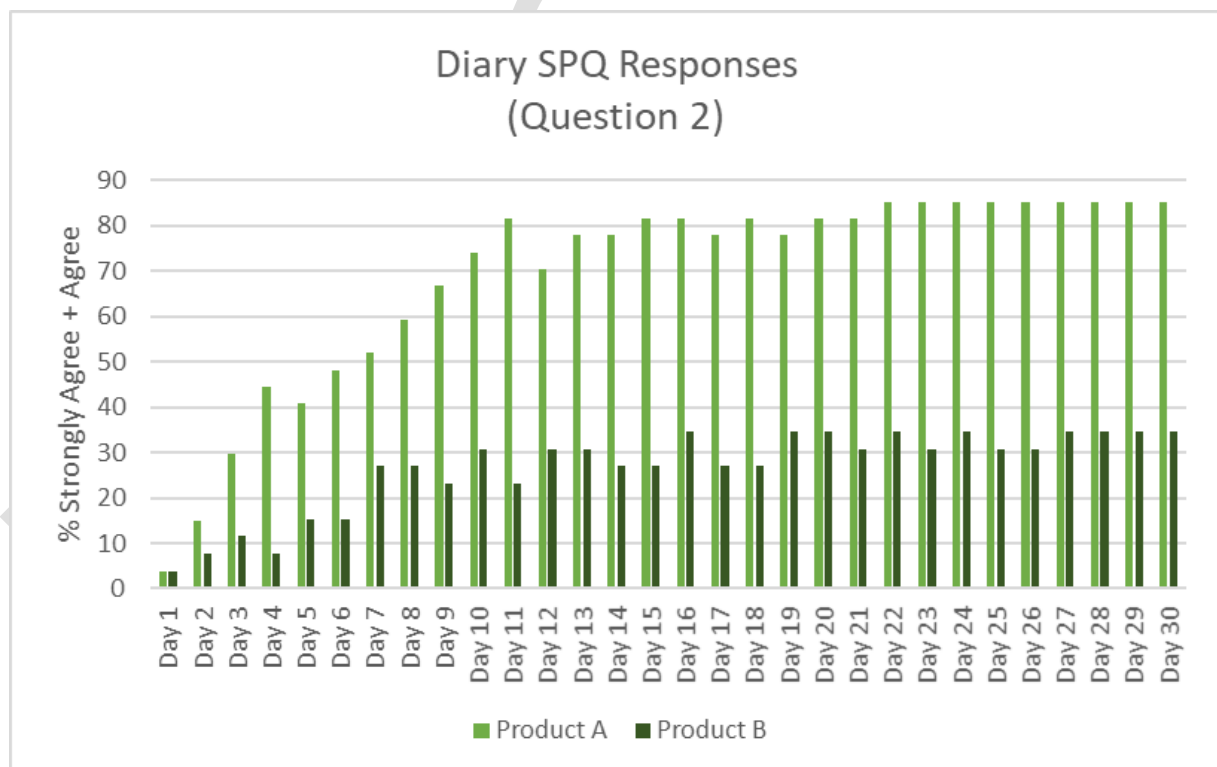
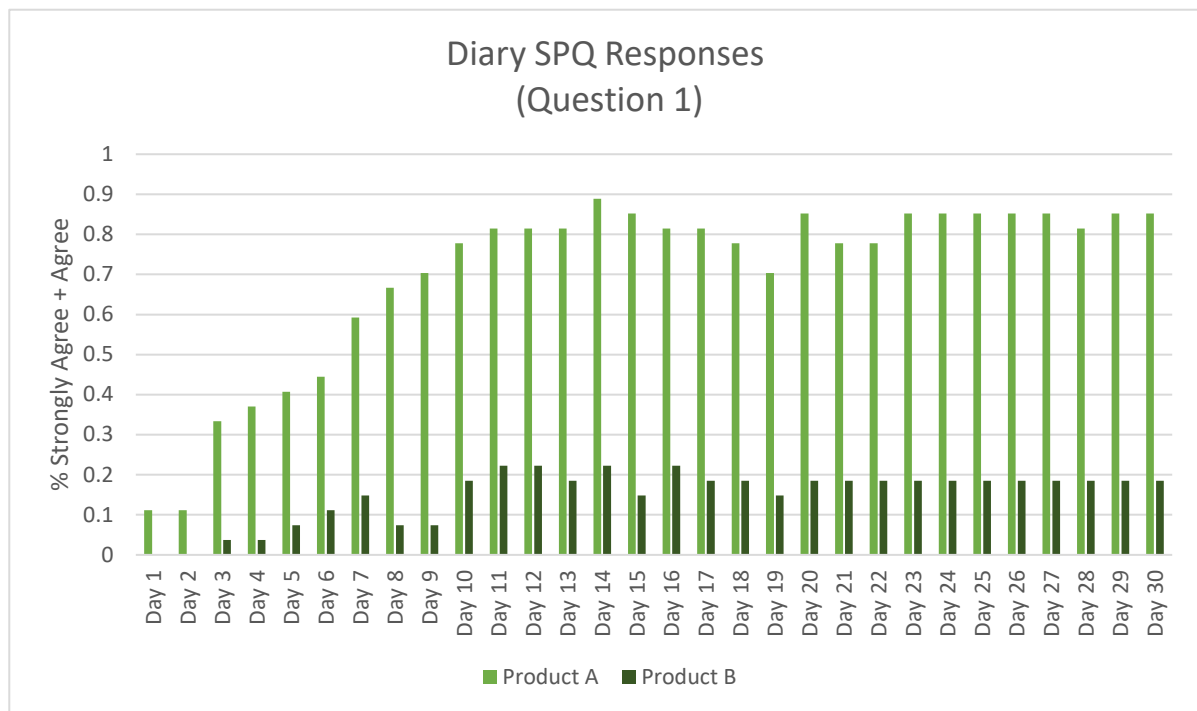


Table 1: Summary of % Responses for the Product Tested

Question	Strongly Agree	Agree	Neither Agree Nor Disagree	Disagree	Strongly Disagree
Q1 After taking this product, I noticed an improvement in my short-term memory.	14.81%	70.37%	7.41%	7.41%	0.00%
Q2 After taking this product, I felt better able to recall information.	14.81%	62.96%	14.81%	7.41%	0.00%
Q3 After taking this product, I felt less forgetful.	14.81%	70.37%	7.41%	7.41%	0.00%
Q4 After taking this product, I felt more focused.	22.22%	59.26%	18.52%	0.00%	0.00%
Q5 After taking this product, I felt better able to learn new information.	18.52%	62.96%	11.11%	7.41%	0.00%
Q6 After taking this product, I felt more productive.	22.22%	59.26%	18.52%	0.00%	0.00%
Q7 I felt this product helped me remember little things, like my keys and parking place.	14.81%	70.37%	11.11%	3.70%	0.00%
Q8 I felt this product reduced "senior moments".	14.81%	70.37%	14.81%	0.00%	0.00%
Q9 After taking this product, I felt it was easier to remember my grocery list.	14.81%	70.37%	14.81%	0.00%	0.00%
Q10. After taking this product, I felt it was easier to remember names, dates, and facts.	14.81%	70.37%	11.11%	3.70%	0.00%
Q11 After taking the product, I felt less easily distracted.	14.81%	74.07%	11.11%	0.00%	0.00%
Q13 I felt the product helped me think more quickly.	25.93%	59.26%	14.81%	0.00%	0.00%
Q14 I would recommend this product to a friend or family member.	33.33%	55.56%	11.11%	0.00%	0.00%
Q15 I felt this product helped improve my confidence in decision-making.	25.93%	55.56%	11.11%	0.00%	0.00%
Q17 After taking the product, I felt more confident relying on my memory.	29.63%	51.85%	18.52%	0.00%	0.00%
Q19 The product was easy to include in my daily routine	33.33%	66.67%	0.00%	0.00%	0.00%
Q20 The product was easy to swallow	25.93%	70.37%	3.70%	0.00%	0.00%
Diary Q1 Do you feel joint pain relief?	26%	59%	15%	0%	0%
Diary Q2 Do you feel improved mobility?	33%	52%	15%	0%	0%

Table 2: Statistical Analysis – Paired TTest of Treatment vs Placebo

Question No.	1	2	3	4	5	6	7	8
A vs B	4.59E-05	9.12E-05	7.71E-05	4.34E-06	1.33E-05	1.66E-05	9.12E-05	2.34E-06
Question No.	9	10	11	12	13	14	15	16
A vs B	5.28E-05	1.02E-04	3.96E-05	N/A	1.28E-06	2.21E-07	1.69E-06	N/A
Question No.	17	18	19	20				
A vs B	2.17E-05	N/A	1.69E-02	5.38E-01				

P<0.05 shows that the subject's perception of active product was statistically significantly better than the subject's perception of the placebo product.

