A Randomized, Double-blind, Placebo-controlled Study to Evaluate the Effects of a Dietary Supplement on Children's Health and Development Outcomes

Clinical Trial

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Abstract

This randomized, double-blind, placebo-controlled, virtual study investigated the efficacy of the NuBest Tall Growth Protein Powder in supporting cognitive function, weight, height, immune function, digestive function, and energy levels. 60 participants (pairs of parent(s) and child) were recruited for the study. Participants completed the Baseline questionnaire, weight and height measurements, and undertook a battery of cognitive tests at Baseline. Following this, participants were randomly allocated to either the test product or placebo group and began consuming one scoop of the test product or placebo powder mixed with 6-8 oz of water, milk, or in a smoothie, every morning. During the study, participants completed questionnaires at Months 1, 2, 3, 4, 5, and 6, provided weight and height measurements at Months 2, 4, and 6, and completed cognitive battery testing at Month 6. Analysis of the cognitive battery testing revealed that there were no significant differences between the groups. Similarly, there were no differences in weight and height changes, nor questionnaire responses. Furthermore, the participants' perceptions and overall reception were comparable between the two groups. Overall, the results of this study indicate that the efficacy of the test product and the placebo product were similar.

1. Introduction

Protein is fundamental to the growth and repair of body tissues; hence, its adequacy in children's diets is critical for optimal physical development. Studies have highlighted the role of dietary protein in increasing height and weight in children, suggesting a direct correlation between protein intake and growth metrics.[1–3] Similarly, essential vitamins such as Vitamin A, C, D, E, and B-complex and minerals like Calcium, Iron, and Zinc have well-documented contributions to other aspects of physical development, bone health, immune function, and cognitive development.[4,5] For instance, Vitamin D's role in bone mineralization is well-documented,[6] while Iron and Zinc have been associated with cognitive function and immune defense.[7] Furthermore, emerging research on the gut-brain axis underscores the significance of digestive health in cognitive and immune system functions, advocating for the inclusion of probiotics and prebiotic fibers in dietary regimens for children.[8]

In the USA, many people are at risk of vitamin, mineral, and/or other micronutrient deficiencies.[9–11] Children and adults are consuming more low-nutrient foods with added sugar and excess fats as compared to healthy, high-quality calories and micronutrients. The risk of this is further exacerbated by socioeconomic and family income to poverty ratio.[12] However, research has suggested that dietary

supplements can be helpful in meeting nutrient requirements for some micronutrients.

With this in mind, the test product has been developed that contains a proprietary blend of vitamins, minerals, and probiotics designed to enhance children's and teenager's health outcomes through the aforementioned mechanisms. This study will assess the effects of the test product on a range of health outcomes in children over the course of 6 months.

2. Methods

2.1. Participants

A total of 60 participants (60 pairs of parent(s) and child) were recruited for this study. Between-group statistical analysis was performed on all available data on an intention-to-treat (ITT) basis; within-group statistical analysis was performed on a per-protocol basis. Any instances where $n<30$ for a group indicates participant dropout from the study or failure by the participant to record the necessary data. All participants satisfied the following inclusion and exclusion criteria.

Inclusion

- A parent of a child within the following age ranges:
  - Boy: 12 to 16 years
  - Girl: 10 to 14 years
- Interested in their child trialing a dietary supplement designed to improve overall health outcomes in children, including height, maintenance of a healthy weight, cognitive function, immune function, and energy levels.
- Willing to refrain from giving their child any vitamins, minerals, or herbal supplements of any kind for the duration of the study
- Parents willing to weigh and measure the height of their child throughout the study
- Generally healthy - do not have any uncontrolled chronic disease

Exclusion

- Any child with a history of endocrine disorder, heart disease, lung disease, kidney disease, digestive disease or skeletal dysplasia.
- Any pre-existing chronic conditions that would prevent participants from adhering to the protocol, including oncological and psychiatric disorders.
- Is undergoing or planning to undergo significant medical procedures in the next six months.
- A history of severe allergic reactions, including but not limited to any of the product's ingredients.
- Any child with a dairy allergy or lactose intolerance.
- Has undergone any surgeries or invasive treatments in the last six months.
- Has had any major illness in the last three months.
- Having any planned invasive medical procedures during the study period
- Currently participating in any other clinical study.
- Unwilling to follow the study protocol.
- Any child diagnosed with attention-deficit disorder (ADD) or attention-deficit hyperactivity disorder (ADHD).
- Any child currently taking, or have they taken in the last 3 months, any prescription medication targeting ADD or ADHD (such as Adderall, Concerta, Focalin, Evekeo, or Ritalin).
- Any child that is a 'fussy' eater or who the parent suspects may not tolerate consuming the test product daily for six months.

2.2. Study Design & Intervention Procedure

In this double-blind, placebo-controlled, virtual study, participants were randomized into either the intervention or placebo group. As the study was double-blind, the participants and study coordinators were blinded to the intervention or product allocation. Following the conclusion of the study, the data analysts were made aware of which groups had the intervention and placebo, respectively.

Before onboarding, participants were provided with consent forms describing the study process, instructions, evaluation methods, and bill of rights. Following the consent process, the parents completed the Baseline questionnaire. They also provided the Baseline weight of their child, as determined using the FitBit Smart Scale, and the Baseline height of their child, as determined using the Ultrasonic Height Measuring Stadiometer. The children also participated in Baseline cognitive testing. Following this, the 6-month study period for each participant commenced. Each participant was randomly allocated powder containing either the test product or placebo. The children took one scoop of the powder mixed with 6-8 oz of water, milk, or in a smoothie, every morning.

During the study, parents completed questionnaires at the end of Month 1, Month 2, Month 3, Month 4, Month 5, and Month 6. The weight and height of each child was measured at the end of Month 2, Month 4, and Month 6. The children participated in cognitive testing again at the end of Month 6, marking the end of the study.

2.3. Data Analysis & Statistics

Data from individual questions in the questionnaire were collected using a textual 5-point Likert scale. The textual Likert scale data was transformed into a numerical scale, from 1 to 5, with '1' or '5' representing the best answer depending on the question.

All data to be statistically analyzed were first checked for normality using the D'Agostino and Pearson test.

For product-specific questions evaluated only at Month 1, Month 2, Month 3, Month 4, Month 5, and Month 6, results were presented as the percentage of subjects reporting each answer.

Between-group Analysis

For the questionnaire data, each participant's Month 1, Month 2, Month 3, Month 4, Month 5, and Month 6 data was normalized to their Baseline response, providing the percentage difference relative to the Baseline. Similarly, weight and height measurements at Month 2, Month 4, and Month 6, were normalized to the Baseline measurements, and cognitive assessment data at Endline (Month 6) was normalized to Baseline. For the two groups, the percentage difference relative to Baseline was statistically compared using multiple t-tests or, if the data was not normally distributed, multiple Mann-Whitney tests; the Holm-Šídák method was used to correct for multiple testing. Statistical analysis was performed in GraphPad Prism 10.3.1, and the significance level was set at 0.05.

Within-group Analysis

For the questionnaire data, each participant's Month 1, Month 2, Month 3, Month 4, Month 5, and Month 6 responses were compared to Baseline. Similarly, weight and height measurements at Month 2, Month 4, and Month 6, and cognitive assessment data at Endline (Month 6), were compared to Baseline. For questionnaire, weight, and height data, statistical comparisons were completed using a repeated-measures ANOVA with Dunnett's multiple comparisons or, if the data was not normally distributed, a Friedman test with Dunn's multiple comparisons. Given that the Friedman test (the non-parametric equivalent of the repeated-measures

ANOVA) cannot be conducted on datasets with missing values, all within group analyses were conducted on a per-protocol basis – data was only included from participants who completed the study and provided all necessary assessments. For the cognitive assessment data, statistical comparisons were completed using multiple t-tests or, if the data was not normally distributed, multiple Mann-Whitney tests; the Holm-Šídák method was used to correct for multiple testing. Statistical analysis was performed in GraphPad Prism 10.3.1, and the significance level was set at 0.05.

3. Results

3.1. Impact of the Supplement on Cognitive Function

At Baseline and Endline (Month 6), participants completed cognitive battery testing. Five tests were conducted: Double Trouble, Feature Match, Grammatical Reasoning, Digit Span, and Token Search.

The percentile scores provided by participants in each group were normalized to the Baseline and statistically analyzed. No statistically significant differences were observed between the groups in any of the assessments (Table 1; Figure 1).

Within-group analysis of the NuBest participants revealed that the percentile score for Double Trouble was statistically significantly higher at Endline, but there were no significant differences in the other assessments (Table 2).

Within-group analysis of the Placebo participants revealed no significant differences in the percentile score of any assessment at Baseline and Endline (Table 3).

3.2. Impact of the Supplement on Weight and Height

At Baseline, Month 2, Month 4, and Month 6, participants provided weight and height measurements.

The weight and height measurements provided by participants at each timepoint were normalized to the Baseline and statistically analyzed. There were no statistically significant differences between the two groups in weight or height at any timepoints (Tables 4 & 5; Figures 2 & 3).

Within-group analysis of the NuBest participants revealed that, compared to Baseline, weight was statistically significantly higher at Month 2, Month 4, and Month 6, and height was statistically significantly higher at Month 4 and Month 6 (Table 6).

Within-group analysis of the Placebo participants revealed that, compared to Baseline, weight was statistically significantly higher at Month 4 and Month 6, and height was statistically significantly higher at Month 6 (Table 7).

3.3. Impact of the Supplement on Health as Evaluated Using Questionnaires

At Baseline, Month 1, Month 2, Month 3, Month 4, Month 5, and Month 6, participants completed a questionnaire that assessed a range of health parameters, including energy levels, immune function, and digestion. Four questions were positively weighted (where an increase in the mean indicates an improvement in the parameter), and thirteen questions were negatively weighted (where a decrease in the mean indicates an improvement in the parameter).

The questionnaire data from Months 1, 2, 3, 4, 5, and 6, were normalized to the Baseline. Then, each parameter was statistically compared between groups. There were no statistically significant differences in the positively or negatively weighted questions at any timepoint (Tables 8-19; Figures 4-15).

Within-group analysis of the NuBest participants revealed statistically significant improvements in the following parameters (Tables 20-23):

- Energy levels (positively weighted)
    - Months 1, 3, 4, 5, and 6
- Health compared to one month ago (positively weighted)
    - Month 6
- Frequency of difficulty going to the toilet (negatively weighted)
    - Months 5 and 6

No statistically significant changes were observed in the other parameters.

Within-group analysis of the Placebo participants revealed statistically significant improvements in the following parameters (Tables 24-27):

- Energy levels (positively weighted)
    - Month 2
- Health compared to one month ago (positively weighted)
    - Months 5 & 6

No statistically significant changes were observed in the other parameters.

3.4. Participants Perceptions of the Impact of the Supplement

Participants were asked to respond to seven questions in Month 1, Month 2, Month 3, Month 4, Month 5, and Month 6, which provided insight into their perceptions of the product and its impact on health. Participants responded to product evaluation questions on a “strongly disagree” to “strongly agree” scale. The “strongly agree” and “agree” responses were combined into a single “combined agree” outcome to better evaluate the overall agreement. Combined agree responses that showed ≥70% were deemed to be ‘notable’ positive responses.

In the NuBest group, at Month 4, ≥70% participants responded favorably to two of the seven questions (Table 28): ‘In the last month, my child has been able to focus more’ and ‘In the last month, my child has gotten stronger.’

In the Placebo group, at Month 4, ≥70% participants responded favorably to one of the seven questions (Table 28): ‘In the last month, my child has had more energy.’

In the Placebo group, at Month 5, ≥70% participants responded favorably to two of the seven questions (Table 28): ‘In the last month, my child has had more energy’ and ‘In the last month, my child has been more active.’

In the NuBest group, at Month 6, ≥70% participants responded favorably to one of the seven questions (Table 28): ‘In the last month, my child has gotten stronger.’

In the Placebo group, at Month 6, ≥70% participants responded favorably to two of the seven questions (Table 28): ‘In the last month, my child has had more energy,’ ‘In the last month, my child has been able to focus more,’ and ‘In the last month, my child has gotten stronger.’

3.5. Overall Reception of the Supplement

Participants were asked to respond to three questions in Month 6 which provided insight into the reception of the product. Participants responded to product evaluation questions on a “strongly disagree” to “strongly agree” scale. The “strongly agree” and “agree” responses were combined into a single “combined agree” outcome to better evaluate the overall agreement. Combined agree responses that showed ≥70% were deemed to be ‘notable’ positive responses.

In the NuBest group, ≥70% of participants responded favorably to all three questions (Table 28): 'I would like my child to keep taking this product,' 'I am satisfied with the overall results of this product,' and 'I would recommend this product to my friends and family.'

Similarly, in the Placebo group, ≥70% of participants responded favorably to all three questions (Table 28): 'I would like my child to keep taking this product,' 'I am satisfied with the overall results of this product,' and 'I would recommend this product to my friends and family.'

4. Discussion

This study provides data on the effect of the NuBest Tall Growth Protein Powder on cognitive function, weight, height, and overall health, as determined by cognitive battery testing, weight and height measurements, and participant questionnaires.

Data from the cognitive battery testing suggests that effects of the test product on cognitive function are inconclusive. Although the Double Trouble percentile score significantly improved in the NuBest group, this difference was comparable to the Placebo group, as evidenced by the between-group analysis.

Data from the physiological measurements suggests that the weight and height are not significantly influenced by the test product. Significant increases in weight and height were observed in both groups relative to Baseline, but these changes were comparable.

Data from the questionnaires suggests that the product has limited measurable effect on energy levels, immune function, or digestive health. As above, although only the NuBest group exhibited statistically significant improvements in energy levels and the frequency of difficulty going to the toilet, these changes relative to Baseline were comparable to the Placebo group.

5. Conclusion

The results of this study suggest that the effects of NuBest Tall Growth Protein Powder on cognitive function, weight, height, immune function, digestive function, or energy levels, in children are inconclusive. Both groups also shared comparable perceptions and reception of the respective products. Overall, the results of this study indicate that the efficacy of the test product and the placebo product were similar.

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Table 1. Statistical Outcomes of Changes in Cognitive Testing Assessment Percentile at Endline. The mean percentage change relative to Baseline is shown. An increase in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 1.

