

# Root Cause Analysis of Factors Influencing Your Overall Mood

This report is intended to help you and your physician to gain insight into the root causes and effective solutions to help you optimize your Overall Mood.

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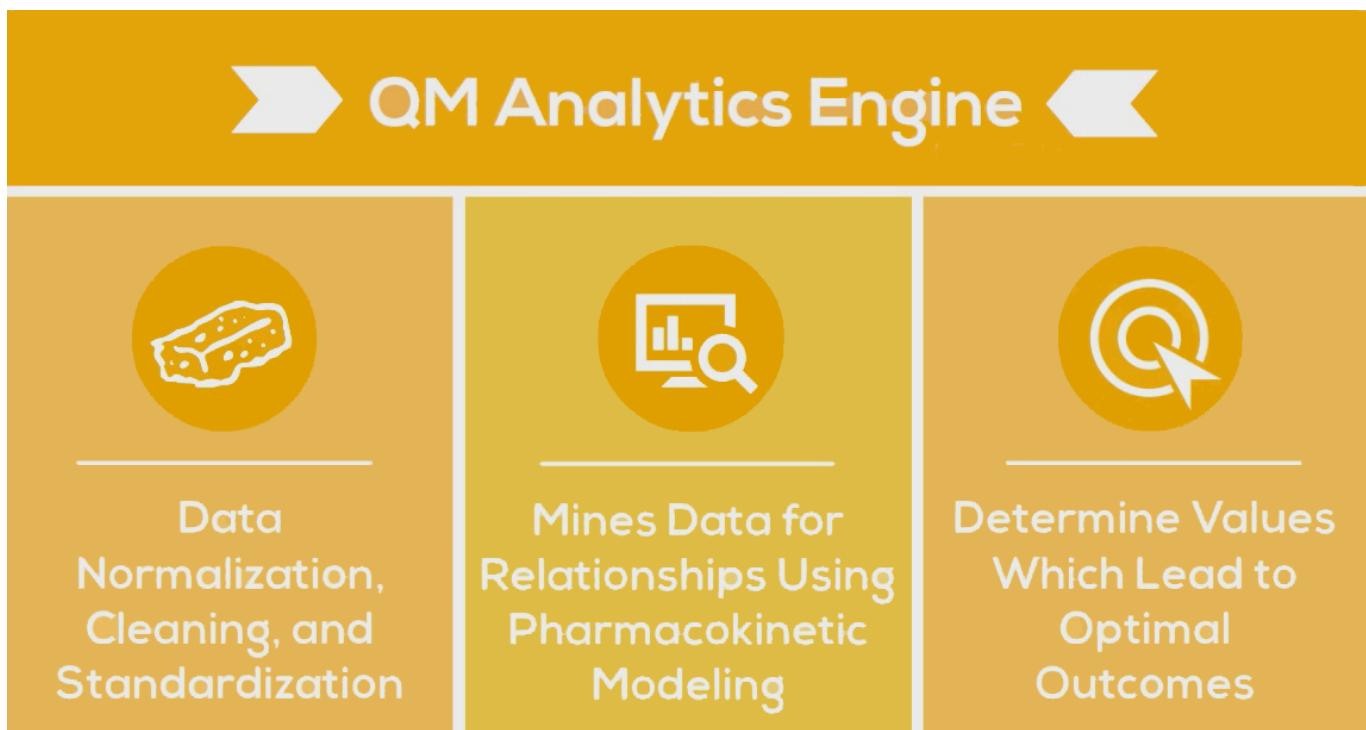
# Introduction

A half billion are suffering from autoimmune diseases like irritable bowel disease, multiple sclerosis, Crone's disease, psoriasis, and fibromyalgia. Another half a billion people are suffering from depression and other mental illnesses. Indeed at least one person will have committed suicide by time you read this paragraph. (Hopefully, it won't be as result of reading this paragraph.) Instead, I believe this death will be due to massive failures in our current systems of clinical research and diagnosis. Currently, it costs as much as \$48,000 per subject in a Phase III clinical trial. This has resulted in very little data on the effects of any factors that aren't patentable.

Furthermore, something that most of these chronic conditions have in common is that is that they can be exacerbated or improved by hundreds of factors in daily life. They can be affected by the hundreds of chemicals you consume through your diet, treatments you've been prescribed, micro-nutrient intake, nutritional supplements, the amount of time spent in various sleep stages, the type, duration, and intensity of physical activity, social interaction, and even the weather!

Unfortunately, the human mind evolved to survive in a world without data millions of years ago on the African savannah. As a result it is only capable of holding 7 numbers in working memory at a time. Brains don't have the bandwidth or statistical processing power required to analyze the massive amount of longitudinal data, time delays, and durations of action that has to be taken into account if we are to determine the likely influence of each of these factors on the individual's symptoms.

The good news is that new devices and apps can automate the process of collecting all of this data and my brain can hold millions of numbers! I love to eat up all this data and analyze it determine which of these hundreds of factors have the strongest relationships the symptom or outcome of interest.