APPENDIX 1: SUBJECT CONSENT FORM

Study Code: NUTUSE4M

Subject #: _____

INTRODUCTION

You are being asked for your consent to participate in a research study. Prior to giving your consent, it is important that you take the time to read and understand what participation will involve. This consent form may contain technical language which you may not understand. If you do not understand any of this consent form, please ask the clinical staff any questions you may have.

You will be provided with a signed copy of this consent form and any other necessary written information prior to the start of the study.

OBJECTIVE

The objective of this research study is to determine the efficacy of one test article at improving memory.

TEST ARTICLES

The test article is a supplement to aid joint discomfort. The test article used will be through normal everyday use following usage instructions provided.

STUDY PROCEDURES

You will be one of approximately 50 subjects enrolled onto this study. Your participation in this study will last approximately four weeks (30 Days) and will include three visits to the testing facility.

Visit 1 (*Study day 1 – approximately 30 minutes*): Prior to acceptance on the study, you will be screened for eligibility to participate on the study and on confirmed eligibility consented to participate. Following verification of your acceptance and your written consent, you will be given a short memory test and then issued with the test product (with usage instructions and diary) to use at home for the next four weeks. You will need to answer the 2 questions of your dairy card every day.

Visits 2 (*Study day 15 – approximately 15 minutes*): You will attend the study centre to complete a memory test.

Visits 3 (*Study day 30 – approximately 15 minutes*): You will attend the study centre to complete a short memory test and an online questionnaire, return any unused test product and receive compensation.

RISKS

To the best of our knowledge, these products are not expected to induce an allergic reaction. While the potential for irritation or other reactions during this study are minimal, it is possible for a reaction to occur. Expected reactions for these test articles categories are mild in nature and may include the following: tiredness, headache, upset stomach. In addition to the risks described, there may be other risks that are currently unforeseeable.

No significant adverse reactions are expected to occur. However, if you develop an adverse reaction or complication as a result of your participation in this study, medical treatment will be provided by clinical staff nurses at PCR CORP or you will be referred for appropriate treatment at no cost to you, as long as you have followed the study instructions. Provisions of such medical care is not an admission of legal responsibility. You will be followed by PCR CORP until the adverse reaction has resolved. No additional compensation will be available to you. Neither the sponsoring company nor the investigating company will be held responsible for any future medical expenses.

BENEFITS

While it is likely that you will not receive any direct benefit from your participation in the study, the study results may have the potential to increase scientific knowledge about nutritional supplements and may allow for new and improved products to be marketed.

CONFIDENTIALITY

Information concerning you that is obtained in connection with this study will be kept confidential by PCR CORP, except that the sponsoring company whose product is being tested will receive a copy of the study records. The records will be uniquely coded to protect your and your child's identity. In addition, third party regulatory authorities, including the U.S. Food and Drug Administration (FDA), may inspect the records of the study. In all cases, your confidentiality will be maintained and your identity will remain private.

Your signature on the Informed Consent provides your permission for these agencies to view your personal information and the study data.

NEW FINDINGS

Any new information that is discovered during the study and which may influence your willingness to continue in the study will be made available to you.

MEDICAL TREATMENT

In the event of an emergency, dial 999. If you receive any medical care during the course of the study, inform medical personnel that your participating in a research study. Please contact PCR CORP staff as soon as possible to inform them of your condition.

WHO TO CONTACT

If you have any questions about this study or in the case of an emergency, contact **Andy King** on **01245 934050** during normal business hours.

VOLUNTARY PARTICIPATION/WITHDRAWAL

Your participation in this research study is strictly voluntary. You may refuse to participate or may discontinue participation at any time during the study without penalty or loss of benefits to which you are otherwise entitled. However, you must contact the test facility and inform a clinical staff member of your decision to withdraw from the study.

If you agree to participate in the study, you are also agreeing to provide PCR CORP with accurate information and to follow study instructions as given to you. If you fail to follow study instructions, you may be asked to discontinue participation.

Your participation in the study may be discontinued at any time without your consent by PCR CORP, regulatory agencies, or the sponsoring company for reasons of but not limited to a severe side effect and accompanying illness, or if you do not follow study instructions.

COMPENSATION

If you agree to your participation in this study, you will be paid £XX upon completion of the study.

NON-DISCLOSURE

As a condition to your participation in the study you are asked not to discuss any information regarding the products that you are testing, your experiences with the products, or your opinion of the products, nor share the products that you are testing with anyone outside of the testing facility. By your signature on the Consent you are agreeing to abide by this condition of participation.

CONSENT TO PARTICIPATE

I know that my participation in this study is voluntary and that I have the right to refuse to participate. I know that I may withdraw from the study at any time without penalty or loss of benefits to which I am otherwise entitled. If, at the discretion of the Investigator, it is best to discontinue my participation for reasons other than a failure to obey the directions of the study, I will be paid in full or for the portion of the study we have completed once the study is over.

CONSENT

I have read all of the pages of this consent form and have been given an opportunity to ask questions about this study. Answers to such questions (if any) were satisfactory. I am at least eighteen years old and without reservation give my consent to serve as a subject in this study. By signing this form, I have not given up any of my legal rights as a research subject. I will receive a copy of this signed consent document.

You are making a decision whether or not to participate. Your signature indicates that you have decided to participate, having read the information provided above.

Subject's Name Printed: First	Middle Initial	Last
--------------------------------------	-----------------------	-------------

Subject's Signature	Date
----------------------------	-------------

Signature of Person Conducting Consent Discussion	Date
--	-------------

Subject Number

APPENDIX 2: SUBJECT INFORMATION SHEET

Study Code: NUTUSE4M

You have agreed to your participation in a research study. By agreeing to participate, you are also agreeing to the following prohibitions and restrictions:

- Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.

The study schedule is as follows:

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
22 nd Jan Day 1 Visit 1	23 rd Jan Day 2	24 th Jan Day 3	25 th Jan Day 4	26 th Jan Day 5	27 th Jan Day 6	28 th Jan Day 7
29 th Jan Day 8	30 th Jan Day 9	31 st Jan Day 10	1 st Feb Day 11	2 nd Feb Day 12	3 rd Feb Day 13	4 th Feb Day 14
5 th Feb Day 15 Visit 2	6 th Feb Day 16	7 th Feb Day 17	8 th Feb Day 18	9 th Feb Day 19	10 th Feb Day 20	11 th Feb Day 21
12 th Feb Day 22	13 th Feb Day 23	14 th Feb Day 24	15 th Feb Day 25	16 th Feb Day 26	17 th Feb Day 27	18 th Feb Day 28
19 th Feb Day 29	20 th Feb Day 30	21 st Feb Day 31 Visit 3				

Please follow the usage instructions below:*Directions*

- take 2 capsules per day in the morning with food.

*You must come in for all visits; no misses will be allowed. If you are unable to come in for a visit, your participation will be discontinued. Upon completion of this study on 21st February 2018, you will receive £XX for your participation.

If you have any questions about this study or in the case of a suspected allergic reaction, call Andy King on 01245 934050 during normal business hours.