Cognitive Assessment Test	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Double Trouble	24	168.55	230.40	21	129.46	332.76	0.488445
Feature Match	24	34.60	67.93	21	58.20	147.20	0.98317
Grammatical Reasoning	24	56.59	130.07	21	88.39	214.99	0.98317
Digit Span	24	28.02	60.29	21	19.69	69.38	0.919209
Token Search	24	6.26	36.38	21	40.20	145.02	0.919209

Table 2. Statistical Outcomes of Changes in Cognitive Testing Assessment Percentile within the NuBest Group. Comparisons of mean percentile scores at Baseline and Endline. An increase in the mean is associated with an improvement in the parameter. Green cells highlight statistically significant results.

Cognitive Assessment Test: NuBest	Baseline		Endline		p-value
	Mean	STD	Mean	STD	
Double Trouble	28.00%	22.46	48.67%	27.18	0.0003
Feature Match	39.58%	17.86	45.75%	15.26	0.2698
Grammatical Reasoning	47.42%	24.42	56.54%	28.46	0.2698
Digit Span	42.29%	14.33	50.88%	22.66	0.2137
Token Search	53.17%	17.20	53.04%	14.44	0.8639

Table 3. Statistical Outcomes of Changes in Cognitive Testing Assessment Percentile within the Placebo Group. Comparisons of mean percentile scores at Baseline and Endline. An increase in the mean is associated with an improvement in the parameter.

Cognitive Assessment Test: Placebo	Baseline		Endline		p-value
	Mean	STD	Mean	STD	
Double Trouble	33.73%	18.98	49.62%	28.48	0.239
Feature Match	40.81%	19.49	45.29%	22.87	0.6088
Grammatical Reasoning	47.05%	25.36	54.33%	32.05	0.5738
Digit Span	52.57%	14.70	57.62%	22.36	0.6088
Token Search	48.62%	18.50	55.62%	21.08	0.4942

Table 4. Statistical Outcomes of Changes in Weight at Month 2, Month 4, and Month 6. The mean percentage change relative to Baseline is shown. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 2.

Weight	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Month 2	26	4.67	7.83	25	4.50	14.92	0.483382
Month 4	24	5.52	5.72	24	2.29	6.80	0.483382
Month 6	25	7.53	11.69	21	4.65	5.71	0.726742

Table 5. Statistical Outcomes of Changes in Height at Month 2, Month 4, and Month 6. The mean percentage change relative to Baseline is shown. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 3.

Height	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Month 2	26	0.89	4.01	25	1.16	6.29	0.954882
Month 4	24	3.25	4.19	24	1.67	4.47	0.246176
Month 6	25	3.47	5.68	21	3.49	4.54	0.954882

Table 6. Statistical Outcomes of Changes in Weight and Height within the NuBest Group. Comparisons of mean weight measurements at Month 2, Month 4, and Month 6 relative to Baseline. Green cells highlight statistically significant results.

Physiological Measurements : NuBest	Baseline		Month 2			Month 4			Month 6		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Weight	121.68	40.91	126.38	47.81	0.0219	124.36	45.35	0.0001	123.82	34.70	<0.0001
Height	61.69	5.50	62.01	5.82	0.7419	63.33	5.81	0.0033	63.24	4.54	0.0219

Table 7. Statistical Outcomes of Changes in Weight and Height within the Placebo Group. Comparisons of mean weight measurements at Month 2, Month 4, and Month 6 relative to Baseline. Green cells highlight statistically significant results.

Physiological Measurements : Placebo	Baseline		Month 2			Month 4			Month 6		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Weight	130.43	50.58	137.92	57.12	0.0695	133.06	48.91	0.0124	128.99	46.47	0.0016
Height	60.66	7.07	62.41	5.88	0.7708	62.71	5.29	0.239	63.05	5.24	0.006

Table 8. Statistical Outcomes of Changes in Positively Weighted Questions at Month 1. The mean percentage change relative to Baseline is shown. An increase in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 4.

Month 1: Positively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Overall Health	26	0.45	15.09	26	0.19	31.04	0.999216
I expect my child will have a very healthy life	26	16.99	60.80	26	3.53	32.93	0.999851
Health compared to one month ago	26	12.82	23.24	26	8.01	36.25	0.999851
Energy Levels	26	9.17	18.20	26	11.47	51.50	0.999835

Table 9. Statistical Outcomes of Changes in Negatively Weighted Questions at Month 1. The mean percentage change relative to Baseline is shown. A decrease in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 5.

Month 1: Negatively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Limitations when completing high-intensity activity	26	8.33	43.27	26	3.85	67.22	0.999851
Limitations when completing moderate-intensity activity	26	0.64	41.76	26	8.33	65.36	0.999732
Limitations when moving around	26	7.69	27.17	26	14.10	61.95	0.999851
Limitations when walking 100 meters or climbing a flight of stairs	26	-0.96	26.91	26	6.41	46.92	0.999387
Limitations when bending, lifting, or stooping	26	5.77	29.42	26	6.41	54.79	0.999975
Limitations in the kind of schoolwork or activities undertaken	26	5.77	29.42	26	-0.96	53.56	0.981906
Limitations in the amount of time spent completing schoolwork or activities	26	19.23	51.14	26	-5.13	56.13	0.55783
Limitations during the completion of schoolwork or activities	26	5.77	29.42	26	-0.64	65.06	0.795476
My child seems less healthy than other children	26	-1.92	46.27	26	1.60	47.61	0.995367
When something is going around my child usually catches it	26	-5.77	12.19	26	18.59	73.34	0.882016
I worry more about my child's health than other parents do their children	26	7.37	69.77	26	-9.29	31.83	0.999975
Frequency of stomach aches	26	-4.49	26.48	26	-9.62	33.72	0.999851
Frequency of difficulty going to the toilet	26	-6.79	28.89	26	-7.05	39.91	>0.999999

Table 10. Statistical Outcomes of Changes in Positively Weighted Questions at Month 2. The mean percentage change relative to Baseline is shown. An increase in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 6.

Month 2: Positively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Overall Health	26	1.22	13.87	25	6.73	34.70	0.999779
I expect my child will have a very healthy life	26	19.87	62.14	25	7.33	30.17	0.999779
Health compared to one month ago	26	18.27	26.46	25	17.33	38.56	0.999838
Energy Levels	26	5.83	18.69	25	13.20	20.34	0.962016

Table 11. Statistical Outcomes of Changes in Negatively Weighted Questions at Month 2. The mean percentage change relative to Baseline is shown. A decrease in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 7.

Month 2: Negatively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Limitations when completing high-intensity activity	26	12.18	46.80	25	0.00	29.27	0.999524
Limitations when completing moderate-intensity activity	26	0.64	41.76	25	4.67	49.19	0.999779
Limitations when moving around	26	7.69	27.17	25	6.67	40.82	0.999779
Limitations when walking 100 meters or climbing a flight of stairs	26	2.88	33.41	25	-1.33	25.87	0.999779
Limitations when bending, lifting, or stooping	26	3.85	31.38	25	0.67	34.52	0.999779
Limitations in the kind of schoolwork or activities undertaken	26	5.77	29.42	25	-4.00	29.38	0.945027
Limitations in the amount of time spent completing schoolwork or activities	26	0.00	24.49	25	-3.00	37.64	0.987949
Limitations during the completion of schoolwork or activities	26	9.62	60.03	25	-2.00	37.37	0.977286
My child seems less healthy than other children	26	2.56	68.91	25	-4.00	32.38	0.999779
When something is going around my child usually catches it	26	-11.86	21.37	25	1.33	25.76	0.860406
I worry more about my child's health than other parents do their children	26	12.18	51.71	25	1.33	56.91	0.977286
Frequency of stomach aches	26	-7.69	28.37	25	-11.00	30.12	0.999779
Frequency of difficulty going to the toilet	26	-10.19	29.11	25	-7.00	38.32	0.999779

Table 12. Statistical Outcomes of Changes in Positively Weighted Questions at Month 3. The mean percentage change relative to Baseline is shown. An increase in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 8.

Month 3: Positively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Overall Health	26	-0.51	15.32	23	14.42	28.39	0.559556
I expect my child will have a very healthy life	26	19.55	60.73	23	9.78	25.46	0.999801
Health compared to one month ago	26	20.19	26.68	23	25.00	27.75	0.991697
Energy Levels	26	11.86	16.02	23	26.88	47.45	0.995044

Table 13. Statistical Outcomes of Changes in Negatively Weighted Questions at Month 3. The mean percentage change relative to Baseline is shown. A decrease in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 9.

Month 3: Negatively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Limitations when completing high-intensity activity	26	6.41	46.92	23	-13.77	21.70	0.576782
Limitations when completing moderate-intensity activity	26	-3.21	36.52	23	-9.42	18.69	0.999801
Limitations when moving around	26	3.85	19.61	23	-1.45	6.95	0.998326
Limitations when walking 100 meters or climbing a flight of stairs	26	-2.88	28.57	23	-1.45	27.02	>0.999999
Limitations when bending, lifting, or stooping	26	-3.85	13.59	23	-1.45	27.02	0.999801
Limitations in the kind of schoolwork or activities undertaken	26	1.92	22.27	23	-5.43	30.94	0.767795
Limitations in the amount of time spent completing schoolwork or activities	26	7.69	36.58	23	-9.78	20.82	0.576782
Limitations during the completion of schoolwork or activities	26	3.85	31.38	23	-13.04	26.09	0.559556
My child seems less healthy than other children	26	-16.67	24.49	23	1.45	53.16	0.974102
When something is going around my child usually catches it	26	-8.01	25.22	23	12.68	54.98	0.958944
I worry more about my child's health than other parents do their children	26	2.24	55.81	23	1.45	40.80	0.999801
Frequency of stomach aches	26	-10.26	24.98	23	-7.97	51.46	0.999801
Frequency of difficulty going to the toilet	26	-18.21	22.79	23	-11.96	37.17	0.999801

Table 14. Statistical Outcomes of Changes in Positively Weighted Questions at Month 4. The mean percentage change relative to Baseline is shown. An increase in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 10.

Month 4: Positively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Overall Health	24	3.75	15.39	24	9.17	27.69	0.999984
I expect my child will have a very healthy life	24	18.06	67.82	24	4.86	22.10	0.999984
Health compared to one month ago	24	19.44	23.91	24	25.90	42.88	0.999984
Energy Levels	24	18.75	24.85	24	26.32	66.60	0.998665

Table 15. Statistical Outcomes of Changes in Negatively Weighted Questions at Month 4. The mean percentage change relative to Baseline is shown. A decrease in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 11.

Month 4: Negatively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Limitations when completing high-intensity activity	24	0.00	25.54	24	-7.64	50.12	0.772865
Limitations when completing moderate-intensity activity	24	-10.42	20.74	24	-11.11	20.06	>0.999999
Limitations when moving around	24	0.00	0.00	24	5.56	42.47	0.998665
Limitations when walking 100 meters or climbing a flight of stairs	24	-3.13	29.77	24	-1.39	26.43	0.999984
Limitations when bending, lifting, or stooping	24	-2.08	10.21	24	2.78	44.69	0.999984
Limitations in the kind of schoolwork or activities undertaken	24	-4.17	14.12	24	-10.42	21.88	0.996139
Limitations in the amount of time spent completing schoolwork or activities	24	-6.25	16.89	24	-10.76	23.11	0.998665
Limitations during the completion of schoolwork or activities	24	-6.25	16.89	24	-12.50	23.70	0.997753
My child seems less healthy than other children	24	-12.50	34.49	24	0.00	46.88	0.998665
When something is going around my child usually catches it	24	-9.72	18.17	24	5.56	53.26	0.998816
I worry more about my child's health than other parents do their children	24	4.86	67.25	24	-1.39	48.94	0.999984
Frequency of stomach aches	24	-6.25	31.40	24	-11.11	37.00	0.998467
Frequency of difficulty going to the toilet	24	-21.53	23.30	24	-10.42	33.27	0.963236

Table 16. Statistical Outcomes of Changes in Positively Weighted Questions at Month 5. The mean percentage change relative to Baseline is shown. An increase in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 12.

Month 5: Positively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Overall Health	24	1.32	15.12	23	17.17	40.45	0.952545
I expect my child will have a very healthy life	24	20.83	62.55	23	8.33	25.00	0.993223
Health compared to one month ago	24	12.85	23.05	23	28.99	30.96	0.581904
Energy Levels	24	15.14	23.86	23	27.61	65.04	0.999816

Table 17. Statistical Outcomes of Changes in Negatively Weighted Questions at Month 5. The mean percentage change relative to Baseline is shown. A decrease in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 13.

Month 5: Negatively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Limitations when completing high-intensity activity	24	6.25	49.59	23	-13.04	23.00	0.91384
Limitations when completing moderate-intensity activity	24	-2.08	47.73	23	-7.97	18.03	0.999816
Limitations when moving around	24	8.33	40.82	23	2.90	22.28	0.999816
Limitations when walking 100 meters or climbing a flight of stairs	24	1.04	46.90	23	-4.35	14.41	0.999816
Limitations when bending, lifting, or stooping	24	6.25	42.51	23	-6.52	17.22	0.960874
Limitations in the kind of schoolwork or activities undertaken	24	4.17	44.03	23	-9.42	21.80	0.952378
Limitations in the amount of time spent completing schoolwork or activities	24	2.08	45.39	23	-9.42	21.80	0.989226
Limitations during the completion of schoolwork or activities	24	2.08	45.39	23	-13.04	26.09	0.952378
My child seems less healthy than other children	24	-2.08	45.92	23	15.22	80.55	0.999816
When something is going around my child usually catches it	24	-12.85	29.69	23	-3.99	31.97	0.989226
I worry more about my child's health than other parents do their children	24	10.76	55.30	23	2.54	60.59	0.986557
Frequency of stomach aches	24	-13.19	34.40	23	-9.42	32.50	0.999816
Frequency of difficulty going to the toilet	24	-17.01	36.98	23	-15.58	36.44	0.999816

Table 18. Statistical Outcomes of Changes in Positively Weighted Questions at Month 6. The mean percentage change relative to Baseline is shown. An increase in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 14.

Month 6: Positively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Overall Health	25	3.27	14.48	21	12.46	31.13	0.998367
I expect my child will have a very healthy life	25	18.67	61.44	21	8.33	27.13	0.999567
Health compared to one month ago	25	24.00	29.00	21	24.21	25.40	0.999866
Energy Levels	25	16.53	31.79	21	15.95	28.48	0.999567

Table 19. Statistical Outcomes of Changes in Negatively Weighted Questions at Month 6. The mean percentage change relative to Baseline is shown. A decrease in the mean is associated with an improvement in the parameter. Reported p-values were calculated by comparing the means of the two groups. This table provides the numerical data presented in Figure 15.