# Definitions

## Review Column

Your puny human brains aren't worthless... yet. So it's best for you and your physician review the detailed analysis for each relationship and identify any issues such as:

- erroneous data
- missing data
- incorrect assumed duration of action
- incorrect assumed onset delay
- incorrect or missing ingredient tags

The Review column in each table is either marked as Verified, Unverified, or Erroneous. It links to a full analysis of the relationship. If it's Unverified, you can click it to review the data and make an assessment. If the analysis appears acceptable, click the Thumbs Up button in the study and it will be marked Verified on future reports. If the analysis appears flawed, either you can do one of the following:

- correct it within the app
- contact us at <https://help.quantimo.do> for assistance
- click the Thumbs Down button and it will be moved from this list to the Flagged Studies list in future reports

## Confidence Column

This is just a subjective estimate of how seriously we may want to take the analysis based on several factors such as the amount of data available for the analysis.

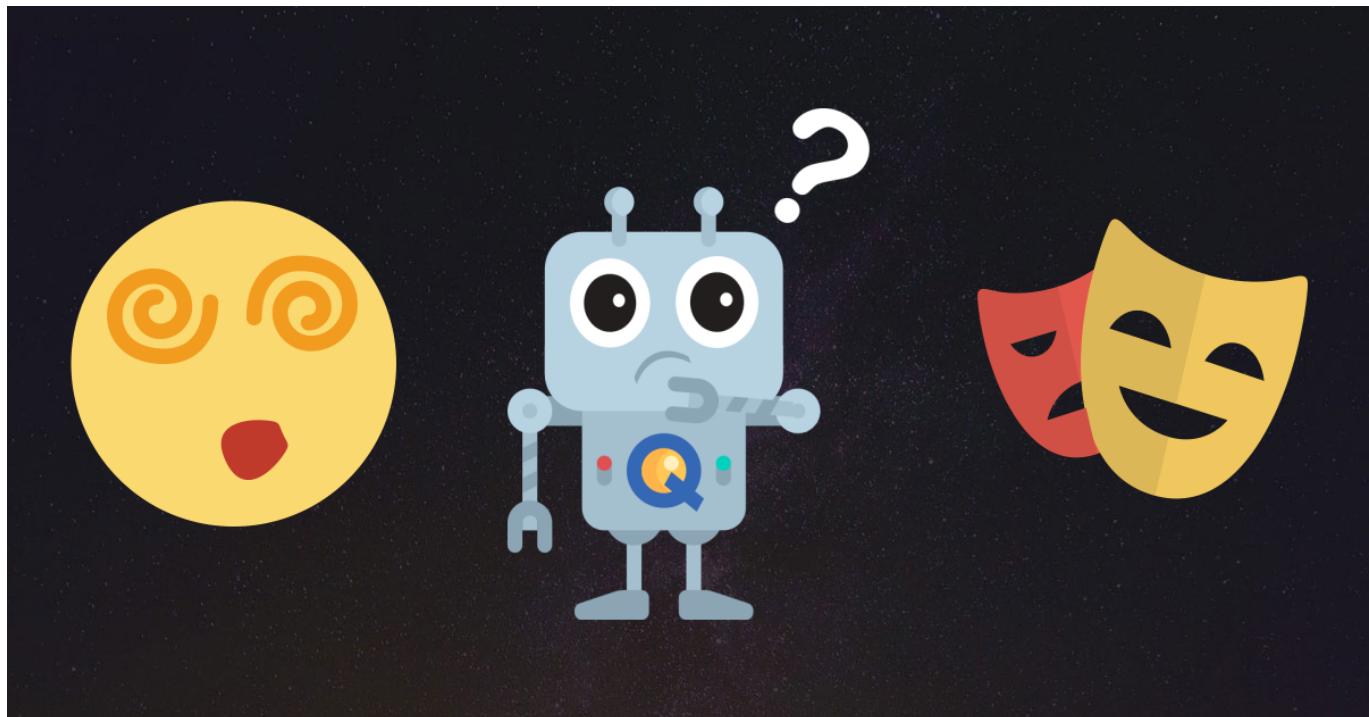
## Association Column

This shows the degree to which change seen in Overall Mood coincides with or is preceded by changes in a given variable.

## Change Column

This is the typical amount of change seen in Overall Mood when a particular variable is above average relative to when it is below average. For example, if it says  $\uparrow 10\%$  in the Multivitamin column, it means that your Overall Mood is 30% higher after you take a Multivitamin. To be specific, this refers to the time during the specified *duration of action* following the *onset delay* following consumption of the vitamins. Conversely, if it says  $\downarrow 10\%$  in the Multivitamin column, it means that your Overall Mood is 30% higher after you take a Multivitamin (relative to the days when vitamins were not consumed).

# Correlated Symptoms



Very often, different symptoms are assumed to be different conditions and are treated in isolation. When the severity of multiple symptoms correlate with each over time, this suggests that they may share the same underlying root cause. One example is the case in which depression severity is correlated with digestive issues, acne, psoriasis, joint pain, or other inflammatory disorders known to originate from elevated cytokine levels produced by an overactive immune system. When these symptoms co-occur, this suggests that the depression may be a result of cytokine interference in the production of intracranial serotonin as opposed to psychological factors, life circumstances, a methylfolate deficiency or other potential causes.