APPENDIX 3: PRE-TREATMENT QUESTIONNAIRE

FOR OFFICE USE ONLY		
SUBJECT'S INITIALS		
MALE/FEMALE		
AGE		
SUBJECT NUMBER		

Study Code: NUTUSE4M

STRICTLY CONFIDENTIAL

Inclusion Criteria		Yes	No
1.	Healthy male and female volunteers, aged over 18 years.	<input type="checkbox"/>	<input type="checkbox"/>
2.	Subject has completed a written informed consent.	<input type="checkbox"/>	<input type="checkbox"/>
Exclusion Criteria		Yes	No
1.	Subject is pregnant, nursing, or planning to become pregnant	<input type="checkbox"/>	<input type="checkbox"/>
2.	A current skin disease of any type at the test site (e.g. eczema, psoriasis)	<input type="checkbox"/>	<input type="checkbox"/>
3.	Subject is currently on prescription medication that may affect the result of the study.	<input type="checkbox"/>	<input type="checkbox"/>
4.	History of malignant disease	<input type="checkbox"/>	<input type="checkbox"/>
5.	Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease, which in the opinion of the Investigator would compromise the safety of the subject;	<input type="checkbox"/>	<input type="checkbox"/>
6.	History of asthma requiring regular medication.	<input type="checkbox"/>	<input type="checkbox"/>
7.	Known sensitivity to the test article, similar materials or their constituents.	<input type="checkbox"/>	<input type="checkbox"/>
8.	Subject is not currently participating, at PCR or other clinical testing facility, in a study utilizing the same test site (body area) or product or with conflicting inclusion/exclusion criteria.	<input type="checkbox"/>	<input type="checkbox"/>
Prohibitions and Restrictions		Yes	No
1.	Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.	<input type="checkbox"/>	<input type="checkbox"/>

APPENDIX 3 – CONTINUED

Have you ever had any problems related to the use of any of the following types of material?

Material	Yes			No	When? – Which products? – What happens?
Nutritional Supplements					
Other Personal Care Products – please specify					

Questionnaire checked and confirmed by:

Signature

Date

APPENDIX 4: TEST ARTICLES INCI LISTINGSActive Supplement (A) – RediMind Vegetable Capsules

Ingredients:

Alpha GPC 50% 102mg

Bacopa Monnierl Powder 100mg

Ginko Biloba Powder 100mg

Lions Mane Mushroom Powder 50mg

Huperzine A 1% Trituration 5.1mg

Size #0 Vegetable Capsule 100mg

Dicalcium Phosphate 32.9mg

Magnesium Stearate 10mg

Placebo Supplement (B)

Ingredients:

Vegetable Capsule (capsule shell).

Size #0 Vegetable Capsule 100mg

Dicalcium Phosphate 32.9mg

Magnesium Stearate 10mg

APPENDIX 5: SUBJECT DIARY

Please take the test product supplied to you as instructed, **2 CAPSULES PER DAY (with food) in the morning.**

Please answer the 2 questions in the table every day, following the answer key below.

If you have any problems with the product please call the office at 01245 934050 during business hours, 9:00am to 5:00pm.

PLEASE USE BLACK INK

Day	Date	Did you take 2 capsules? ☑ Check Box	If NO, explain why	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
1		<input type="checkbox"/> Yes <input type="checkbox"/> No			
2		<input type="checkbox"/> Yes <input type="checkbox"/> No			
3		<input type="checkbox"/> Yes <input type="checkbox"/> No			
4		<input type="checkbox"/> Yes <input type="checkbox"/> No			
5		<input type="checkbox"/> Yes <input type="checkbox"/> No			
6		<input type="checkbox"/> Yes <input type="checkbox"/> No			
7		<input type="checkbox"/> Yes <input type="checkbox"/> No			
8		<input type="checkbox"/> Yes <input type="checkbox"/> No			
9		<input type="checkbox"/> Yes <input type="checkbox"/> No			
10		<input type="checkbox"/> Yes <input type="checkbox"/> No			
11		<input type="checkbox"/> Yes <input type="checkbox"/> No			
12		<input type="checkbox"/> Yes <input type="checkbox"/> No			
13		<input type="checkbox"/> Yes <input type="checkbox"/> No			
14		<input type="checkbox"/> Yes <input type="checkbox"/> No			
15		<input type="checkbox"/> Yes <input type="checkbox"/> No			
16		<input type="checkbox"/> Yes <input type="checkbox"/> No			
17		<input type="checkbox"/> Yes <input type="checkbox"/> No			
18		<input type="checkbox"/> Yes <input type="checkbox"/> No			
19		<input type="checkbox"/> Yes <input type="checkbox"/> No			
20		<input type="checkbox"/> Yes <input type="checkbox"/> No			
21		<input type="checkbox"/> Yes <input type="checkbox"/> No			
22		<input type="checkbox"/> Yes <input type="checkbox"/> No			
23		<input type="checkbox"/> Yes <input type="checkbox"/> No			
24		<input type="checkbox"/> Yes <input type="checkbox"/> No			
25		<input type="checkbox"/> Yes <input type="checkbox"/> No			
26		<input type="checkbox"/> Yes <input type="checkbox"/> No			
27		<input type="checkbox"/> Yes <input type="checkbox"/> No			
28		<input type="checkbox"/> Yes <input type="checkbox"/> No			
29		<input type="checkbox"/> Yes <input type="checkbox"/> No			
30		<input type="checkbox"/> Yes <input type="checkbox"/> No Please bring back the product and daily.			

Answer Key for the 2 questions:

Strongly Disagree = 1

Disagree = 2

Neither Agree or Disagree = 3

Agree = 4

Strongly Agree = 5

Comments _____

APPENDIX 6: DIARY SELF-PERCEPTION QUESTIONS – ACTIVE PRODUCT

DAY	1		2		3	
	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
Sub No						
1	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
3	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
6	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
7	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
11	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
16	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
17	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
29	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
30	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
34	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
36	Agree	Agree	Agree	Agree	Agree	Agree
38	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
41	Disagree	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
47	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree
48	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
49	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
50	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
55	Disagree	Disagree	Disagree	Disagree	Agree	Agree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	11.11%	14.81%	11.11%	29.63%	33.33%	44.44%
% Neither Agree Nor Disagree	59.26%	59.26%	59.26%	44.44%	37.04%	37.04%
% Disagree	29.63%	25.93%	29.63%	25.93%	29.63%	18.52%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	11.11%	14.81%	11.11%	29.63%	33.33%	44.44%

DAY	4		5		6	
	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
Sub No						
1	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
3	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
4	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
6	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
7	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
11	Agree	Agree	Agree	Agree	Agree	Agree
13	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
16	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree
17	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Disagree	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
29	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Strongly Agree
36	Agree	Agree	Agree	Agree	Agree	Agree
38	Agree	Agree	Agree	Agree	Agree	Agree
41	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
47	Disagree	Agree	Neither Agree Nor Disagree	Agree	Disagree	Agree
48	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
50	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
51	Agree	Agree	Agree	Agree	Agree	Agree
53	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	3.70%
% Agree	37.04%	51.85%	40.74%	62.96%	44.44%	66.67%
% Neither Agree Nor Disagree	44.44%	40.74%	48.15%	29.63%	40.74%	25.93%
% Disagree	18.52%	7.41%	11.11%	7.41%	14.81%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	37.04%	51.85%	40.74%	62.96%	44.44%	70.37%

DAY	7		8		9	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
6	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Disagree
7	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
13	Agree	Agree	Agree	Agree	Agree	Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Agree	Agree	Agree	Agree	Agree	Agree
29	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
36	Agree	Agree	Agree	Agree	Agree	Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
49	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Strongly Agree	Agree	Strongly Agree	Agree	Agree	Agree
53	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	11.11%	7.41%	14.81%	11.11%	7.41%	11.11%
% Agree	48.15%	66.67%	51.85%	59.26%	62.96%	81.48%
% Neither Agree Nor Disagree	37.04%	25.93%	29.63%	29.63%	25.93%	3.70%
% Disagree	3.70%	0.00%	3.70%	0.00%	3.70%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	59.26%	74.07%	66.67%	70.37%	70.37%	92.59%