Month 6: Negatively Weighted Questions	NuBest			Placebo			p-value
	n	Mean	STD	n	Mean	STD	
Limitations when completing high-intensity activity	25	-2.00	26.93	21	0.00	72.65	0.992841
Limitations when completing moderate-intensity activity	25	-10.00	20.41	21	-1.59	50.53	>0.999999
Limitations when moving around	25	0.00	0.00	21	12.70	48.85	0.998846
Limitations when walking 100 meters or climbing a flight of stairs	25	-7.00	19.79	21	14.29	63.53	0.998367
Limitations when bending, lifting, or stooping	25	-2.00	10.00	21	0.00	27.39	0.999567
Limitations in the kind of schoolwork or activities undertaken	25	-4.00	13.84	21	-7.14	35.19	0.998846
Limitations in the amount of time spent completing schoolwork or activities	25	-6.00	16.58	21	-7.14	35.19	0.999567
Limitations during the completion of schoolwork or activities	25	-6.00	16.58	21	-14.29	27.02	0.988108
My child seems less healthy than other children	25	0.00	43.83	21	8.73	52.60	0.999567
When something is going around my child usually catches it	25	-9.00	31.91	21	-1.98	38.54	0.999296
I worry more about my child's health than other parents do their children	25	1.33	52.63	21	-7.94	57.40	0.998367
Frequency of stomach aches	25	-19.33	31.80	21	-12.70	35.32	0.998846
Frequency of difficulty going to the toilet	25	-21.00	39.32	21	-3.57	37.69	0.737995

Table 20. Statistical Outcomes of Changes in Positively Weighted Questions within the NuBest Group. Comparisons of responses to positively weighted questions at Month 1, Month 2, and Month 3 relative to Baseline. An increase in the mean is associated with an improvement in the parameter. Green cells highlight statistically significant results.

Positively Weighted Questions: NuBest	Baseline		Month 1			Month 2			Month 3		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Overall Health	4.33	0.70	4.29	0.62	>0.9999	4.33	0.64	>0.9999	4.25	0.68	>0.9999
I expect my child will have a very healthy life	3.38	0.77	3.63	0.49	>0.9999	3.71	0.46	>0.9999	3.67	0.48	>0.9999
Health compared to one month ago	3.17	0.48	3.58	0.72	0.4598	3.63	0.77	0.23	3.71	0.86	0.0806
Energy Levels	3.88	0.80	4.21	0.66	0.0384	4.04	0.75	0.6328	4.29	0.69	0.0026

Table 21. Statistical Outcomes of Changes in Positively Weighted Questions within the NuBest Group. Comparisons of responses to positively weighted questions at Month 4, Month 5, and Month 6 relative to Baseline. An increase in the mean is associated with an improvement in the parameter. Green cells highlight statistically significant results.

Positively Weighted Questions: NuBest	Baseline		Month 4			Month 5			Month 6		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Overall Health	4.33	0.70	4.42	0.50	>0.9999	4.33	0.64	>0.9999	4.38	0.58	>0.9999
I expect my child will have a very healthy life	3.38	0.77	3.58	0.72	>0.9999	3.71	0.46	>0.9999	3.67	0.48	>0.9999
Health compared to one month ago	3.17	0.48	3.75	0.74	0.0969	3.54	0.72	0.6098	3.83	0.87	0.0369
Energy Levels	3.88	0.80	4.46	0.59	0.0012	4.33	0.64	0.0118	4.38	0.65	0.0221

Table 22. Statistical Outcomes of Changes in Negatively Weighted Questions within the NuBest Group. Comparisons of responses to negatively weighted questions at Month 1, Month 2, and Month 3 relative to Baseline. A decrease in the mean is associated with an improvement in the parameter.

Negatively Weighted Questions: NuBest	Baseline		Month 1			Month 2			Month 3		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Limitations when completing high-intensity activity	1.13	0.34	1.17	0.38	>0.9999	1.21	0.41	>0.9999	1.17	0.48	>0.9999
Limitations when completing moderate-intensity activity	1.21	0.41	1.13	0.34	>0.9999	1.13	0.34	>0.9999	1.08	0.28	>0.9999
Limitations when moving around	1.00	0.00	1.08	0.28	>0.9999	1.08	0.28	>0.9999	1.04	0.20	>0.9999
Limitations when walking 100 meters or climbing a flight of stairs	1.21	0.66	1.08	0.28	>0.9999	1.13	0.34	>0.9999	1.04	0.20	>0.9999
Limitations when bending, lifting, or stooping	1.04	0.20	1.08	0.28	>0.9999	1.08	0.28	>0.9999	1.00	0.00	>0.9999
Limitations in the kind of schoolwork or activities undertaken	1.08	0.28	1.13	0.34	>0.9999	1.13	0.34	>0.9999	1.08	0.28	>0.9999
Limitations in the amount of time spent completing schoolwork or activities	1.13	0.34	1.25	0.53	>0.9999	1.08	0.28	>0.9999	1.17	0.38	>0.9999
Limitations during the completion of schoolwork or activities	1.13	0.34	1.17	0.38	>0.9999	1.21	0.66	>0.9999	1.13	0.34	>0.9999
My child seems less healthy than other children	1.71	0.75	1.46	0.59	>0.9999	1.54	0.83	>0.9999	1.29	0.46	0.3682
When something is going around my child usually catches it	2.38	0.65	2.21	0.41	>0.9999	2.00	0.42	0.5691	2.13	0.54	>0.9999
I worry more about my child's health than other parents do their children	2.38	0.92	2.17	0.70	0.819	2.38	0.65	>0.9999	2.13	0.68	0.5749
Frequency of stomach aches	2.42	0.72	2.17	0.48	>0.9999	2.13	0.54	>0.9999	2.08	0.65	0.8495
Frequency of difficulty going to the toilet	2.33	0.92	2.13	0.80	>0.9999	1.96	0.62	0.6983	1.79	0.66	0.1062

Table 23. Statistical Outcomes of Changes in Negatively Weighted Questions within the NuBest Group. Comparisons of responses to negatively weighted questions at Month 4, Month 5, and Month 6 relative to Baseline. A decrease in the mean is associated with an improvement in the parameter.

Negatively Weighted Questions: NuBest	Baseline		Month 4			Month 5			Month 6		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Limitations when completing high-intensity activity	1.13	0.34	1.08	0.28	>0.9999	1.13	0.45	>0.9999	1.04	0.20	>0.9999
Limitations when completing moderate-intensity activity	1.21	0.41	1.00	0.00	>0.9999	1.08	0.41	>0.9999	1.00	0.00	>0.9999
Limitations when moving around	1.00	0.00	1.00	0.00	>0.9999	1.08	0.41	>0.9999	1.00	0.00	>0.9999
Limitations when walking 100 meters or climbing a flight of stairs	1.21	0.66	1.04	0.20	>0.9999	1.08	0.41	>0.9999	1.00	0.00	>0.9999
Limitations when bending, lifting, or stooping	1.04	0.20	1.00	0.00	>0.9999	1.08	0.41	>0.9999	1.00	0.00	>0.9999
Limitations in the kind of schoolwork or activities undertaken	1.08	0.28	1.00	0.00	>0.9999	1.08	0.41	>0.9999	1.00	0.00	>0.9999
Limitations in the amount of time spent completing schoolwork or activities	1.13	0.34	1.00	0.00	>0.9999	1.08	0.41	>0.9999	1.00	0.00	>0.9999
Limitations during the completion of schoolwork or activities	1.13	0.34	1.00	0.00	>0.9999	1.08	0.41	>0.9999	1.00	0.00	>0.9999
My child seems less healthy than other children	1.71	0.75	1.33	0.48	0.6098	1.46	0.51	>0.9999	1.50	0.51	>0.9999
When something is going around my child usually catches it	2.38	0.65	2.13	0.61	>0.9999	2.04	0.75	0.6983	2.08	0.65	>0.9999
I worry more about my child's health than other parents do their children	2.38	0.92	2.08	0.58	0.4873	2.33	0.82	0.9998	2.21	0.78	0.819
Frequency of stomach aches	2.42	0.72	2.13	0.61	>0.9999	1.92	0.50	0.1951	1.88	0.61	0.0806
Frequency of difficulty going to the toilet	2.33	0.92	1.71	0.62	0.0333	1.71	0.62	0.0734	1.63	0.58	0.0219

Table 24. Statistical Outcomes of Changes in Positively Weighted Questions within the Placebo Group. Comparisons of responses to positively weighted questions at Month 1, Month 2, and Month 3 relative to Baseline. An increase in the mean is associated with an improvement in the parameter. Green cells highlight statistically significant results.

Positively Weighted Questions: Placebo	Baseline		Month 1			Month 2			Month 3		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Overall Health	4.05	0.80	4.19	0.87	>0.9999	4.14	0.73	>0.9999	4.43	0.68	>0.9999
I expect my child will have a very healthy life	3.48	0.60	3.43	0.60	>0.9999	3.48	0.75	>0.9999	3.62	0.50	>0.9999
Health compared to one month ago	3.29	0.72	3.52	0.75	>0.9999	3.57	1.08	0.982	3.90	0.89	0.091
Energy Levels	3.86	0.73	3.95	0.67	0.9821	4.29	0.64	0.0403	4.33	0.66	0.0638

Table 25. Statistical Outcomes of Changes in Positively Weighted Questions within the Placebo Group. Comparisons of responses to positively weighted questions at Month 4, Month 5, and Month 6 relative to Baseline. An increase in the mean is associated with an improvement in the parameter. Green cells highlight statistically significant results.

Positively Weighted Questions: Placebo	Baseline		Month 4			Month 5			Month 6		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Overall Health	4.05	0.80	4.19	0.75	>0.9999	4.38	0.59	>0.9999	4.38	0.74	>0.9999
I expect my child will have a very healthy life	3.48	0.60	3.62	0.50	>0.9999	3.62	0.50	>0.9999	3.67	0.58	>0.9999
Health compared to one month ago	3.29	0.72	3.71	0.90	0.4449	4.05	0.92	0.0204	4.05	0.97	0.0256
Energy Levels	3.86	0.73	4.10	0.70	0.7195	4.29	0.72	0.1856	4.33	0.66	0.1222

Table 26. Statistical Outcomes of Changes in Negatively Weighted Questions within the Placebo Group. Comparisons of responses to negatively weighted questions at Month 1, Month 2, and Month 3 relative to Baseline. A decrease in the mean is associated with an improvement in the parameter.

Negatively Weighted Questions: Placebo	Baseline		Month 1			Month 2			Month 3		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Limitations when completing high-intensity activity	1.38	0.67	1.24	0.54	>0.9999	1.24	0.54	>0.9999	1.14	0.48	>0.9999
Limitations when completing moderate-intensity activity	1.29	0.56	1.24	0.54	>0.9999	1.19	0.51	>0.9999	1.10	0.30	>0.9999
Limitations when moving around	1.10	0.44	1.14	0.48	>0.9999	1.10	0.44	>0.9999	1.10	0.44	>0.9999
Limitations when walking 100 meters or climbing a flight of stairs	1.14	0.36	1.14	0.36	>0.9999	1.05	0.22	>0.9999	1.05	0.22	>0.9999
Limitations when bending, lifting, or stooping	1.24	0.70	1.14	0.36	>0.9999	1.10	0.30	>0.9999	1.10	0.30	>0.9999
Limitations in the kind of schoolwork or activities undertaken	1.43	0.93	1.19	0.51	>0.9999	1.19	0.68	>0.9999	1.14	0.48	>0.9999
Limitations in the amount of time spent completing schoolwork or activities	1.43	0.93	1.10	0.30	>0.9999	1.19	0.51	>0.9999	1.14	0.48	>0.9999
Limitations during the completion of schoolwork or activities	1.48	0.87	1.24	0.54	>0.9999	1.29	0.64	>0.9999	1.10	0.44	>0.9999
My child seems less healthy than other children	1.48	0.60	1.57	0.75	>0.9999	1.38	0.59	>0.9999	1.43	0.60	>0.9999
When something is going around my child usually catches it	2.24	0.89	2.24	0.62	>0.9999	2.19	0.75	0.9951	2.19	0.75	0.999
I worry more about my child's health than other parents do their children	2.24	0.89	2.19	1.03	0.998	2.10	1.00	0.9591	2.19	1.03	0.9994
Frequency of stomach aches	2.24	0.77	2.05	0.74	>0.9999	1.90	0.70	0.7477	1.81	0.75	0.297
Frequency of difficulty going to the toilet	1.90	0.94	1.81	0.75	>0.9999	1.71	0.72	>0.9999	1.52	0.68	0.9188

Table 27. Statistical Outcomes of Changes in Negatively Weighted Questions within the Placebo Group. Comparisons of responses to negatively weighted questions at Month 4, Month 5, and Month 6 relative to Baseline. A decrease in the mean is associated with an improvement in the parameter.

Negatively Weighted Questions: Placebo	Baseline		Month 4			Month 5			Month 6		
	Mean	STD	Mean	STD	p-value	Mean	STD	p-value	Mean	STD	p-value
Limitations when completing high-intensity activity	1.38	0.67	1.14	0.48	>0.9999	1.10	0.30	>0.9999	1.19	0.68	>0.9999
Limitations when completing moderate-intensity activity	1.29	0.56	1.05	0.22	>0.9999	1.10	0.30	>0.9999	1.14	0.48	>0.9999
Limitations when moving around	1.10	0.44	1.14	0.48	>0.9999	1.10	0.30	>0.9999	1.19	0.51	>0.9999
Limitations when walking 100 meters or climbing a flight of stairs	1.14	0.36	1.10	0.30	>0.9999	1.05	0.22	>0.9999	1.24	0.62	>0.9999
Limitations when bending, lifting, or stooping	1.24	0.70	1.19	0.51	>0.9999	1.05	0.22	>0.9999	1.14	0.36	>0.9999
Limitations in the kind of schoolwork or activities undertaken	1.43	0.93	1.10	0.30	>0.9999	1.10	0.30	>0.9999	1.10	0.30	>0.9999
Limitations in the amount of time spent completing schoolwork or activities	1.43	0.93	1.14	0.48	>0.9999	1.10	0.30	>0.9999	1.10	0.30	>0.9999
Limitations during the completion of schoolwork or activities	1.48	0.87	1.10	0.30	>0.9999	1.05	0.22	>0.9999	1.05	0.22	0.982
My child seems less healthy than other children	1.48	0.60	1.48	0.60	>0.9999	1.52	0.75	>0.9999	1.43	0.60	>0.9999
When something is going around my child usually catches it	2.24	0.89	2.14	0.73	0.9913	2.00	0.71	0.4517	2.05	0.86	0.8187
I worry more about my child's health than other parents do their children	2.24	0.89	2.14	1.01	0.9936	2.05	0.80	0.8526	1.90	1.09	0.4375
Frequency of stomach aches	2.24	0.77	1.90	1.00	0.3503	1.86	0.79	0.297	1.81	0.68	0.4449
Frequency of difficulty going to the toilet	1.90	0.94	1.57	0.68	>0.9999	1.48	0.75	0.3503	1.67	0.73	>0.9999

Table 28. Participant Perceptions of the Impact of the Product. Blue cells highlight parameters with positive responses from ≥70% of participants. NuBest: Month 1, *n* = 26; Month 2, *n* = 26; Month 3, *n* = 26; Month 4, *n* = 24, Month 5, *n* = 24, Month 6, *n* = 25. Placebo: Month 1, *n* = 25; Month 2, *n* = 25; Month 3, *n* = 23; Month 4, *n* = 24, Month 5, *n* = 23, Month 6, *n* = 21.