## Symptoms Associated with Lower Overall Mood

When your Overall Mood is worse, the symptoms in the table below are generally more severe.

Predictor	Change	Predictive Coefficient	Data Points	Review
Tiredness / Fatigue	↓ 4.4%	-0.295	488	<a href="#">Verified</a>
Sinus Inflammation	↓ 2.3%	-0.239	500	<a href="#">Verified</a>
Fecal Size Rating	↓ 4.4%	-0.239	75	<a href="#">Verified</a>
Knee Swelling	↓ 1.2%	-0.205	195	<a href="#">Verified</a>
Sinus Congestion	↓ 1.9%	-0.163	574	<a href="#">Verified</a>
Irritability/restlessness	↓ 8.8%	-0.309	71	<a href="#">Verified</a>
Back Pain	↓ 3.3%	-0.16	824	<a href="#">Verified</a>
Psoriasis Severity	↓ 1.4%	-0.144	787	<a href="#">Verified</a>
Inflammation	↓ 3.2%	-0.14	201	<a href="#">Verified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Itchy	↑ 0.2%	-0.017	57	<a href="#">Verified</a>
Hand Pain	↓ 3.2%	-0.096	368	<a href="#">Verified</a>
Stomach Cramps	↓ 0.9%	-0.07	693	<a href="#">Verified</a>
Arthritic Pains	↓ 0.4%	-0.045	211	<a href="#">Verified</a>
Knee Pain	↑ 2.1%	-0.013	254	<a href="#">Verified</a>
Swollen Fingertips	↓ 2.3%	-0.099	329	<a href="#">Verified</a>
Number Of Facial Zits	↓ 2.3%	-0.002	1219	<a href="#">Verified</a>
Foul Fecal Odor	↓ 0.9%	-0.138	17	<a href="#">Verified</a>

## ? Unreviewed Studies of Correlated Symptoms

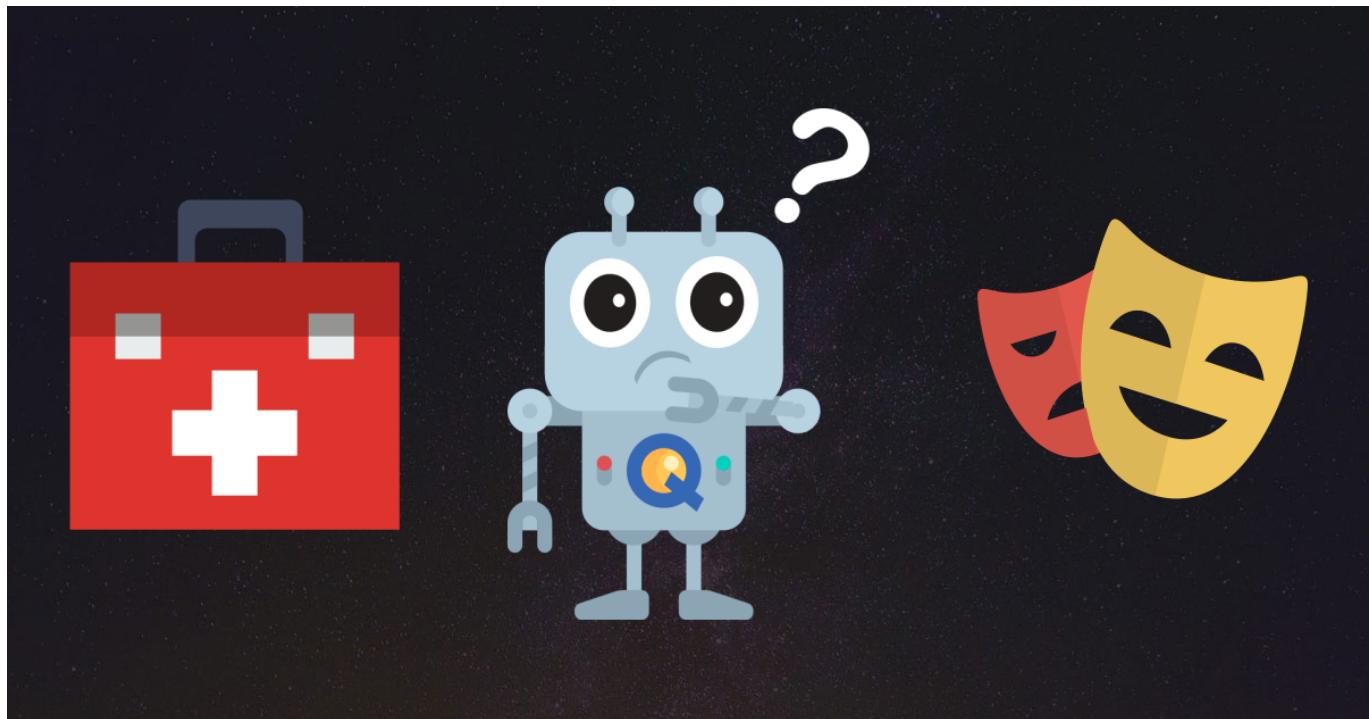
Please click the Unverified link to view these studies to view and then click:

👍 thumbs up to indicate the ones that you feel are valid

👎 thumbs down to indicate the ones that you feel are flawed in some way

Predictor	Change	Predictive Coefficient	Data Points	Review
Hunger	↓ 0.6%	-0.027	493	<a href="#">Unverified</a>
Sickness Severity	↓ 0.8%	0.254	28	<a href="#">Unverified</a>
Steatorrhea	↓ 0.9%	-0.037	837	<a href="#">Unverified</a>
Burps	↓ 1.2%	0.046	753	<a href="#">Unverified</a>
Pain (yes/no)	↑ 1.4%	0.015	328	<a href="#">Unverified</a>
Number Of Farts	↓ 2.3%	0.017	907	<a href="#">Unverified</a>
Hair Loss Severity	↑ 4.1%	0.083	22	<a href="#">Unverified</a>
Nausea Severity	↓ 0.2%	0.007	717	<a href="#">Unverified</a>
Tooth Pain	↑ 1.9%	0.013	226	<a href="#">Unverified</a>
Headache Severity	↑ 0%	0.01	764	<a href="#">Unverified</a>
Swollen Feet	↑ 0.2%	-0.019	300	<a href="#">Unverified</a>
Clarity Of Urine Rating	↓ 0.5%	-0.082	26	<a href="#">Unverified</a>
Bloody Stool	↑ 2.9%	0.026	792	<a href="#">Unverified</a>
Bowel Movements Count	↓ 1.6%	-0.063	1516	<a href="#">Unverified</a>

# Treatment Effectiveness



## Treatments Predictive of Higher Overall Mood

Above average values of these treatments are usually followed by **above average** Overall Mood.

Predictor	Change	Predictive Coefficient	Data Points	Review
Multivitamin	↑ 7.8%	0.169	181	<a href="#">Verified</a>
Memantine	↓ 3.8%	0.28	823	<a href="#">Verified</a>
Sundown Naturals Garlic	↑ 8.5%	0.249	224	<a href="#">Verified</a>
Probiotic Plus	↑ 12.2%	0.392	126	<a href="#">Verified</a>
Berberine Plus By Nova Nutrition	↑ 4.2%	0.184	354	<a href="#">Verified</a>
Iberogast (mL)	↑ 3.5%	0.197	232	<a href="#">Verified</a>
Optimum Nutrition Micronized Creatine Monohydrate Powder	↑ 4.2%	0.144	157	<a href="#">Verified</a>
Jdtic	↑ 10.7%	0.225	138	<a href="#">Verified</a>
B-Complex With Folic Acid Plus Vitamin C	↑ 7.9%	0.168	187	<a href="#">Verified</a>
Vitamin D3 By NatureMade	↑ 6.1%	0.125	253	<a href="#">Verified</a>
Reservatrol Plus	↑ 6.5%	0.229	112	<a href="#">Verified</a>
Nature's Bounty Zinc	↑ 2.1%	0.112	438	<a href="#">Verified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Alphalipoic Acid	↑ 11.7%	0.221	179	<a href="#">Verified</a>
DenTek Extra Strong Triple Clean Floss Picks (count)	↑ 0.6%	0.082	483	<a href="#">Verified</a>
Purelife Powerful Mind	↑ 4.6%	0.182	112	<a href="#">Verified</a>
Zinc	↑ 0.7%	0.066	1863	<a href="#">Verified</a>
Polyethylene Glycol 3350	↑ 7.5%	0.118	146	<a href="#">Verified</a>
Chelated Zinc	↑ 2.2%	0.1	904	<a href="#">Verified</a>
Purelife Energy Boost	↑ 6.9%	0.212	112	<a href="#">Verified</a>
Super Omega-3	↓ 2.6%	0.092	147	<a href="#">Verified</a>
Source Naturals Vitamin D-3	↑ 1.3%	0.082	394	<a href="#">Verified</a>
SAM-E 400 (tablets)	↑ 12.8%	0.27	85	<a href="#">Verified</a>
Garlic (Count)	↑ 2.1%	0.231	84	<a href="#">Verified</a>
Berberine	↑ 2.5%	0.077	1866	<a href="#">Verified</a>
Melatonin	↑ 6.7%	0.217	60	<a href="#">Verified</a>
Omega 3 Fatty Acids	↑ 8.5%	0.072	2121	<a href="#">Verified</a>
Melatonin (mg)	↑ 6.6%	0.034	2121	<a href="#">Verified</a>
Creatine (tablets)	↑ 4.9%	0.088	258	<a href="#">Verified</a>
Opti-Men Multivitamin (count)	↑ 1.3%	0.056	1149	<a href="#">Verified</a>
Zoloft	↑ 6.8%	0.266	69	<a href="#">Verified</a>
Theanine Serene With Relora And GABA	↓ 0.2%	0.082	195	<a href="#">Verified</a>
Humira (units)	↑ 8.5%	0.155	187	<a href="#">Verified</a>
L-Glutamine By Body Fortress	↓ 1.4%	0.086	169	<a href="#">Verified</a>
Inulin	↑ 1.8%	0.032	1911	<a href="#">Verified</a>
LSD-P Microdose	↑ 7.3%	0.092	311	<a href="#">Verified</a>
Probiotics (pills)	↓ 0.4%	0.041	101	<a href="#">Verified</a>
Mouth Gaurd	↑ 2.8%	0.16	200	<a href="#">Verified</a>
Optimized Folate By Life Extension	↑ 7.7%	0.305	77	<a href="#">Verified</a>
Marijuana	↑ 1.9%	0.06	115	<a href="#">Verified</a>
L-Glutamine	↑ 1.5%	0.031	1866	<a href="#">Verified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
UVB	↑ 7.8%	0.083	356	<a href="#">Verified</a>
Inositol & Choline By Source Naturals	↑ 5.4%	0.107	67	<a href="#">Verified</a>