DAY	10		11		12	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
6	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
7	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
11	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
13	Agree	Agree	Agree	Agree	Agree	Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Agree	Agree	Agree
36	Agree	Agree	Agree	Agree	Agree	Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Agree	Agree	Agree	Agree	Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Agree	Agree	Agree	Strongly Agree	Agree
53	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	11.11%	11.11%	7.41%	11.11%	11.11%	7.41%
% Agree	66.67%	74.07%	74.07%	70.37%	70.37%	77.78%
% Neither Agree Nor Disagree	22.22%	14.81%	18.52%	18.52%	14.81%	14.81%
% Disagree	0.00%	0.00%	0.00%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	77.78%	85.19%	81.48%	81.48%	81.48%	85.19%

DAY	13		14		15	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
7	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
13	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
16	Agree	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Agree	Agree	Agree	Agree	Agree	Agree
29	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
36	Agree	Agree	Agree	Agree	Strongly Agree	Strongly Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Agree	Agree	Agree	Strongly Agree	Agree	Agree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree
47	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Agree	Agree	Agree	Agree	Strongly Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
53	Agree	Agree	Agree	Agree	Agree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	14.81%	7.41%	18.52%	25.93%	18.52%	25.93%
% Agree	66.67%	77.78%	70.37%	48.15%	66.67%	62.96%
% Neither Agree Nor Disagree	18.52%	14.81%	7.41%	25.93%	14.81%	11.11%
% Disagree	0.00%	0.00%	3.70%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	81.48%	85.19%	88.89%	74.07%	85.19%	88.89%

DAY	16		17		18	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
7	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
13	Agree	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
16	Agree	Agree	Strongly Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Agree	Strongly Agree	Agree	Agree	Agree	Strongly Agree
29	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Strongly Agree	Neither Agree Nor Disagree	Agree
36	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Agree	Strongly Agree	Agree	Agree	Agree	Agree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
47	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
49	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
53	Agree	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	22.22%	25.93%	25.93%	33.33%	22.22%	25.93%
% Agree	59.26%	62.96%	55.56%	55.56%	55.56%	59.26%
% Neither Agree Nor Disagree	18.52%	11.11%	18.52%	11.11%	22.22%	14.81%
% Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	81.48%	88.89%	81.48%	88.89%	77.78%	85.19%

DAY	19		20		21	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
1	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Strongly Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
7	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
13	Agree	Agree	Agree	Agree	Agree	Agree
16	Strongly Agree	Agree	Strongly Agree	Agree	Agree	Agree
17	Disagree	Neither Agree Nor Disagree	Agree	Agree	Disagree	Neither Agree Nor Disagree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
34	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Agree
36	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Agree	Strongly Agree	Agree	Agree	Agree	Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
53	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	18.52%	22.22%	22.22%	33.33%	14.81%	25.93%
% Agree	51.85%	55.56%	62.96%	55.56%	62.96%	51.85%
% Neither Agree Nor Disagree	25.93%	22.22%	14.81%	11.11%	14.81%	22.22%
% Disagree	3.70%	0.00%	0.00%	0.00%	7.41%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	70.37%	77.78%	85.19%	88.89%	77.78%	77.78%

DAY	22		23		24	
	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
Sub No						
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
7	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
13	Agree	Agree	Agree	Agree	Agree	Agree
16	Strongly Agree	Agree	Agree	Agree	Agree	Strongly Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
29	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
36	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Agree	Agree	Agree	Agree	Agree	Agree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Strongly Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
53	Agree	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	22.22%	29.63%	29.63%	29.63%	25.93%	40.74%
% Agree	55.56%	51.85%	55.56%	55.56%	59.26%	44.44%
% Neither Agree Nor Disagree	18.52%	18.52%	11.11%	14.81%	11.11%	14.81%
% Disagree	3.70%	0.00%	3.70%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	77.78%	81.48%	85.19%	85.19%	85.19%	85.19%

DAY	25		26		27	
	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
Sub No						
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
7	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
13	Agree	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
16	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree
29	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
36	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Agree	Strongly Agree	Agree	strongly Agree	Agree	Agree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
47	Agree	Agree	Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Strongly Agree	Strongly Agree	Agree	Agree	Agree	Agree
53	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	25.93%	33.33%	29.63%	37.04%	25.93%	33.33%
% Agree	59.26%	51.85%	55.56%	44.44%	59.26%	48.15%
% Neither Agree Nor Disagree	11.11%	11.11%	11.11%	18.52%	11.11%	18.52%
% Disagree	3.70%	3.70%	3.70%	0.00%	3.70%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	85.19%	85.19%	85.19%	81.48%	85.19%	81.48%

DAY	28		29		30	
	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
Sub No						
1	Agree	Agree	Agree	Agree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Agree	Agree	Agree	Agree	Agree	Agree
6	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
7	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
11	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
13	Agree	Agree	Agree	Agree	Agree	Agree
16	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
17	Agree	Agree	Agree	Agree	Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
29	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
30	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
36	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Agree	Strongly Agree	Agree	Agree	Agree	Agree
42	Agree	Agree	Agree	Agree	Agree	Agree
45	Agree	Agree	Agree	Agree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
47	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree
51	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
53	Agree	Agree	Agree	Agree	Agree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	25.93%	29.63%	25.93%	33.33%	25.93%	33.33%
% Agree	55.56%	55.56%	59.26%	55.56%	59.26%	51.85%
% Neither Agree Nor Disagree	18.52%	14.81%	14.81%	11.11%	14.81%	14.81%
% Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses	81.48%	85.19%	85.19%	88.89%	85.19%	85.19%

APPENDIX 7: DIARY SELF-PERCEPTION QUESTIONS – PLACEBO PRODUCT

DAY	1		2		3	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
12	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
14	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
15	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Agree
52	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	0.00%	0.00%	0.00%	0.00%	3.70%	7.41%
% Neither Agree Nor Disagree	51.85%	70.37%	59.26%	77.78%	59.26%	70.37%
% Disagree	48.15%	29.63%	40.74%	22.22%	37.04%	22.22%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	0.00%	0.00%	0.00%	0.00%	3.70%	7.41%

DAY	4		5		6	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Disagree	Disagree	Disagree	Agree	Disagree	Neither Agree Nor Disagree
12	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
14	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
24	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Agree	Agree	Agree	Strongly Agree	Agree	Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
52	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	0.00%	3.70%	0.00%	0.00%
% Agree	3.70%	11.11%	7.41%	18.52%	11.11%	14.81%
% Neither Agree Nor Disagree	48.15%	59.26%	59.26%	55.56%	59.26%	62.96%
% Disagree	48.15%	29.63%	33.33%	22.22%	29.63%	22.22%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	3.70%	11.11%	7.41%	22.22%	11.11%	14.81%

DAY	7		8		9	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
12	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
14	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
18	Agree	Agree	Disagree	Agree	Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
23	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
24	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Agree	Agree	Agree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
52	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	14.81%	14.81%	7.41%	14.81%	7.41%	18.52%
% Neither Agree Nor Disagree	40.74%	55.56%	48.15%	59.26%	59.26%	55.56%
% Disagree	44.44%	29.63%	44.44%	25.93%	33.33%	25.93%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	14.81%	14.81%	7.41%	14.81%	7.41%	18.52%

DAY	10		11		12	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Strongly Agree	Agree	Agree	Agree	Strongly Agree
14	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
15	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
24	Agree	Agree	Agree	Agree	Agree	Agree
25	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Agree	Agree	Agree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Agree	Agree	Agree	Agree	Agree	Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
52	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	3.70%	0.00%	0.00%	0.00%	3.70%
% Agree	18.52%	18.52%	22.22%	25.93%	22.22%	18.52%
% Neither Agree Nor Disagree	40.74%	59.26%	44.44%	51.85%	48.15%	59.26%
% Disagree	40.74%	18.52%	33.33%	22.22%	29.63%	18.52%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	22.22%	22.22%	25.93%	22.22%	22.22%