Parameter	Combined Agree/Satisfied											
	Month 1		Month 2		Month 3		Month 4		Month 5		Month 6	
	NuBest	Placebo	NuBest	Placebo	NuBest	Placebo	NuBest	Placebo	NuBest	Placebo	NuBest	Placebo
In the last month, my child's overall health has improved.	53.85	40.00	61.54	60.00	61.54	56.52	66.67	66.67	54.17	65.22	60.00	66.67
In the last month, my child has had more energy.	65.38	48.00	53.85	64.00	61.54	52.17	62.50	75.00	58.33	73.91	56.00	71.43
In the last month, my child has been able to focus more.	53.85	56.00	61.54	60.00	57.69	47.83	70.83	66.67	50.00	65.22	60.00	71.43
In the last month, my child has been more active.	65.38	56.00	65.38	68.00	65.38	60.87	66.67	66.67	54.17	73.91	64.00	66.67
In the last month, my child has gotten stronger.	57.69	32.00	65.38	64.00	53.85	52.17	70.83	62.50	54.17	65.22	72.00	71.43
In the last month, my child has been sick less often.	50.00	44.00	61.54	60.00	50.00	60.87	62.50	66.67	58.33	65.22	64.00	61.90
In the last month, my child's digestive health has improved.	53.85	48.00	61.54	64.00	65.38	56.52	66.67	62.50	62.50	56.52	56.00	61.90
I would like my child to keep taking this product.	-	-	-	-	-	-	-	-	-	-	88.00	80.95
I am satisfied with the overall results of this product.	-	-	-	-	-	-	-	-	-	-	88.00	80.95
I would recommend this product to my friends and family.	-	-	-	-	-	-	-	-	-	-	88.00	80.95

Figure 1. Visual Representation of Changes in Cognitive Assessment Percentiles. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. A positive mean indicates an improvement in the parameter. ns = P>0.05.

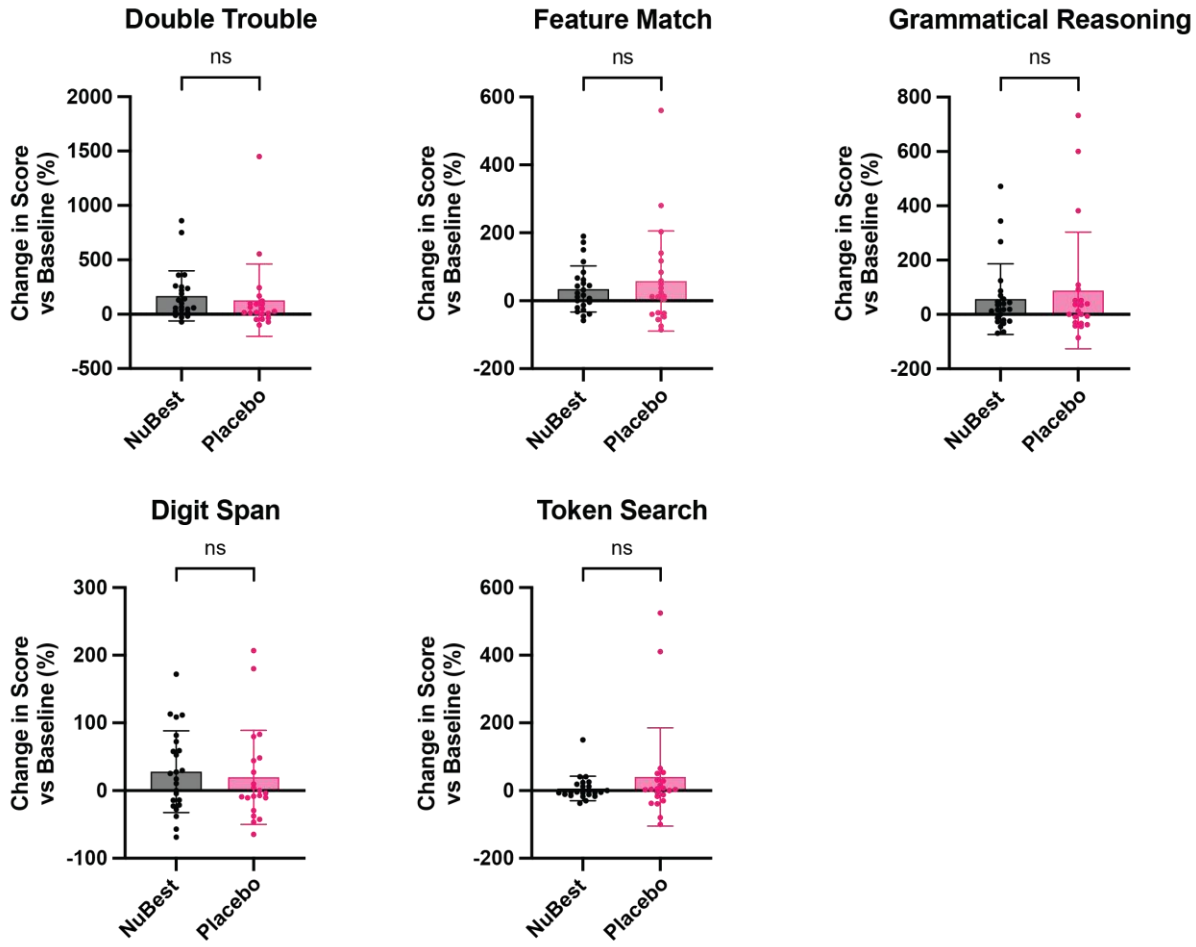


Figure 2. Visual Representation of Changes in Weight. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. ns = P>0.05.

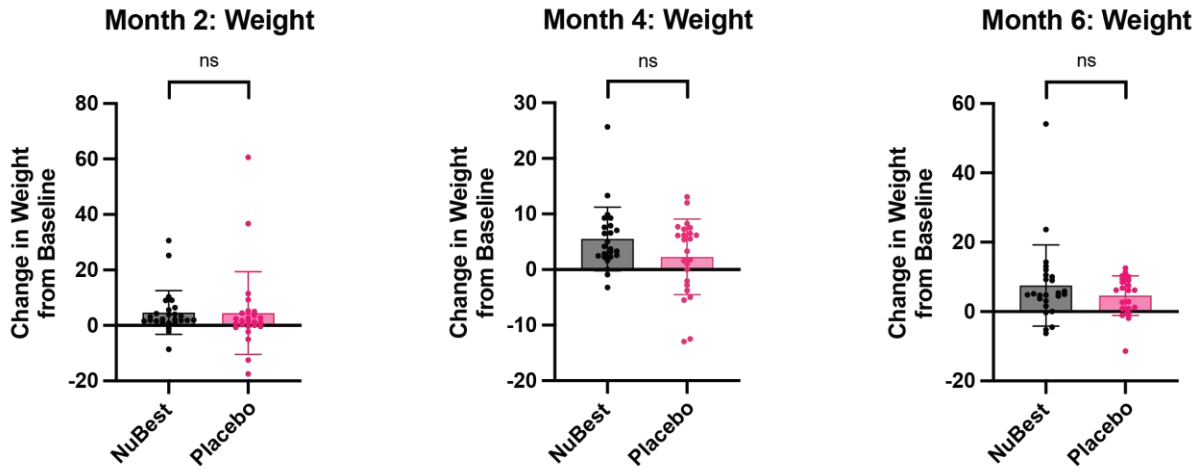


Figure 3. Visual Representation of Changes in Height. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. ns = P>0.05.

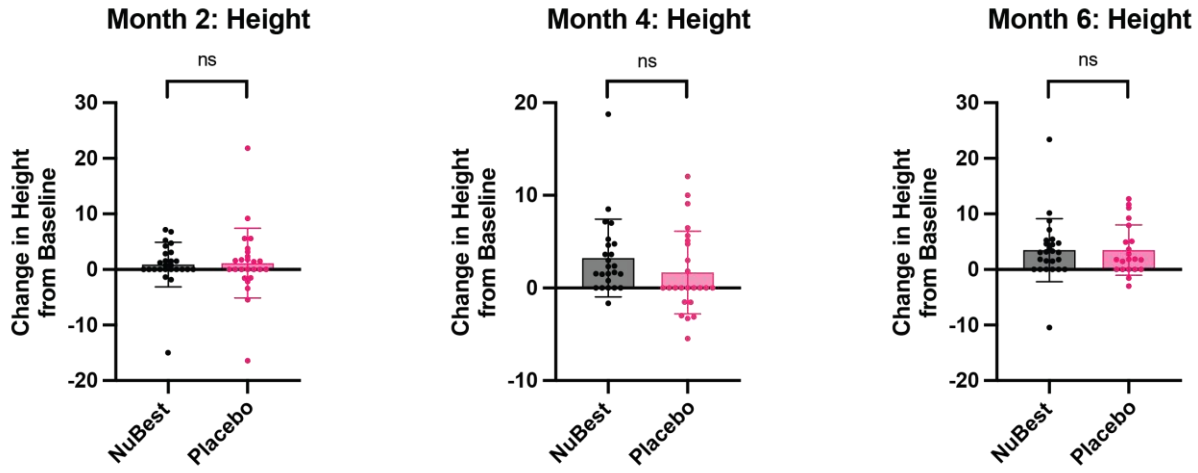


Figure 4. Visual Representation of Changes in Positively Weighted Questions at Month 1. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. An increase in the mean indicates an improvement in the parameter. ns = P>0.05.

