	Intervention	Intervention	Dropout (prev int Control		Control	Control	Control	Control	Control	Control	Control	Control	Control
Participant	I1	I2	D0	D1***	CP2	CP3*	C4	C5	CW6	CS7	CS8	CS9	CS10
BEFOR													
FSIQ_mem - score	115	128	112	117	121	133		103	124	117	124	128	123
FSIQ_ppa - score	116	131	131	129	129	136		109	129	134	116	131	116
FSIQ_fluid_mean - score	115.5	134.5	121.5	123	125	134.5	#DIV/0!	106	126.5	120.5	121.5	129.5	119.5
FSIQ_ver - score	121	121	121	126	112	99		113	112	101	124	122	121
FSIQ - score	116	128	116	120	117	122		102	119	109	121	126	121
MENSA - score	115	105	125	133	100	107		112	95	115	105	128	92
RPM - score	132	116	138	124	116	122		116	128	124	128	130	114
ARPM - score	121	119	136	124	115	117		115	117	119	113	132	113
FSIQ - time	29	35	27	31	28	15		21	18	19	45	25	22
MENSA - time	25	25	25	25	25	25		25	22	25	25	15	25
RPM - time	34	19	22	29	32	30		28	28	29	54	21	12
ARPM - time	68	66	50	38	55	30		38	22	40	49	31	35
Total time	147	145	124	123	140	100	0	112	90	113	173	92	94
Mean (fluid components)	119.8	117.8	128.4	126.4	116.2	123	#DIV/0!	111.4	118.6	119.8	117.8	129.8	111.6
Mean (total scores)	121	116.5	129.75	126.25	112	117	#DIV/0!	111.75	114.75	116.75	116.75	128	110
Mean (fluid)	120.875	116.125	130.125	126	114	120.125	#DIV/0!	112.75	116.625	119.625	116.875	129.875	109.625
AFTER													
FSIQ_mem - score	123	137	124	129	139	125		122	130	128	127	139	126
FSIQ_ppa - score	130	141	126	141	141	130		124	126	144	141	144	126
FSIQ_fluid_mean - score	129.5	139	126.5	135	140	130.5	#DIV/0!	123	128	136	134	141.5	127.5
FSIQ_ver - score	121	126	124	137	130	124		124	126	113	137	124	131
FSIQ - score	124	134	125	134	137	126		121	129	125	131	135	127
MENSA - score	131	112	131	125	128	125		128	118	110	110	131	102
RPM - score	134	124	128	128	120	124		118	128	130	128	130	112
ARPM - score	131	123	128	134	124	127		121	124	131	121	131	119
FSIQ - time	20	31	27	31	32	20		17	15	20	43	17	16
MENSA - time	25	25	25	25	25	25		22	18	25	25	25	25
RPM - time	35	27	22	18	31	20		23	18	22	33	18	13
ARPM - time	80	53	35	18	44	20		47	25	30	42	15	15
Total time	160	128	124	123	132	85	0	109	76	106	143	75	64
Mean (fluid components)	131	127.4	131.6	128.6	130.4	127.4	#DIV/0!	122.6	125.2	128.6	125.4	135	117.2
Mean (total scores)	130	123.25	132.5	126.75	127.25	125.5	#DIV/0!	122	124.75	124	122.5	131.75	114.5
Mean (fluid)	131.375	124.5	132.875	127	128	126.625	#DIV/0!	122.5	124.5	126.75	123.25	133.375	114.625
Time diff	13	-17	0	0	-8	-15	0	-3	-14	-7	-30	-17	-30
Change total	9	6.75	3.75	1.5	15.25	8.5	#DIV/0!	10.25	10	7.25	5.75	2.75	4.5
Change Ravens (most stable, no t9	6	6	0	0	6.6	6	0	3	3.5	9	4	-0.5	2
CHANGE FLUID (Components)	**11.2**	**9.6**	**3.2**	**3.2**	**14.2**	**4.4**	**#DIV/0!**	**11.2**	**6.6**	**8.8**	**7.6**	**5.2**	**5.6**
CHANGE FLUID	**10.5**	**8.375**	**2.75**	**1**	**14**	**6.5**	**#DIV/0!**	**9.75**	**7.875**	**7.125**	**6.375**	**3.5**	**5**

CHCH PROTOCOL SUBJECTS:	Intervention	Control
BEFOR	I6*	CP3
	130	138
	116	138
	123	138.5
	112	115
	119	131
	115	131
	120	124
	127	132
	16	36
	25	25
	18	41
	34	32
	93	128
	121.6	132.8
	120.25	129.5
	121.25	131.375
AFTER		
	140	138
	141	146
	140.5	142
	96	110
	125	130
	131	135
	128	130
	131	131
	21	28
	25	25
	28	28
	43	30
	115	169
	134.2	136
	128.75	131.5
	132.625	134.5
	22	-19
	8.5	2
	6	2.5
	12.6	**3.2**
	11.375	**3.125**

Notes

Grey *** verbal or verbal component (no change intended)

* *** non native English speakers

C3 -> took first batch of tests while sleep deprived

D0 -> Dropout on day 9, refused to engage in any intervention besides exercise after poor experience with supplement taking on day 1

I1 and I2 compliance was unclear (~4/5 of interventions done)

I0 and C0 lived in the same house

C1, I1 and D0 worked in the same office on the same team & same room

I1, I2, D0, C1 and C3 lived in the same area

I1, I2, D0 and C1 lived within 2km of each other

C2 and I1 are genetic and environmental siblings

Data imperfection: I3 maxed out RPM and ARPM but refused to take them a second time, we are assuming the same score was maintained (since they are untimed pattern-spotting tests this is likely)

Data imperfection: I3 maxed out RPM and ARPM, these tests have a relatively small cap

Data imperfection: I1 did not record the time of the first FSIQ evaluation, assuming 20 minutes

Data imperfection: Subjects reported surprisingly "round" duration numbers often, this might just be incidental "but" it could be that people rounded start/end time

Red squares: Subjects were unable to finish the tests or didn't report the data, interpolating from previous results, will NOT USE in the final analysis

CS = Controls that took the tests on two consecutive days (used for speed)

CW = Controls that took a week between tests

CP = Controls that were paid (100 or 50$ per IQ points increase to perform better on the second test)

Start with "I" *** failed to abide by measurement protocol

The participants are all in principle willing to be interviewed about their experience, if you have a reason to want this please email me about this and I can set things up