DAY	13		14		15	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
12	Agree	Agree	Agree	Agree	Agree	Agree
14	Agree	Agree	Agree	Agree	Agree	Agree
15	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
18	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
26	Agree	Agree	Agree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Neither Agree Nor Disagree	Agree	Agree	Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Strongly Agree	Strongly Agree	Agree	Agree	Agree	Strongly Agree
37	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Strongly Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
52	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	3.70%	7.41%	0.00%	0.00%	0.00%	3.70%
% Agree	14.81%	14.81%	22.22%	25.93%	14.81%	18.52%
% Neither Agree Nor Disagree	40.74%	62.96%	44.44%	55.56%	55.56%	66.67%
% Disagree	40.74%	14.81%	33.33%	18.52%	29.63%	11.11%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	22.22%	22.22%	25.93%	14.81%	22.22%

DAY	16		17		18	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Agree	Agree	Agree	Agree	Agree
14	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
15	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
18	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Agree	Agree	Agree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Agree	Agree	Agree	Agree	Agree	Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Agree	Agree
52	Disagree	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Agree	22.22%	25.93%	18.52%	22.22%	18.52%	22.22%
% Neither Agree Nor Disagree	44.44%	51.85%	55.56%	51.85%	51.85%	59.26%
% Disagree	33.33%	22.22%	25.93%	25.93%	29.63%	18.52%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	22.22%	25.93%	18.52%	22.22%	18.52%	22.22%

DAY	19		20		21	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree
14	Agree	Agree	Agree	Agree	Agree	Agree
15	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Agree	Agree	Agree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Agree	Agree
52	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	0.00%	3.70%	0.00%	3.70%
% Agree	14.81%	18.52%	18.52%	14.81%	18.52%	14.81%
% Neither Agree Nor Disagree	48.15%	62.96%	48.15%	59.26%	55.56%	62.96%
% Disagree	37.04%	18.52%	33.33%	22.22%	25.93%	18.52%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	14.81%	18.52%	18.52%	18.52%	18.52%	18.52%

DAY	22		23		24	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
14	Agree	Agree	Agree	Agree	Agree	Agree
15	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
18	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Agree	Agree	Agree	Agree	Agree	Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Agree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Agree	Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Strongly Agree	Agree	Agree	Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	7.41%	3.70%	7.41%	0.00%	7.41%
% Agree	18.52%	18.52%	14.81%	14.81%	18.52%	14.81%
% Neither Agree Nor Disagree	48.15%	48.15%	55.56%	62.96%	55.56%	62.96%
% Disagree	33.33%	25.93%	25.93%	14.81%	25.93%	14.81%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	25.93%	18.52%	22.22%	18.52%	22.22%

DAY	25		26		27	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Strongly Agree	Agree	Agree	Agree	Agree
14	Agree	Agree	Agree	Agree	Agree	Agree
15	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
18	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Agree	Agree	Agree	Agree	Agree	Strongly Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Agree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree
37	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Agree	Agree
52	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	3.70%	0.00%	3.70%	0.00%	7.41%
% Agree	18.52%	18.52%	18.52%	14.81%	18.52%	18.52%
% Neither Agree Nor Disagree	48.15%	62.96%	55.56%	66.67%	51.85%	59.26%
% Disagree	33.33%	14.81%	25.93%	14.81%	29.63%	14.81%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	22.22%	18.52%	18.52%	18.52%	25.93%

DAY	28		29		30	
Sub No	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?	Q1 – Do you feel your short-term memory improved?	Q2 – Do you feel better able to recall information?
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
14	Agree	Agree	Agree	Agree	Agree	Agree
15	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
32	Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Agree	Agree
52	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	11.11%	7.41%	11.11%	7.41%	11.11%
% Agree	18.52%	11.11%	11.11%	11.11%	11.11%	11.11%
% Neither Agree Nor Disagree	48.15%	66.67%	48.15%	62.96%	55.56%	62.96%
% Disagree	33.33%	11.11%	33.33%	14.81%	25.93%	14.81%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	22.22%	18.52%	22.22%	18.52%	22.22%

APPENDIX 8: SELF-PERCEPTION QUESTIONNAIRE INDIVIDUAL RESPONSES – PRODUCT A (ACTIVE)

Sub No	Q1 After taking this product, I noticed an improvement in my short-term memory.	Q2 After taking this product, I felt better able to recall information.	Q3 After taking this product, I felt less forgetful.	Q4 After taking this product, I felt more focused.	Q5 After taking this product, I felt better able to learn new information.	Q6 After taking this product, I felt more productive.	Q7 I felt this product helped me remember little things, like my keys and parking place.
1	Agree	Agree	Agree	Agree	Agree	Agree	Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
3	Agree	Agree	Agree	Agree	Agree	Agree	Agree
4	Agree	Agree	Agree	Agree	Agree	Agree	Agree
6	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
7	Agree	Agree	Agree	Agree	Agree	Agree	Agree
11	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
16	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
17	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
29	Agree	Agree	Agree	Agree	Agree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree	Agree	Agree
34	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
36	Agree	Agree	Agree	Agree	Agree	Agree	Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
41	Agree	Agree	Agree	Agree	Agree	Agree	Agree
42	Strongly Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree
45	Agree	Agree	Agree	Agree	Agree	Agree	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
47	Agree	Agree	Agree	Agree	Agree	Agree	Agree
48	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
49	Agree	Agree	Agree	Agree	Strongly Agree	Agree	Strongly Agree
50	Agree	Agree	Agree	Agree	Agree	Agree	Agree
51	Agree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
53	Agree	Agree	Agree	Agree	Agree	Agree	Agree
55	Agree	Agree	Agree	Agree	Agree	Agree	Agree
% Strongly Agree	14.81%	14.81%	14.81%	22.22%	18.52%	22.22%	14.81%
% Agree	70.37%	62.96%	70.37%	59.26%	62.96%	59.26%	70.37%
% Neither Agree Nor Disagree	7.41%	14.81%	7.41%	18.52%	11.11%	18.52%	11.11%
% Disagree	7.41%	7.41%	7.41%	0.00%	7.41%	0.00%	3.70%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	85.19%	77.78%	85.19%	81.48%	81.48%	81.48%	85.19%

APPENDIX 8 – CONTINUED

Sub No	Q8 I felt this product reduced "senior moments".	Q9 After taking this product, I felt it was easier to remember my grocery list.	Q10. After taking this product, I felt it was easier to remember names, dates, and facts.	Q11 After taking the product, I felt less easily distracted.	Q12 what product if any do you take/use for your cognitive enhancement?	Q13 I felt the product helped me think more quickly.
1	Agree	Agree	Agree	Agree		Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
3	Agree	Agree	Agree	Agree	multi- vitamins	Agree
4	Agree	Agree	Agree	Agree		Agree
6	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
7	Agree	Agree	Agree	Agree	Cod liver oil	Agree
11	Agree	Agree	Agree	Agree		Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree		Strongly Agree
16	Agree	Agree	Agree	Agree		Strongly Agree
17	Agree	Agree	Agree	Agree	Omega 3	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Agree	Agree	Agree	Agree		Strongly Agree
29	Agree	Agree	Agree	Agree	multi- vitamins	Agree
30	Agree	Agree	Agree	Agree	healthier eating	Agree
34	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree		Strongly Agree
36	Agree	Agree	Agree	Agree		Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Vitamins	Strongly Agree
41	Agree	Agree	Agree	Agree		Agree
42	Agree	Agree	Agree	Agree		Strongly Agree
45	Agree	Agree	Agree	Agree	herbel remedys	Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
47	Agree	Agree	Agree	Agree		Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Agree	Wellman	Neither Agree Nor Disagree
49	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree		Strongly Agree
50	Agree	Agree	Agree	Agree		Agree
51	Agree	Agree	Agree	Agree	Cod liv er oil	Agree
53	Agree	Agree	Agree	Agree		Agree
55	Agree	Agree	Agree	Agree		Agree
% Strongly Agree	14.81%	14.81%	14.81%	14.81%	0.00%	25.93%
% Agree	70.37%	70.37%	70.37%	74.07%	0.00%	59.24%
% Neither Agree Nor Disagree	14.81%	14.81%	11.11%	11.11%	0.00%	14.81%
% Disagree	0.00%	0.00%	3.70%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	85.19%	85.19%	85.19%	88.89%	0.00%	85.19%