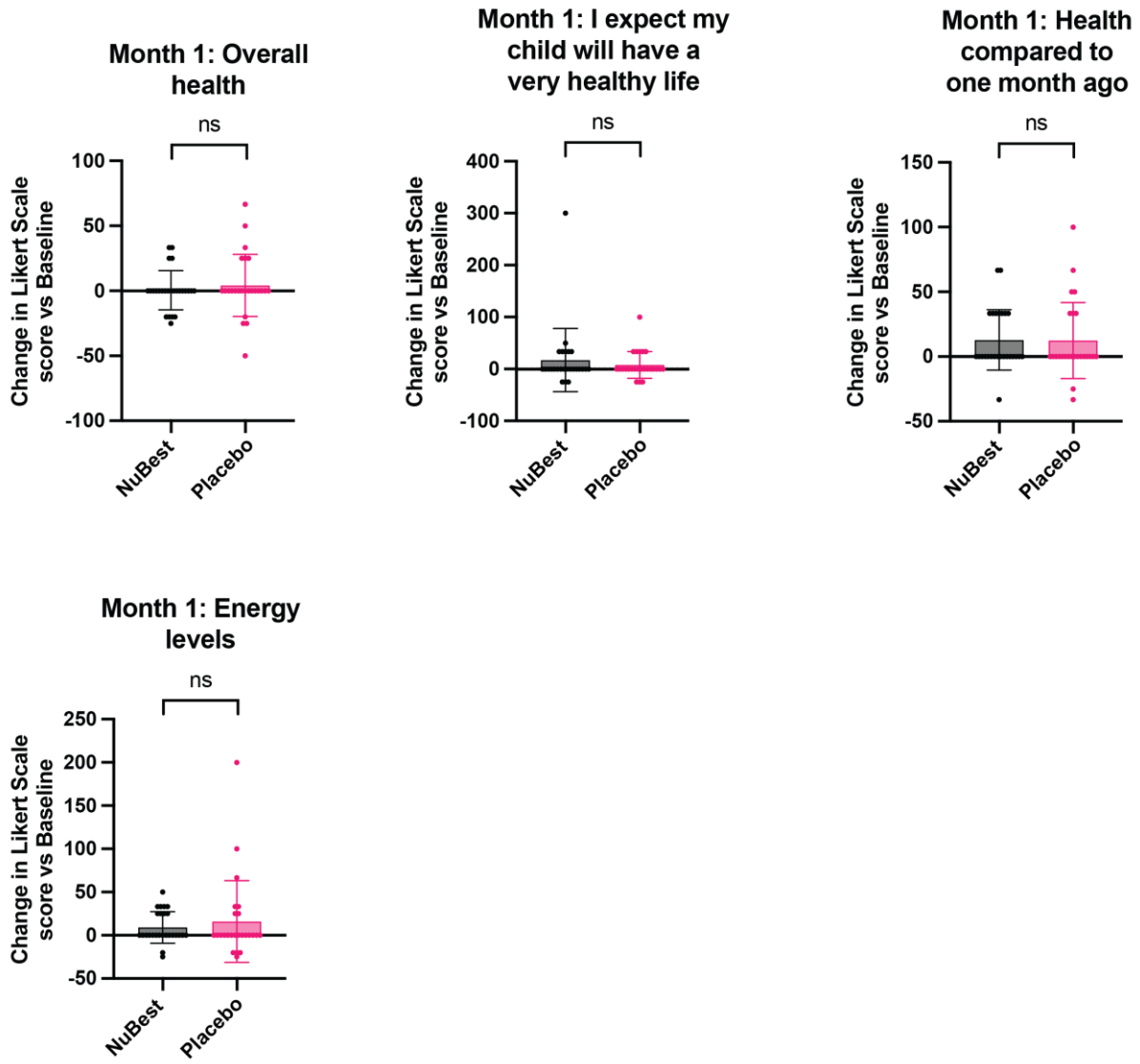
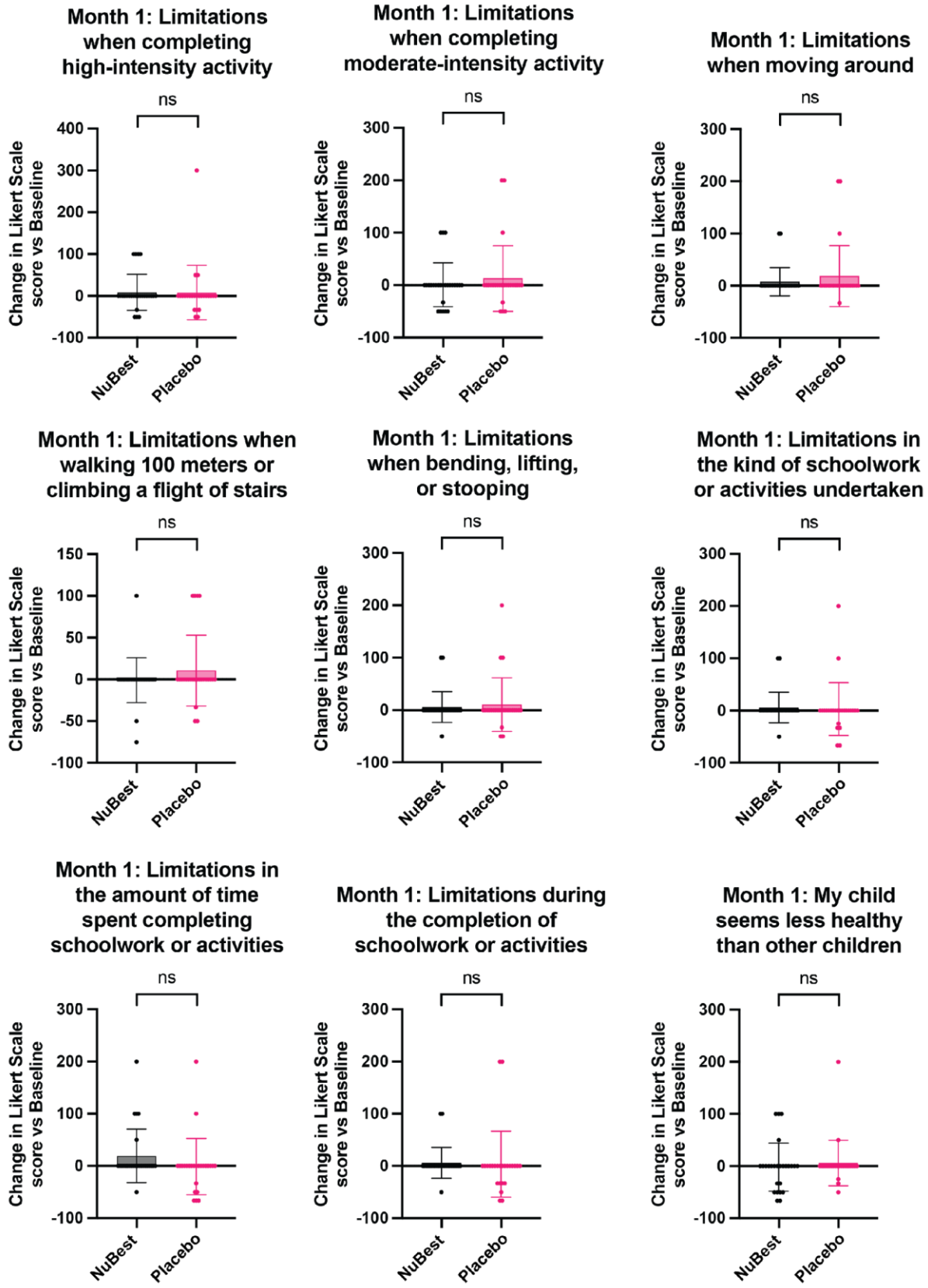
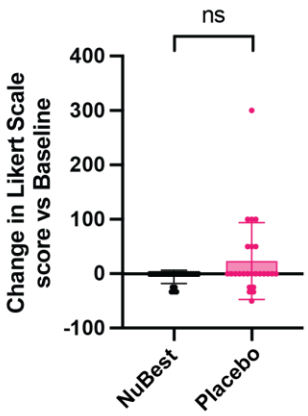
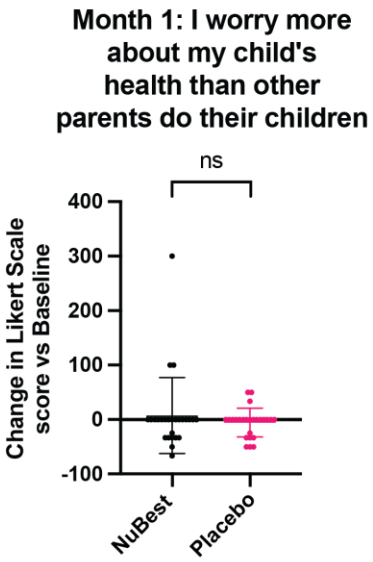
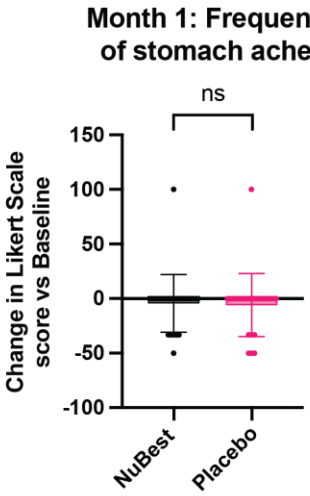


Figure 5. Visual Representation of Changes in Negatively Weighted Questions at Month 1. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. A decrease in the mean indicates an improvement in the parameter. ns = P>0.05.









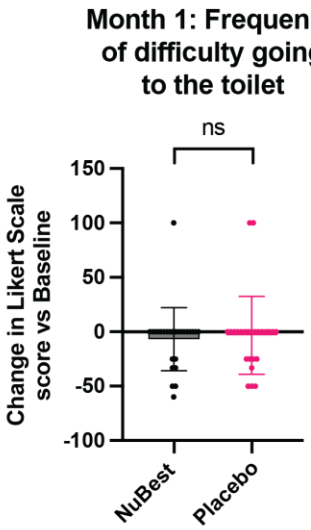


Figure 6. Visual Representation of Changes in Positively Weighted Questions at Month 2. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. An increase in the mean indicates an improvement in the parameter. ns = P>0.05.

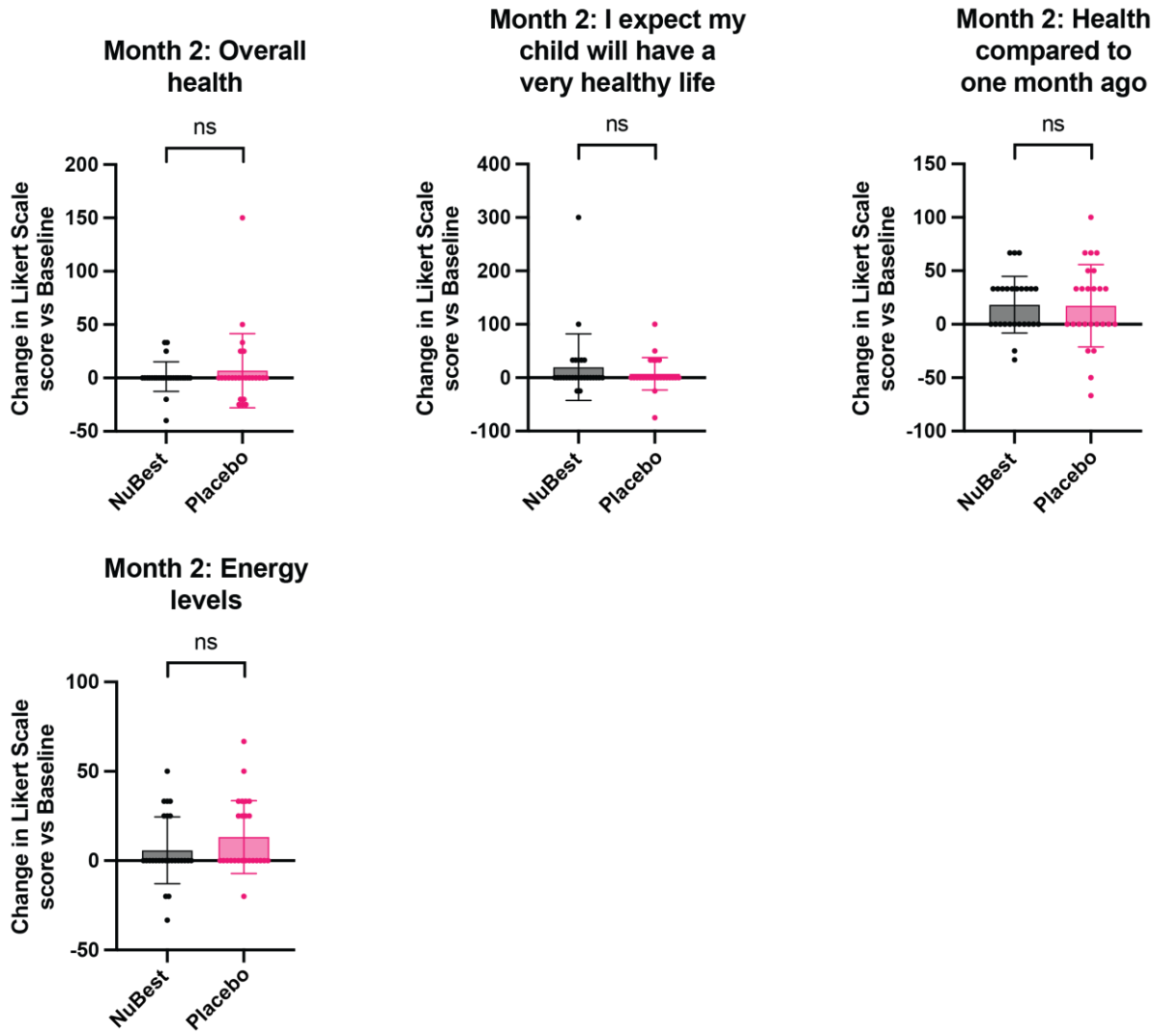
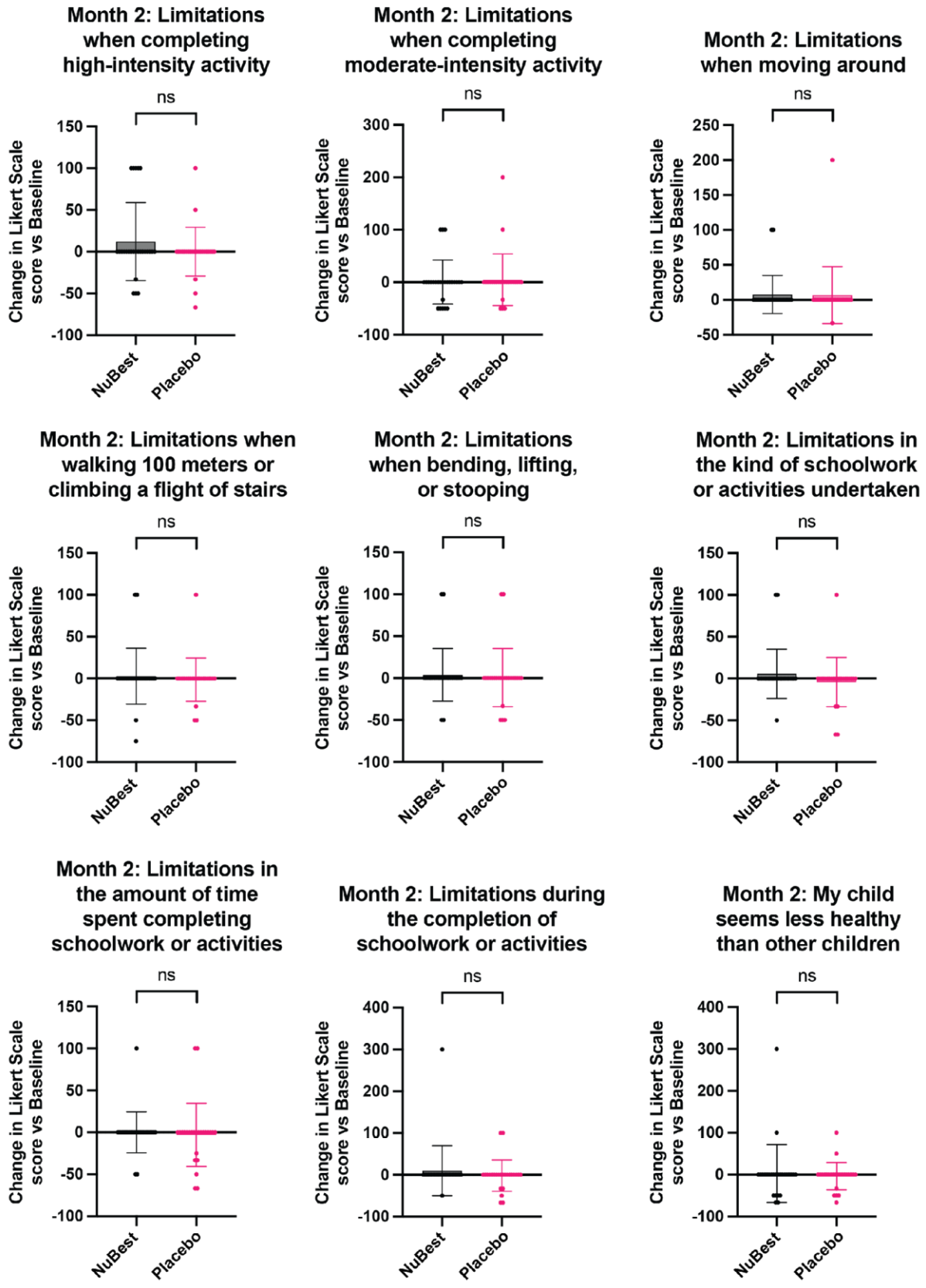
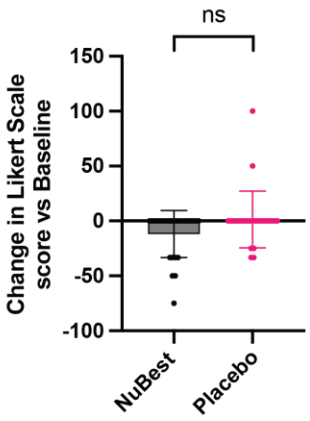
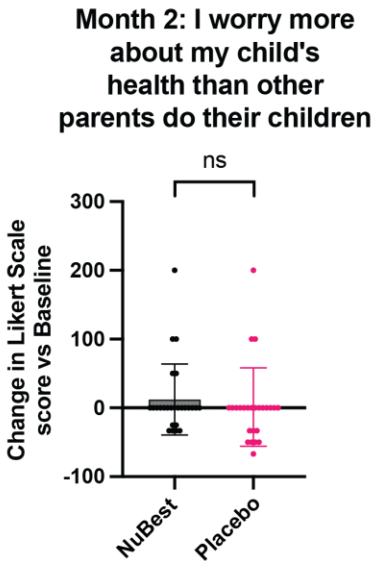
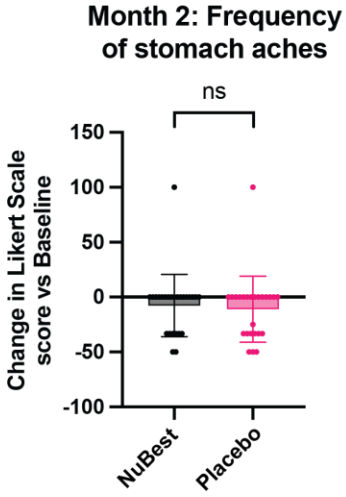


Figure 7. Visual Representation of Changes in Negatively Weighted Questions at Month 2. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. A decrease in the mean indicates an improvement in the parameter. ns = P>0.05.