## Treatments Predictive of Lower Overall Mood

Above average values of these treatments are usually followed by **below average** Overall Mood

Predictor	Change	Predictive Coefficient	Data Points	Review
Super B Complex	↓ 8.4%	-0.322	1005	<a href="#">Verified</a>
Deprenyl (Selegiline)	↓ 0.3%	-0.282	1423	<a href="#">Verified</a>
Deprenyl	↓ 0.3%	-0.282	1423	<a href="#">Verified</a>
Optimum Omega 3 Fish Oil	↓ 3.6%	-0.185	811	<a href="#">Verified</a>
Opti-Men	↓ 9.1%	-0.181	335	<a href="#">Verified</a>
5 HTP	↓ 13.6%	-0.227	577	<a href="#">Verified</a>
Nova Nutritions Acetyl L-Carnitine	↓ 7.8%	-0.216	179	<a href="#">Verified</a>
Sulfamethoxazole THP DS	↓ 1.1%	-0.155	120	<a href="#">Verified</a>
DMT Smoked	↓ 5%	-0.153	404	<a href="#">Verified</a>
Harmala/Harmaline FB Oral	↓ 11.9%	-0.234	158	<a href="#">Verified</a>
Turkish Honey Vape E-cigarette Juice	↓ 3.1%	-0.124	230	<a href="#">Verified</a>
Wellbutrin	↓ 3.7%	-0.025	2121	<a href="#">Verified</a>
Therapeutic M Multivitamin	↓ 5.1%	-0.135	122	<a href="#">Verified</a>
Meditation	↓ 1.1%	-0.041	1663	<a href="#">Verified</a>
Melatonin (Weight)	↓ 5.5%	-0.184	136	<a href="#">Verified</a>
Pro-Biotics Plus	↓ 5.3%	-0.2	84	<a href="#">Verified</a>
Vitamin D3	↓ 4.4%	-0.093	1685	<a href="#">Verified</a>
Earths Pearl Probiotic	↓ 5.2%	-0.216	479	<a href="#">Verified</a>
Berberine Plus By Best Naturals	↓ 2.4%	-0.07	1006	<a href="#">Verified</a>
Acetyl-L-Carnitine	↓ 2.6%	-0.074	2101	<a href="#">Verified</a>
Clobetasol Propionate Cream 0.05%	↓ 2.3%	-0.073	1514	<a href="#">Verified</a>
Kinky E-Cig Vape Juice	↓ 3.3%	-0.077	251	<a href="#">Verified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Vinpocetine	↓ 3.1%	-0.073	109	<a href="#">Verified</a>
Sundown Naturals Odorless Garlic	↓ 4.7%	-0.137	478	<a href="#">Verified</a>
Digestive Advantage Probiotic	↓ 1.7%	-0.065	881	<a href="#">Verified</a>
Cold Shower (min)	↓ 1.7%	-0.072	828	<a href="#">Verified</a>
Glutamine (Count)	↓ 1.7%	-0.012	169	<a href="#">Verified</a>
Mirtazapine	↑ 0.6%	-0.042	2068	<a href="#">Verified</a>
Grapefruit Seed Extract (GSE)	↓ 0.1%	-0.056	244	<a href="#">Verified</a>
Opti-men Multivitamin	↓ 5.1%	-0.193	65	<a href="#">Verified</a>
Cosentyx	↓ 0.5%	-0.086	1185	<a href="#">Verified</a>
TDCS F3/FP2	↓ 2.8%	-0.065	300	<a href="#">Verified</a>
Folic Acid By Solaray	↓ 0.4%	-0.037	104	<a href="#">Verified</a>
Kefir By Lifeway	↓ 0.1%	-0.022	1366	<a href="#">Verified</a>
Glycerin Vegetable Kosher USP-Highest Quality Available-1 Quart	↓ 27.8%	-0.631	123	<a href="#">Verified</a>
Remeron	↑ 0.4%	-0.045	2068	<a href="#">Verified</a>
Listerine Antiseptic Mouthwash	↓ 2.5%	-0.029	367	<a href="#">Verified</a>
Cranial Electro Stimulation	↓ 8.8%	-0.16	96	<a href="#">Verified</a>
Inositol	↓ 4.1%	-0.203	78	<a href="#">Verified</a>
Ketamine	↓ 11.1%	-0.183	118	<a href="#">Verified</a>
NSI-189	↓ 2.5%	-0.104	54	<a href="#">Verified</a>
Mirtazipine Powder	↑ 4.2%	-0.006	2068	<a href="#">Verified</a>
LSD	↓ 8.8%	-0.029	1222	<a href="#">Verified</a>
Methotrexate (mg)	↓ 1.3%	-0.037	106	<a href="#">Verified</a>