APPENDIX 8 – CONTINUED

Sub No	Q14 I would recommend this product to a friend or family member.	Q15 I felt this product helped improve my confidence in decision-making.	Q16 Is there anything about this product you like?	Q17 After taking the product, I felt more confident relying on my memory.	Q18 Is there anything about this product you dislike?	Q19 The product was easy to include in my daily routine	Q20 The product was easy to swallow
1	Agree	Agree	I enjoyed using this	Agree		Strongly Agree	Agree
2	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree	I think I'm past helping, just this morning I forgot to lock my door, didn't work on me	Agree	Agree
3	Agree	Agree		Agree		Agree	Strongly Agree
4	Agree	Agree	seemed to work	Agree		Strongly Agree	Agree
6	Agree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
7	Agree	Agree	I would purchase them	Agree		Strongly Agree	Strongly Agree
11	Agree	Agree		Agree		Agree	Agree
13	Strongly Agree	Strongly Agree	I feel more alert	Strongly Agree		Strongly Agree	Strongly Agree
16	Strongly Agree	Strongly Agree		Strongly Agree		Agree	Agree
17	Agree	Agree		Agree		Agree	Agree
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Strongly Agree	Strongly Agree	definitely did something because I'm not second guessing myself as much	Strongly Agree		Strongly Agree	Agree
29	Agree	Neither Agree Nor Disagree		Neither Agree Nor Disagree	I did not think it did anything	Agree	Agree
30	Strongly Agree	Agree		Agree		Agree	Neither Agree Nor Disagree
34	Strongly Agree	Strongly Agree	really worked	Strongly Agree		Agree	Agree
36	Agree	Agree		Agree		Agree	Agree
38	Strongly Agree	Strongly Agree	I'm more focused now	Strongly Agree		Strongly Agree	Strongly Agree
41	Agree	Agree	I thought they were good	Agree		Agree	Agree
42	Strongly Agree	Strongly Agree	easy to swallow, and I remembered to take them bonus	Strongly Agree		Agree	Agree
45	Agree	Agree		Agree		Strongly Agree	Strongly Agree
46	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree	I'm still as forgetful as ever	Agree	Agree
47	Agree	Agree	good product	Agree		Agree	Agree
48	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
49	Strongly Agree	Strongly Agree	I felt I was on the ball a lot more	Strongly Agree		Strongly Agree	Strongly Agree
50	Agree	Agree		Agree		Agree	Agree
51	Agree	Agree	I always get muddled up, not as much on these	Agree		Agree	Agree
53	Strongly Agree	Agree	overall they are really good	Strongly Agree		Strongly Agree	Strongly Agree
55	Agree	Agree		Agree		Agree	Agree
% Strongly Agree	33.33%	25.93%	0.00%	29.43%		33.33%	25.93%
% Agree	55.56%	55.56%	0.00%	51.85%		66.67%	70.37%
% Neither Agree Nor Disagree	11.11%	18.52%	0.00%	18.52%		0.00%	3.70%
% Disagree	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	88.89%	81.48%	0.00%	81.48%		100.00%	96.30%

APPENDIX 9: SELF-PERCEPTION QUESTIONNAIRE INDIVIDUAL RESPONSES– PRODUCT B (PLACEBO)

Sub No	Q1 After taking this product, I noticed an improvement in my short-term memory.	Q2 After taking this product, I felt better able to recall information.	Q3 After taking this product, I felt less forgetful.	Q4 After taking this product, I felt more focused.	Q5 After taking this product, I felt better able to learn new information.	Q6 After taking this product, I felt more productive.	Q7 I felt this product helped me remember little things, like my keys and parking place.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
8	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
14	Agree	Agree	Agree	Agree	Agree	Agree	Agree
15	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
18	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
19	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
21	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Agree	Agree	Strongly Agree	Agree	Agree	Strongly Agree	Strongly Agree
27	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Disagree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
35	Agree	Agree	Agree	Agree	Agree	Agree	Strongly Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
40	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Agree	Agree	Agree
52	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
% Strongly Agree	0.00%	0.00%	3.70%	0.00%	0.00%	3.70%	7.41%
% Agree	18.52%	22.22%	14.81%	22.22%	18.52%	18.52%	14.81%
% Neither Agree Nor Disagree	51.85%	40.74%	44.44%	44.44%	48.15%	44.44%	44.44%
% Disagree	29.63%	37.04%	37.04%	33.33%	33.33%	33.33%	33.33%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	22.22%	18.52%	22.22%	18.52%	22.22%	22.22%

APPENDIX 9 – CONTINUED

Sub No	Q8 I felt this product reduced "senior moments".	Q9 After taking this product, I felt it was easier to remember my grocery list.	Q10. After taking this product, I felt it was easier to remember names, dates, and facts.	Q11 After taking the product, I felt less easily distracted.	Q12 what product if any do you take/use for your cognitive enhancement?	Q13 I felt the product helped me think more quickly.
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
8	Disagree	Disagree	Disagree	Disagree		Disagree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Alternative Herbal	Neither Agree Nor Disagree
12	Agree	Agree	Agree	Agree		Neither Agree Nor Disagree
14	Agree	Agree	Agree	Agree	Cod liver oil	Agree
15	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
18	Disagree	Disagree	Disagree	Disagree		Disagree
19	Agree	Strongly Agree	Strongly Agree	Strongly Agree		Strongly Agree
21	Disagree	Disagree	Disagree	Disagree	multi- vitamins	Disagree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
24	Disagree	Disagree	Disagree	Disagree	Herbal Drinks	Disagree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
26	Agree	Strongly Agree	Strongly Agree	Strongly Agree		Agree
27	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Cod liver oil	Disagree
28	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
32	Disagree	Disagree	Disagree	Disagree	power focus	Neither Agree Nor Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
35	Agree	Agree	Agree	Agree		Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
39	Disagree	Disagree	Disagree	Disagree	multi- vitamins	Disagree
40	Disagree	Disagree	Disagree	Disagree		Disagree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Cod liver oil	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree		Agree
52	Disagree	Disagree	Disagree	Disagree	Omega 3 capsules	Disagree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree
56	Disagree	Disagree	Disagree	Disagree		Disagree
% Strongly Agree	0.00%	7.41%	7.41%	7.41%	0.00%	3.70%
% Agree	22.22%	14.81%	14.81%	14.81%	0.00%	14.81%
% Neither Agree Nor Disagree	40.74%	40.74%	40.74%	40.74%	0.00%	48.15%
% Disagree	37.04%	37.04%	37.04%	37.04%	0.00%	33.33%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	22.22%	22.22%	22.22%	22.22%	0.00%	18.52%