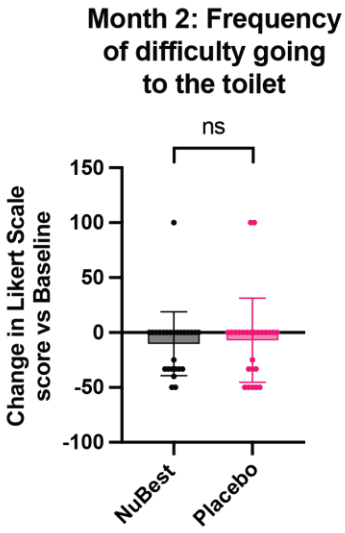


Figure 8. Visual Representation of Changes in Positively Weighted Questions at Month 3. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. An increase in the mean indicates an improvement in the parameter. ns = P>0.05.

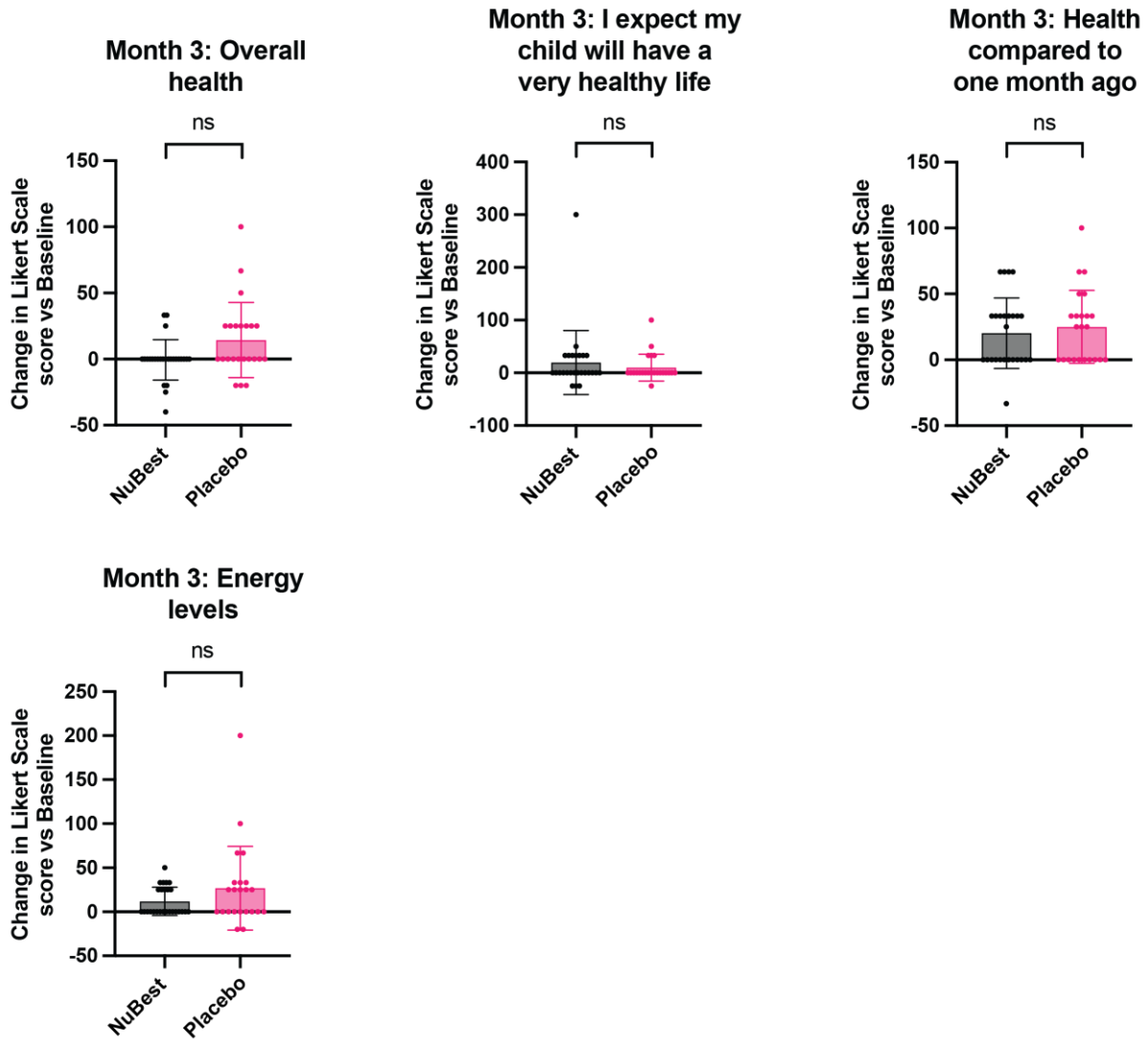
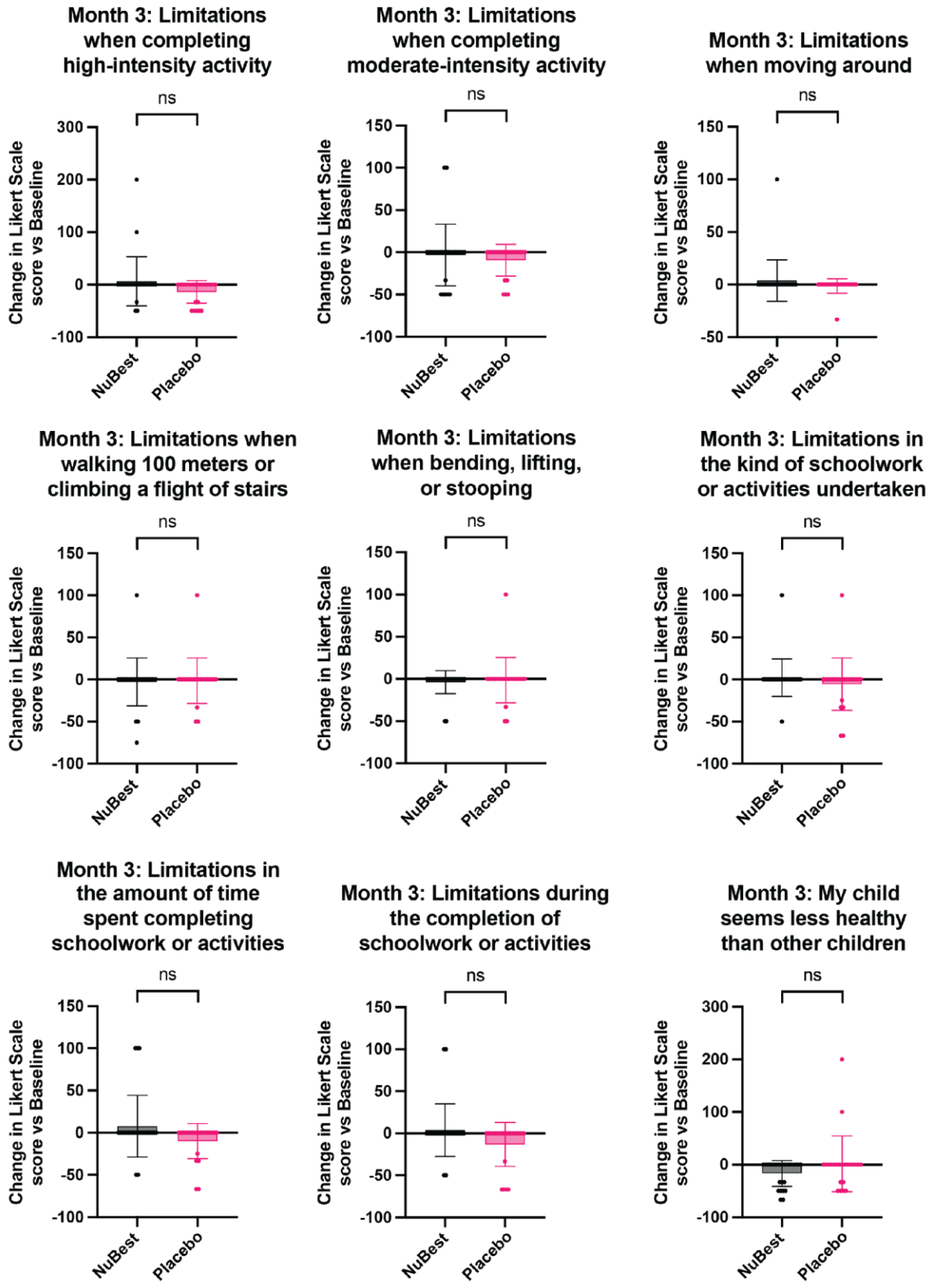
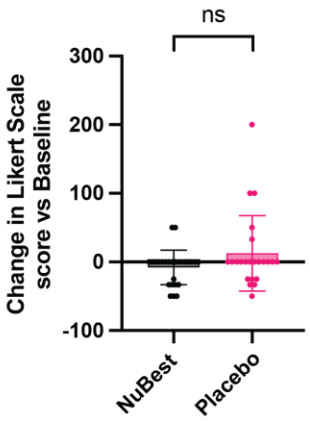
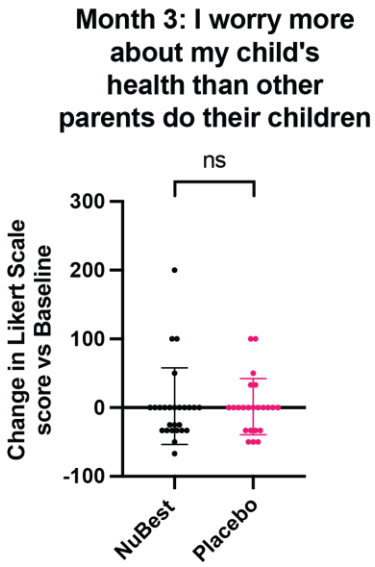
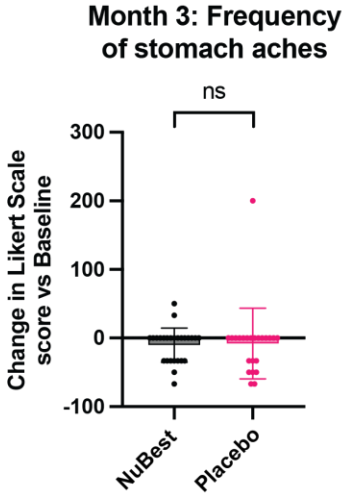


Figure 9. Visual Representation of Changes in Negatively Weighted Questions at Month 3. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. A decrease in the mean indicates an improvement in the parameter. ns = P>0.05.









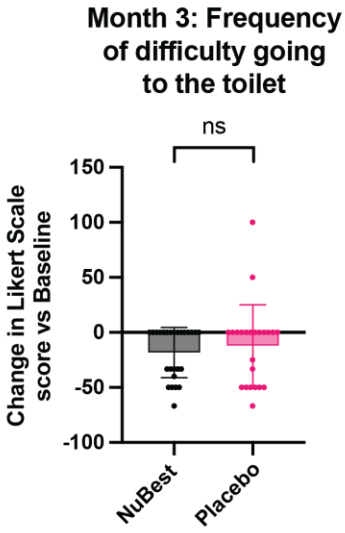


Figure 10. Visual Representation of Changes in Positively Weighted Questions at Month 4. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. An increase in the mean indicates an improvement in the parameter. ns = P>0.05.