## ? Unreviewed Studies of Treatment Effectiveness

Please click the Unverified link to view these studies to view and then click:

👍 thumbs up to indicate the ones that you feel are valid

👎 thumbs down to indicate the ones that you feel are flawed in some way

Predictor	Change	Predictive Coefficient	Data Points	Review

Predictor	Change	Predictive Coefficient	Data Points	Review
Flax Oil	↓ 1.6%	-0.255	259	<a href="#">Unverified</a>
Flaxseed Oil	↓ 9.5%	-0.295	1435	<a href="#">Unverified</a>
Flaxseed Oil By Nature Made	↓ 4.2%	-0.317	398	<a href="#">Unverified</a>
Eldepryl By Orion Pharma	↓ 10.2%	-0.207	397	<a href="#">Unverified</a>
Acetyl L-Carnitine By MRM	↓ 3.6%	-0.137	1867	<a href="#">Unverified</a>
Vitamin B Complex (pills)	↓ 7.3%	-0.189	1117	<a href="#">Unverified</a>
Alpha-Lipoic Acid By Doctors Best	↓ 2.3%	-0.097	1098	<a href="#">Unverified</a>
Honey (serving)	↓ 1.1%	-0.127	309	<a href="#">Unverified</a>
Nature's Bounty Zinc (Weight)	↓ 5.4%	-0.19	155	<a href="#">Unverified</a>
Acetyl L-carnitine	↓ 3.1%	-0.094	2101	<a href="#">Unverified</a>
Optimum Nutrition Opti-Men	↑ 4.4%	0.111	299	<a href="#">Unverified</a>
Vitamins, Minerals & Supplements	↑ 5.6%	0.096	434	<a href="#">Unverified</a>
Inositol & Choline	↓ 1%	-0.088	113	<a href="#">Unverified</a>
Jarrow N-Acetyl-L-Cysteine	↑ 5%	0.115	144	<a href="#">Unverified</a>
SAM-E 400	↑ 0.6%	0.061	226	<a href="#">Unverified</a>
Jdtic (mg)	↓ 14.1%	-0.422	96	<a href="#">Unverified</a>
Garlic	↑ 2.6%	0.076	1911	<a href="#">Unverified</a>
Sports Nutrition	↓ 2.3%	-0.091	1328	<a href="#">Unverified</a>
Zicam Cold Remedy Nasal Swabs	↓ 2.7%	-0.108	226	<a href="#">Unverified</a>
Alpha-lipoic-acid	↓ 5.3%	-0.125	247	<a href="#">Unverified</a>
Vitamin D	↑ 1.3%	0.076	394	<a href="#">Unverified</a>
D3	↑ 1.3%	0.082	394	<a href="#">Unverified</a>
Vitamins	↑ 1.3%	0.082	394	<a href="#">Unverified</a>
Vitamin D3 By Jarrow	↓ 1.1%	-0.104	286	<a href="#">Unverified</a>
Gaba	↑ 5.3%	-0.088	113	<a href="#">Unverified</a>
Butal Asa Caff	↓ 10.6%	-0.339	138	<a href="#">Unverified</a>
Freshburst Listerine Antiseptic Mouthwash	↓ 2.8%	-0.085	151	<a href="#">Unverified</a>
Diltiazem	↑ 0.1%	-0.145	114	<a href="#">Unverified</a>
Mouthwash	↓ 3%	-0.083	1612	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Mallownation E-Cig Vape Juice (Volume)	↑ 4.4%	0.108	138	<a href="#">Unverified</a>
Nature's Bounty Fish Oil	↑ 1.3%	0.055	438	<a href="#">Unverified</a>
Burned Incense	↓ 1.1%	-0.042	551	<a href="#">Unverified</a>
Kratomystic Bali Green Kratom	↑ 2.4%	0.071	200	<a href="#">Unverified</a>
Magnesium By Sundown Naturals	↑ 1.1%	0.06	934	<a href="#">Unverified</a>
L Phenylalanine	↑ 0.6%	-0.086	110	<a href="#">Unverified</a>
Fiber Gummies	↑ 14.3%	0.299	258	<a href="#">Unverified</a>
Curcumin 95 By Jarrow	↓ 1%	-0.059	1356	<a href="#">Unverified</a>
Milk Thistle	↓ 3.1%	-0.302	80	<a href="#">Unverified</a>
Life Extension Magnesium	↓ 0.7%	0.05	297	<a href="#">Unverified</a>
CoQ10 By Doctors Best	↑ 0.9%	0.048	1354	<a href="#">Unverified</a>
Blue Blocker Orange Glasses Before Bed	↑ 2.4%	0.087	192	<a href="#">Unverified</a>
Hand Lotion (applications)	↑ 2.4%	-0.066	159	<a href="#">Unverified</a>
Hot Shower	↑ 5.1%	0.29	186	<a href="#">Unverified</a>