APPENDIX 9 - CONTINUED

Sub No	Q14 I would recommend this product to a friend or family member.	Q15 I felt this product helped improve my confidence in decision-making.	Q16 Is there anything about this product you like?	Q17 After taking the product, I felt more confident relying on my memory.	Q18 Is there anything about this product you dislike?	Q19 The product was easy to include in my daily routine	Q20 The product was easy to swallow
5	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree	Did nothing	Agree	Agree
8	Disagree	Disagree		Disagree		Agree	Agree
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree	I didn't feel a difference	Agree	Agree
12	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Agree		Agree	Agree
14	Agree	Agree	Loved them I'm more focused	Agree		Strongly Agree	Strongly Agree
15	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
18	Neither Agree Nor Disagree	Disagree		Disagree	I'm still forgetting the simplest things	Agree	Agree
19	Strongly Agree	Strongly Agree	Good product	Strongly Agree		Strongly Agree	Strongly Agree
21	Disagree	Disagree		Disagree		Agree	Strongly Agree
23	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
24	Disagree	Disagree		Disagree		Agree	Agree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Easy to take	Neither Agree Nor Disagree	didn't work for me	Neither Agree Nor Disagree	Agree
26	Agree	Agree	Seemed to get me going quicker	Strongly Agree		Agree	Agree
27	Disagree	Disagree		Disagree		Agree	Agree
28	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
31	Neither Agree Nor Disagree	Disagree		Neither Agree Nor Disagree		Neither Agree Nor Disagree	Agree
32	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Disagree	got absolutely nothing from this	Agree	Agree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
35	Agree	Neither Agree Nor Disagree		Agree		Strongly Agree	Strongly Agree
37	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree	Did nothing	Agree	Agree
39	Disagree	Disagree		Disagree		Agree	Agree
40	Neither Agree Nor Disagree	Disagree		Disagree		Agree	Agree
43	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Neither Agree Nor Disagree	Neither Agree Nor Disagree
44	Agree	Agree	forgetting my car keys less	Agree		Agree	Agree
52	Disagree	Disagree		Disagree		Agree	Agree
54	Neither Agree Nor Disagree	Neither Agree Nor Disagree		Neither Agree Nor Disagree		Agree	Agree
56	Disagree	Disagree		Disagree		Agree	Agree
% Strongly Agree	3.70%	3.70%	0.00%	7.41%		11.11%	14.81%
% Agree	14.81%	11.11%	0.00%	14.81%		77.78%	81.48%
% Neither Agree Nor Disagree	55.56%	48.15%	0.00%	40.74%		11.11%	3.70%
% Disagree	25.93%	37.04%	0.00%	37.04%		0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	18.52%	14.81%	0.00%	22.22%		88.89%	96.30%

APPENDIX 10: MEMORY TEST INDIVIDUAL RESULTS – PRODUCT A (ACTIVE) - BASELINE

Sub No Baseline Memory	Asparagus	Cauliflower	Pistachios	Steak	Oil	Quinoa	Swordfish	Mussels	Pineapple	Popcorn	Mushrooms	Tarragon	Garlic	Avocado	Clams	Thyme	Radishes	Chicken	Blueberries	Watermelon
1	Yes	Yes	No	Yes	No	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	Yes	Yes	No	No
2	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes	Yes	No
3	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	No	No	No	Yes	Yes	Yes	Yes	No
4	Yes	Yes	No	No	Yes	No	No	No	Yes	No	Yes	No	Yes	Yes	No	No	Yes	Yes	No	Yes
6	Yes	Yes	Yes	No	Yes	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	Yes	Yes
7	No	No	No	Yes	Yes	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	Yes	Yes	No	Yes
11	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No	No	No	Yes	Yes	No
13	Yes	Yes	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes
16	Yes	Yes	No	Yes	No	No	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No	Yes
17	No	Yes	No	Yes	Yes	Yes	No	No	No	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	No	Yes
20	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes
22	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes
29	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes	No	No	Yes	No	No	Yes	Yes	Yes	No	Yes
30	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	Yes	No	No	No	No	No	No	No
34	No	No	Yes	No	No	No	Yes	No	No	Yes	Yes	No	No	No	No	No	No	Yes	Yes	Yes
36	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	No
38	Yes	Yes	No	No	No	No	No	No	No	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes
41	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes
42	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	No
45	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	No	No	Yes	Yes
46	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No
47	Yes	Yes	No	Yes	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes
48	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No
49	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	No	No	No
50	No	No	No	No	Yes	No	No	No	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
51	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes
53	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	No	No	No	No	No	No
55	No	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes	Yes
% Yes	71.43%	67.86%	50.00%	67.86%	60.71%	28.57%	53.57%	32.14%	53.57%	53.57%	50.00%	17.86%	64.29%	39.29%	21.43%	35.71%	32.14%	71.43%	50.00%	60.71%
% No	28.57%	32.14%	50.00%	32.14%	39.29%	71.43%	46.43%	67.86%	46.43%	46.43%	50.00%	82.14%	35.71%	60.71%	78.57%	64.29%	67.86%	28.57%	50.00%	39.29%

APPEN+DIX 11: MEMORY TEST INDIVIDUAL RESULTS – PRODUCT A (ACTIVE) – DAY 15

Sub No Day 15 Memory	Milk	Eggs	Butter	Biscuits	Honey	Tea	Peanuts	Candy	Beer	Crisps	Burgers	Fish	Chips	Raisins	Bread	Oatmeal	Apples	Cheese	Crackers	Anchovies
1	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
2	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
3	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4	Yes	Yes	No	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes
6	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes
7	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
11	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No
13	Yes	No	No	Yes	Yes	No	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes
16	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes
17	No	Yes	No	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	No	Yes
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	No	No	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No
29	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	No
30	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	No	No	No	No
34	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes
36	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No	No	No	Yes
38	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes
41	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	Yes
42	Yes	Yes	No	No	Yes	No	No	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
45	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No
46	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
47	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No
48	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes	No	No
49	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	No
50	Yes	No	Yes	Yes	No	No	No	No	Yes	No	No	Yes	Yes	Yes	No	No	Yes	No	Yes	No
51	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes
53	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	No	No
55	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
% Yes	81.48%	81.48%	77.78%	85.19%	70.37%	70.37%	48.15%	70.37%	62.96%	81.48%	81.48%	74.07%	92.59%	66.67%	77.78%	55.56%	62.96%	74.07%	51.85%	55.56%
% No	18.52%	18.52%	22.22%	14.81%	29.63%	29.63%	51.85%	29.63%	37.04%	18.52%	18.52%	25.93%	7.41%	33.33%	22.22%	44.44%	37.04%	25.93%	48.15%	44.44%

APPENDIX 12: MEMORY TEST INDIVIDUAL RESULTS – PRODUCT A (ACTIVE) – DAY 31

Sub No Day 31 Memory	Bacon	Lettuce	Tomatoes	Liver	Onions	Chicken	Pie	Steak	Potatoes	Peaches	Plums	Pepperoni	Pizza	Strawberries	Bananas	Yougurt	Peas	Carrots	Rice	Beans
1	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No
2	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes
3	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
4	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
6	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No	Yes	No	Yes
7	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
11	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No
13	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
16	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes
17	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	No	No
20	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
22	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No
29	Yes	Yes	Yes	No	No	Yes	No	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes
30	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	No	Yes	Yes
34	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
36	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No
38	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes
41	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
42	Yes	Yes	Yes	No	No	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes
45	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No
46	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No
47	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
48	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	No
49	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No	No	No
50	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes
51	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	No	Yes
53	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	Yes	No	No
55	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No
% Yes	92.59%	92.59%	85.19%	62.96%	59.26%	96.30%	74.07%	85.19%	59.26%	66.67%	62.96%	74.07%	85.19%	81.48%	70.37%	59.26%	70.37%	77.78%	74.07%	59.26%
% No	7.41%	7.41%	14.81%	37.04%	40.74%	3.70%	25.93%	14.81%	40.74%	33.33%	37.04%	25.93%	14.81%	18.52%	29.63%	40.74%	29.63%	22.22%	25.93%	40.74%