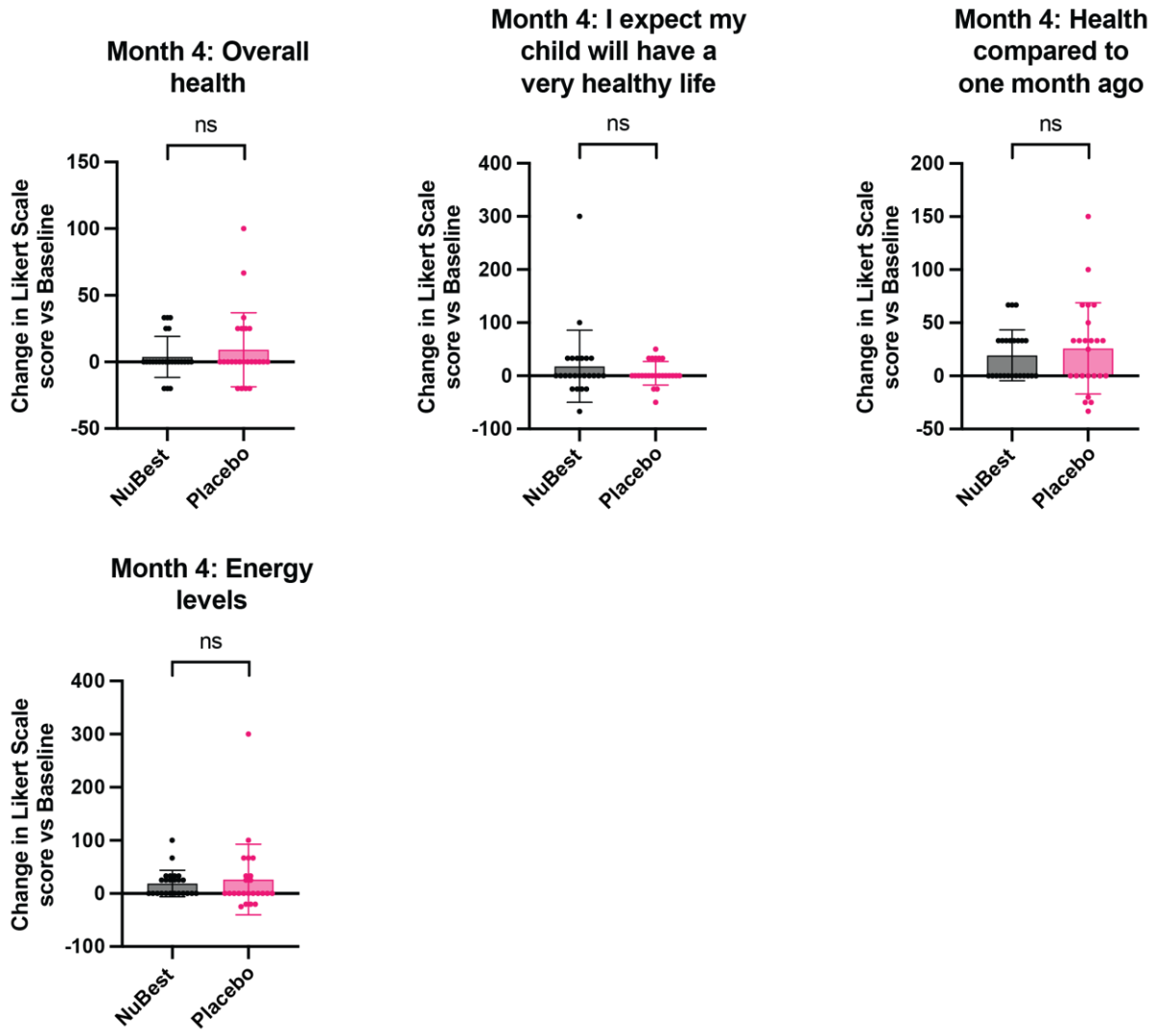
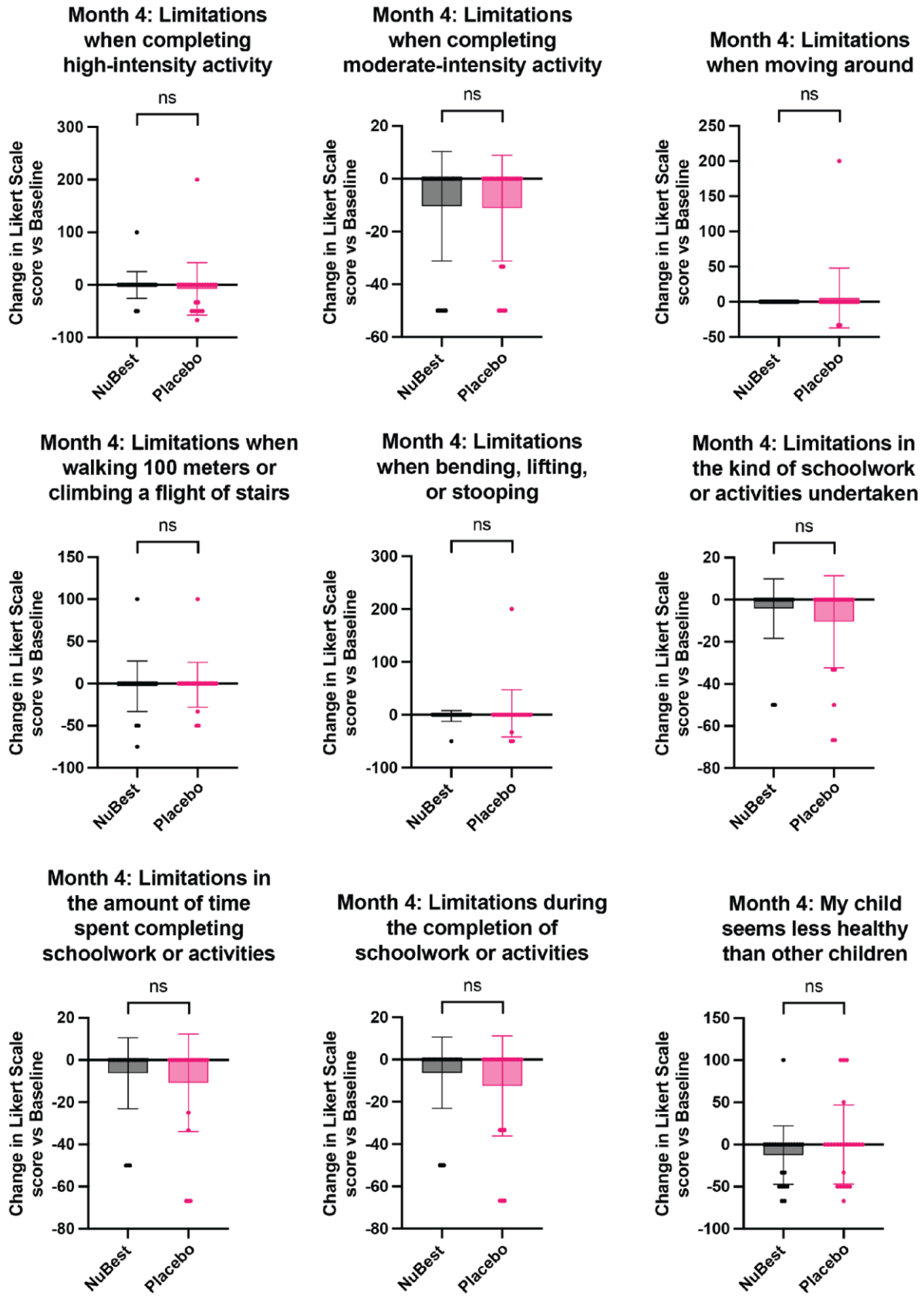
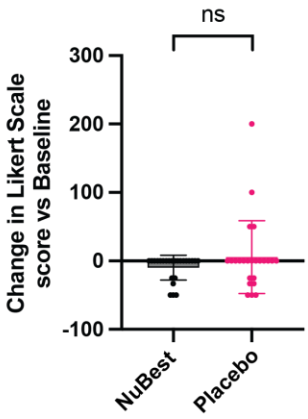
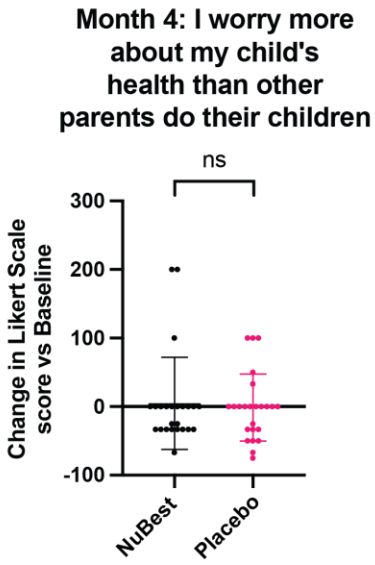
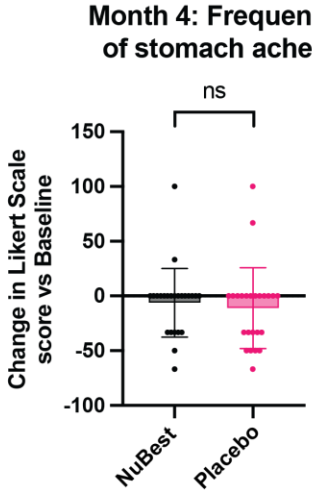


Figure 11. Visual Representation of Changes in Negatively Weighted Questions at Month 4. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. A decrease in the mean indicates an improvement in the parameter. ns = P>0.05.









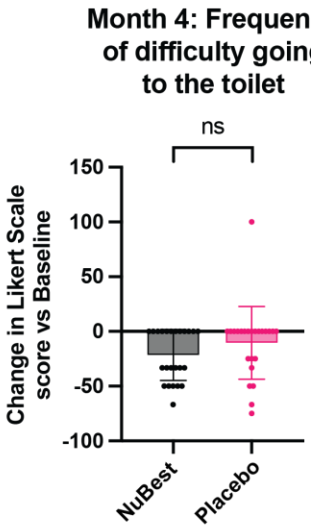


Figure 12. Visual Representation of Changes in Positively Weighted Questions at Month 5. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. An increase in the mean indicates an improvement in the parameter. ns = P>0.05.

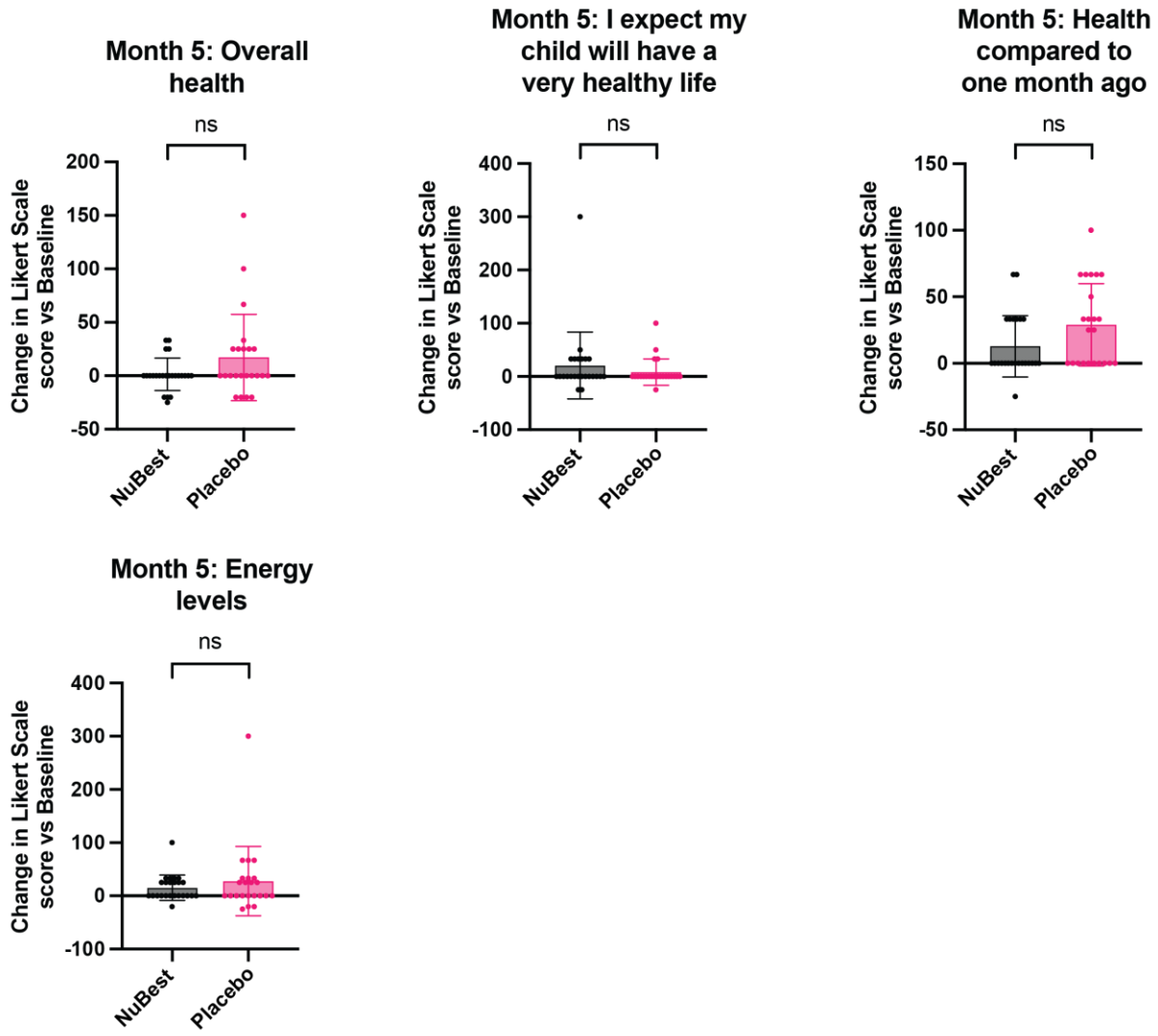
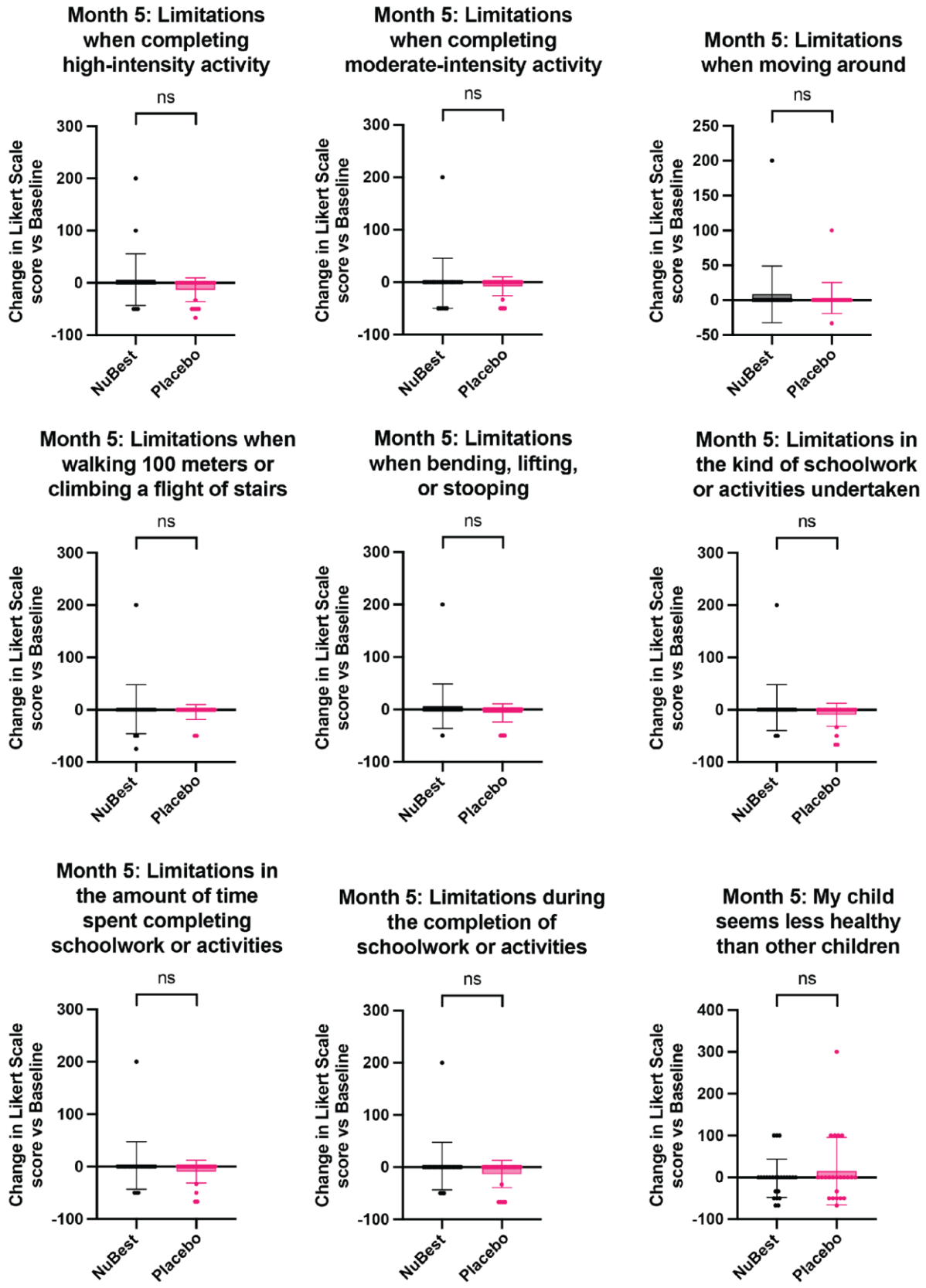
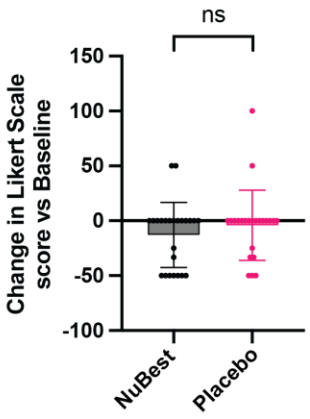
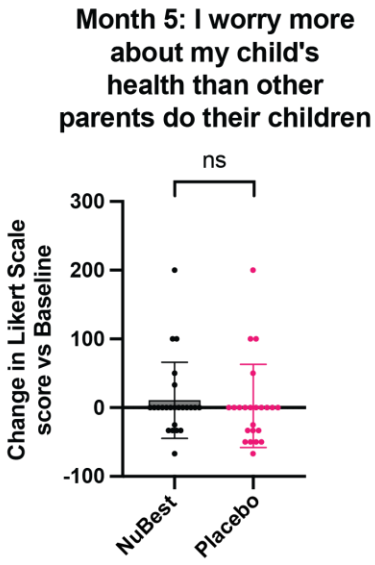
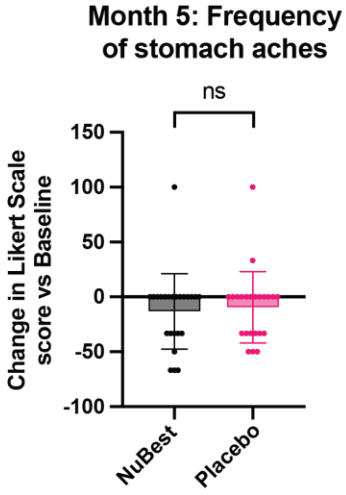