Chin Strap	↑ 5.6%	0.295	100	<a href="#">Unverified</a>
Choline	↓ 4.1%	-0.203	78	<a href="#">Unverified</a>
Ginko Biloba	↓ 4.4%	-0.07	113	<a href="#">Unverified</a>
Life Extension Magnesium 500mg	↑ 4.8%	0.155	265	<a href="#">Unverified</a>
Vyvanase	↓ 11.8%	-0.322	107	<a href="#">Unverified</a>
Harmine/harmaline FB	↓ 7.5%	-0.129	100	<a href="#">Unverified</a>
Calcipotriene And Betamethasone Dipropionate Ointment	↓ 6.6%	-0.202	94	<a href="#">Unverified</a>
Bupropion Sr	↓ 3.7%	-0.025	2121	<a href="#">Unverified</a>
Remeron Powder	↑ 0.4%	-0.045	2068	<a href="#">Unverified</a>
Creatine	Unknown	0.063	425	<a href="#">Unverified</a>
Omega 3 Fish Oil Platinum	↓ 1.3%	-0.046	1334	<a href="#">Unverified</a>
Zinc (mg)	↑ 4.4%	0.157	1565	<a href="#">Unverified</a>
Curcumin By Eden Pond	↑ 0%	0.011	907	<a href="#">Unverified</a>
Humira (mg)	↓ 5%	-0.071	1896	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Humira	↓ 4.4%	-0.085	1840	<a href="#">Unverified</a>
Ate Lunch	↑ 1.2%	0.03	886	<a href="#">Unverified</a>
Fish Oil	↓ 1.1%	-0.027	954	<a href="#">Unverified</a>
Listerine Freshburst Antiseptic Mouthwash	↑ 1.7%	0.049	296	<a href="#">Unverified</a>
Wild Bill 75/25 VG/PG 0.6% Nicotine Vape Juice	↓ 6.4%	-0.314	128	<a href="#">Unverified</a>
Source Naturals N-Acetyl Cysteine	↑ 5.6%	0.179	159	<a href="#">Unverified</a>
Saccharomyces Boulardii (Nutricology)	↑ 7.8%	0.298	66	<a href="#">Unverified</a>
DXM	↑ 3.7%	0.199	121	<a href="#">Unverified</a>
Phenylethylamine	↑ 4.1%	-0.022	102	<a href="#">Unverified</a>
Essential Fatty Acids	↓ 1.1%	-0.026	954	<a href="#">Unverified</a>
Supplements	↓ 3.7%	-0.103	1911	<a href="#">Unverified</a>
Omega-6	↓ 1.1%	-0.026	954	<a href="#">Unverified</a>
Vaping	↓ 1.2%	0.032	575	<a href="#">Unverified</a>
Three Lac Probiotic	↓ 7.3%	-0.135	201	<a href="#">Unverified</a>
Trader Joes Bedtime Tea / Sleepytime Tea (any Brand)	↓ 0.1%	0.031	696	<a href="#">Unverified</a>
Vitamins & Dietary Supplements	↓ 3.9%	-0.027	1913	<a href="#">Unverified</a>
Zicam Nose Slime (applications)	↓ 0.1%	0.003	1522	<a href="#">Unverified</a>
Nature's Bounty Fish Oil Odorless	↑ 13.2%	0.279	96	<a href="#">Unverified</a>
Psuedophed (pills)	↓ 2.2%	-0.026	1173	<a href="#">Unverified</a>
Curcumin By Jarrow	↓ 2%	-0.065	213	<a href="#">Unverified</a>
Green Tea By Finest Nutrition	↑ 11.9%	0.439	48	<a href="#">Unverified</a>
Zinc Losenge	↑ 0.4%	-0.056	385	<a href="#">Unverified</a>
Flonase (sprays)	↓ 0.5%	-0.025	1087	<a href="#">Unverified</a>
Iceberg Effervescent Probiotic Bacillus Coaguans	↑ 6.6%	0.164	100	<a href="#">Unverified</a>
Adderall Xr (count)	↑ 1.6%	0.141	69	<a href="#">Unverified</a>
Psuedophed	↑ 2.8%	-0.027	1342	<a href="#">Unverified</a>
Cephalexin	↑ 8.3%	0.103	76	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Digestive Advantage Daily Probiotic	↑ 3.1%	-0.036	266	<a href="#">Unverified</a>
Melatonin 5-HTP	↑ 1.2%	-0.014	183	<a href="#">Unverified</a>
Vitamin C	↑ 4.3%	-0.159	62	<a href="#">Unverified</a>
Probiotic Assurance By Your Health Vita	↓ 2.2%	0.064	61	<a href="#">Unverified</a>
Xanax	↓ 10.8%	-0.15	119	<a href="#">Unverified</a>
Sunglasses Amber	↑ 3.2%	0.141	154	<a href="#">Unverified</a>
Terbinafine	↑ 2.7%	-0.074	81	<a href="#">Unverified</a>
Silicone	↑ 3%	0.13	82	<a href="#">Unverified</a>