APPENDIX 13: MEMORY TEST INDIVIDUAL RESULTS – PRODUCT B (PLACEBO) – BASELINE

Sub No Baseline Memory	Asparagus	Cauliflower	Pistachios	Steak	Oil	Quinoa	Swordfish	Mussels	Pineapple	Popcorn	Mushrooms	Tarragon	Garlic	Avocado	Clams	Thyme	Radishes	Chicken	Blueberries	Watermelon
5	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	No	Yes	No	No	No	Yes
8	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes
9	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No	No	No	No
10	Yes	No	No	Yes	Yes	No	No	Yes	Yes	No	No	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes
12	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No
14	No	No	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes
15	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes
18	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	No	Yes
19	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	No	No	No	No
21	Yes	No	No	No	Yes	Yes	No	No	Yes	No	Yes	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes
23	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	No	No
24	No	Yes	Yes	No	No	No	Yes	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No	No	Yes
25	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No	Yes	Yes	Yes
26	Yes	No	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No
27	Yes	Yes	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes	No	No	Yes	No	Yes	No	No
28	Yes	No	Yes	Yes	Yes	No	Yes	Yes	No	No	No	No	Yes	No	Yes	Yes	Yes	Yes	No	No
31	Yes	Yes	No	No	No	No	No	Yes	No	Yes	Yes	No	No	No	No	No	Yes	No	Yes	No
32	No	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	No	No	Yes	Yes	Yes	No	Yes	Yes	Yes
33	Yes	Yes	Yes	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No	Yes	No	No
35	No	No	No	Yes	Yes	No	Yes	No	No	No	No	No	Yes	Yes	Yes	No	No	Yes	No	No
37	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	No	No	Yes	No	No	No	No	Yes	Yes	Yes
39	Yes	Yes	No	Yes	Yes	No	No	No	No	Yes	No	No	No	No	No	Yes	No	No	No	No
40	Yes	Yes	No	Yes	No	No	No	Yes	No	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes
43	No	Yes	No	Yes	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	No	No	Yes	No	No
44	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No
52	Yes	No	No	No	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes
54	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	No	No	No	Yes	Yes	Yes	No	Yes	No	Yes
56	Yes	No	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	No	No	Yes	No	Yes	No	Yes	Yes
% Yes	78.57%	60.71%	42.86%	53.57%	75.00%	46.43%	57.14%	67.86%	46.43%	39.29%	57.14%	42.86%	32.14%	50.00%	53.57%	46.43%	42.86%	64.29%	35.71%	53.57%
% No	21.43%	39.29%	57.14%	46.43%	25.00%	53.57%	42.86%	32.14%	53.57%	60.71%	42.86%	57.14%	67.86%	50.00%	46.43%	53.57%	57.14%	35.71%	64.29%	46.43%

APPENDIX 14: MEMORY TEST INDIVIDUAL RESULTS – PRODUCT B (PLACEBO) – DAY 15

Sub No Day 15 Memory	Milk	Eggs	Butter	Biscuits	Honey	Tea	Peanuts	Candy	Beer	Crisps	Burgers	Fish	Chips	Raisins	Bread	Oatmeal	Apples	Cheese	Crackers	Anchovies
5	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	Yes
8	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Yes	No	No	Yes	Yes	No	No	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes
12	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	Yes	No	No	No
14	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No
15	Yes	No	No	No	No	No	No	Yes	Yes	Yes	No	Yes	Yes	No	No	Yes	Yes	No	No	No
18	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	Yes
19	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	No	No	No
21	Yes	No	No	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No
23	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No
24	Yes	Yes	Yes	No	Yes	No	No	Yes	No	No	No	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes
25	No	Yes	No	No	Yes	No	No	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
26	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	Yes	No
27	Yes	Yes	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	No	Yes	No	No	No	Yes	No	No
28	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
31	No	No	No	Yes	No	No	No	No	No	Yes	Yes	No	No	No	No	No	No	No	Yes	No
32	No	No	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	Yes	Yes	Yes
33	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	Yes	No	No
35	Yes	No	No	Yes	No	No	No	No	No	No	No	No	No	Yes	No	No	No	No	No	No
37	No	No	Yes	No	No	No	No	Yes	Yes	No	No	No	Yes	No	No	No	No	Yes	Yes	No
39	No	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	Yes	No	No	No	No
40	Yes	Yes	No	Yes	No	No	No	Yes	No	No	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes
43	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	No	No	Yes	No	No	No	Yes	No	Yes
44	Yes	Yes	Yes	No	No	No	Yes	No	No	No	Yes	Yes	Yes	No	No	Yes	Yes	No	No	No
52	Yes	No	No	No	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No	Yes	Yes	Yes
54	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	Yes	No	No	Yes	Yes	No	Yes	Yes	Yes	No
56	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	No	Yes	No	No	Yes
% Yes	74.07%	59.26%	48.15%	55.56%	62.96%	59.26%	40.74%	70.37%	55.56%	48.15%	62.96%	62.96%	62.96%	48.15%	44.44%	48.15%	62.96%	51.85%	40.74%	40.74%
% No	25.93%	40.74%	51.85%	44.44%	37.04%	40.74%	59.26%	29.63%	44.44%	51.85%	37.04%	37.04%	37.04%	51.85%	55.56%	51.85%	37.04%	48.15%	59.26%	59.26%

APPENDIX 15: MEMORY TEST INDIVIDUAL RESULTS – PRODUCT B (PLACEBO) – DAY 31

Sub No Day 31 Memory	Bacon	Lettuce	Tomatoes	Liver	Onions	Chicken	Pie	Steak	Potatoes	Peaches	Plums	Pepperoni	Pizza	Strawberries	Bananas	Yougurt	Peas	Carrots	Rice	Beans
5	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes
8	No	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	No	No	No	No	Yes	Yes	Yes	No	Yes	No
9	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout	Dropout
10	Yes	No	No	Yes	Yes	No	No	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	No	Yes	No	Yes
12	Yes	Yes	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	No
14	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	No
15	Yes	No	No	Yes	No	Yes	No	Yes	Yes	No	No	Yes	Yes	No	No	Yes	Yes	No	No	No
18	No	Yes	No	Yes	No	Yes	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	No	No	Yes	Yes	Yes
19	No	No	Yes	Yes	Yes	No	Yes	Yes	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	No	No	No
21	No	Yes	Yes	No	No	Yes	No	No	No	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No
23	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	No	No	No
24	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	No	No	Yes	Yes	Yes	No	No	No	No	Yes
25	No	No	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes
26	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	No	Yes	Yes	No	Yes	No	Yes	No	No	No
27	No	Yes	No	No	No	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	No	No	No	Yes	Yes	Yes
28	Yes	No	Yes	Yes	Yes	No	No	Yes	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No
31	Yes	Yes	Yes	No	No	Yes	No	No	No	Yes	Yes	No	No	No	Yes	No	No	Yes	Yes	Yes
32	Yes	No	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No	No	No	Yes	No	Yes	No	No	Yes	Yes
33	Yes	No	Yes	No	No	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No	No	No	Yes	Yes	No
35	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No	No	Yes	No	No	Yes
37	No	No	Yes	No	No	Yes	Yes	Yes	No	No	No	Yes	Yes	No	No	No	No	Yes	Yes	No
39	No	Yes	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No	Yes	No	Yes	No	No	Yes	No
40	Yes	Yes	No	Yes	Yes	Yes	No	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
43	No	Yes	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	No	No	Yes	No	No	No	Yes	No	No
44	Yes	Yes	Yes	No	No	No	Yes	No	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	No
52	No	No	Yes	No	Yes	Yes	Yes	Yes	Yes	No	No	Yes	Yes	No	No	No	No	Yes	Yes	Yes
54	Yes	Yes	No	Yes	No	No	No	No	No	Yes	Yes	Yes	Yes	Yes	Yes	No	Yes	Yes	Yes	No
56	Yes	Yes	Yes	No	Yes	Yes	Yes	Yes	No	No	Yes	Yes	Yes	No	Yes	No	No	No	No	Yes
% Yes	59.26%	66.67%	62.96%	55.56%	59.26%	74.07%	59.26%	62.96%	55.56%	44.44%	51.85%	59.26%	59.26%	66.67%	55.56%	48.15%	48.15%	51.85%	51.85%	44.44%
% No	40.74%	33.33%	37.04%	44.44%	40.74%	25.93%	40.74%	37.04%	44.44%	55.56%	48.15%	40.74%	40.74%	33.33%	44.44%	51.85%	51.85%	48.15%	48.15%	55.56%