Figure 13. Visual Representation of Changes in Negatively Weighted Questions at Month 5. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. A decrease in the mean indicates an improvement in the parameter. ns = P>0.05.









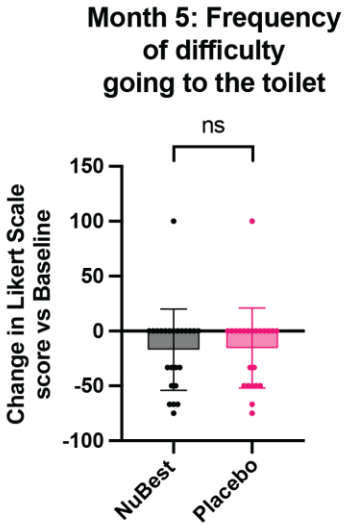


Figure 14. Visual Representation of Changes in Positively Weighted Questions at Month 6. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. An increase in the mean indicates an improvement in the parameter. ns = P>0.05.

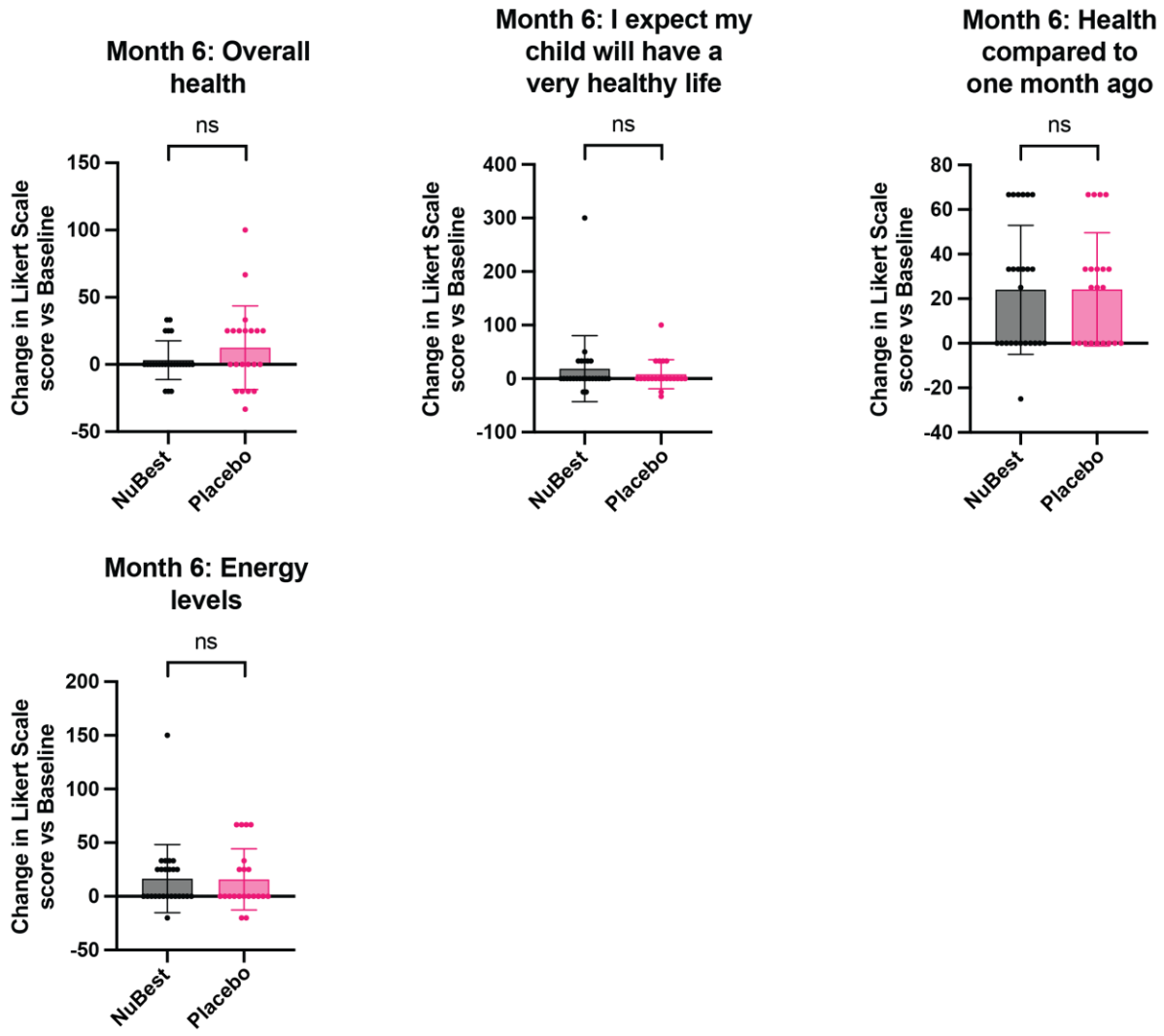
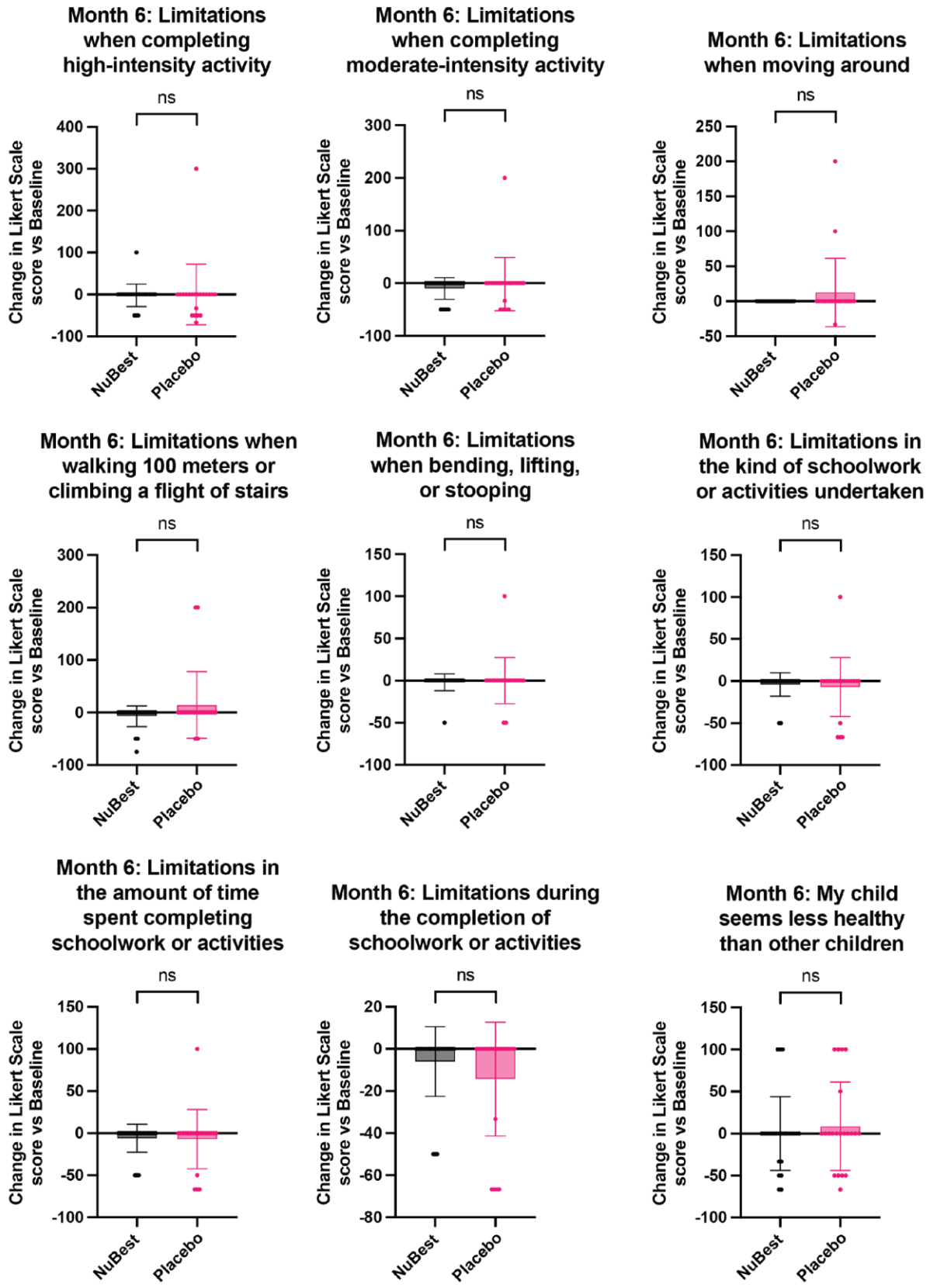
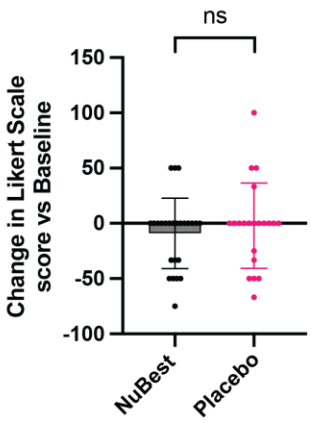
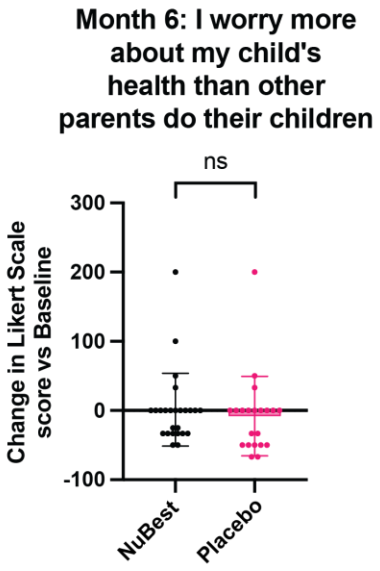
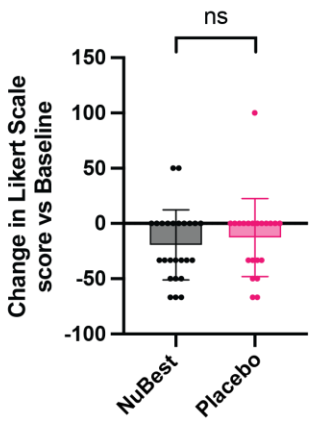


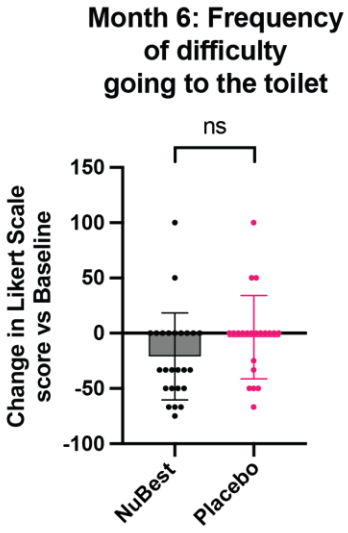
Figure 15. Visual Representation of Changes in Negatively Weighted Questions at Month 6. Data is graphed as the mean percentage change relative to Baseline, with standard deviation shown. A decrease in the mean indicates an improvement in the parameter. ns = P>0.05.











Appendix A: Data Interpretation

(Please consult an attorney before using any claims – these are just example claims from the data that could be used)

*The following information is provided for educational and informational purposes only. Claim examples by Citruslabs are not intended as legal advice or guidance. Citruslabs does not endorse any specific claims made by its clients and cannot guarantee the accuracy, reliability, or completeness of the information provided. The information contained herein is not a substitute for professional legal advice. Anyone seeking to make marketing claims based on the results of a clinical study should consult a qualified attorney to discuss the legal and regulatory requirements governing such claims. Citruslabs shall not be liable for any damages or losses arising from using this information or any reliance on the accuracy or completeness thereof.