Digestive Advantage Probiotic Capsules Daily Supplement-Survives 100x Better Than Yogurt And Leading Probiotic-	↓ 2.4%	-0.068	56	<a href="#">Unverified</a>
Cal-Mag By Natura	↑ 5.7%	0.156	67	<a href="#">Unverified</a>
Your Life Multivitamin	↑ 7.2%	-0.067	68	<a href="#">Unverified</a>
Digestive Advantage Bc 30 (tablets)	↑ 7.2%	-0.076	68	<a href="#">Unverified</a>
IBProfin (mg)	↑ 0%	-0.01	1345	<a href="#">Unverified</a>
Played Guitar	↑ 1%	-0.017	730	<a href="#">Unverified</a>
CoQ10 By Doctors Best (Count)	↓ 1.7%	-0.046	164	<a href="#">Unverified</a>
Sexual Orgasm	↓ 25.6%	-0.209	385	<a href="#">Unverified</a>
Flonase (count)	↑ 2.3%	0.066	35	<a href="#">Unverified</a>
Melatonin (count)	↑ 2.3%	0.066	35	<a href="#">Unverified</a>
Flaxseed Oil By Nature Made (count)	↓ 6.8%	-0.287	35	<a href="#">Unverified</a>
NAC By Now (count)	↓ 6.8%	-0.287	35	<a href="#">Unverified</a>
Super B Complex (count)	↓ 6.8%	-0.287	35	<a href="#">Unverified</a>
Vitamin D3 By Naturewise (count)	↓ 6.8%	-0.287	35	<a href="#">Unverified</a>
Gaba L Theanine Stress B Lozenge	↑ 7.2%	-0.147	65	<a href="#">Unverified</a>
Bleeding Gums	↑ 2%	0.046	193	<a href="#">Unverified</a>
Amineptine HCl	↑ 1.6%	0.014	80	<a href="#">Unverified</a>
Piracetam (mg)	↓ 1.3%	0.009	2121	<a href="#">Unverified</a>
Flonase	↑ 1.6%	-0.008	670	<a href="#">Unverified</a>
Zinc Losenge (sugar-free)	↓ 2.9%	-0.015	185	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Zicam Nose Slime	↑ 5.4%	0.078	201	<a href="#">Unverified</a>
Doctors Best High Absorption Coq10 W/ BioPerine	↑ 10.6%	0.304	79	<a href="#">Unverified</a>
Cigarettes (count)	↑ 0.6%	0.014	1082	<a href="#">Unverified</a>
Strength Training	↓ 3.3%	-0.094	421	<a href="#">Unverified</a>
Multivitamins	↑ 0.1%	0.012	2005	<a href="#">Unverified</a>
Modalert	↓ 4.8%	-0.049	1033	<a href="#">Unverified</a>
Vitamin C (tablets)	↓ 6.9%	-0.105	40	<a href="#">Unverified</a>
Doctor's Best Alpha-Lipoic Acid	↓ 2.6%	-0.196	70	<a href="#">Unverified</a>
Mallownation E-Cig Vape Juice	↓ 1.4%	0.001	406	<a href="#">Unverified</a>
Probiotic Softgel	↓ 6.2%	-0.43	91	<a href="#">Unverified</a>
Evening Shower	↓ 5.5%	-0.127	438	<a href="#">Unverified</a>
Neti Pot	↓ 6.9%	-0.163	198	<a href="#">Unverified</a>
Vitamin D3 (IU)	↓ 1.3%	-0.011	307	<a href="#">Unverified</a>
Inulin FOS By Jarrow	↓ 1.5%	-0.004	55	<a href="#">Unverified</a>
Tramadol	↑ 3.8%	0.032	350	<a href="#">Unverified</a>
Eldepryl By Orion Pharma (count)	↓ 5.7%	-0.166	35	<a href="#">Unverified</a>
Flax Oil- 1000 Mg	↑ 8.8%	0.001	68	<a href="#">Unverified</a>
Warm Bath	↑ 2.6%	0.07	74	<a href="#">Unverified</a>
Purchases Of Doctor's Best High Absorption CoQ10	↓ 8%	-0.173	327	<a href="#">Unverified</a>
EGG Green Tea Extract By Now	↓ 5.3%	-0.227	35	<a href="#">Unverified</a>
Sativa	↓ 4.6%	-0.136	140	<a href="#">Unverified</a>
Aspirin	↓ 28.3%	-0.26	209	<a href="#">Unverified</a>
IBProfin (pills)	↓ 1.4%	-0.008	1360	<a href="#">Unverified</a>
IBProfin	↓ 3.8%	-0.134	169	<a href="#">Unverified</a>
NSI-189 By Nyles7	↑ 4.5%	0.159	71	<a href="#">Unverified</a>
Humira Pen (mL)	↓ 3.5%	-0.12	90	<a href="#">Unverified</a>
Clothes Smell Moldy	↑ 9.1%	0.059	119	<a href="#">Unverified</a>
Alpha-lipoic-acid By NOW	↓ 3.8%	-0.198	354	<a href="#">Unverified</a>

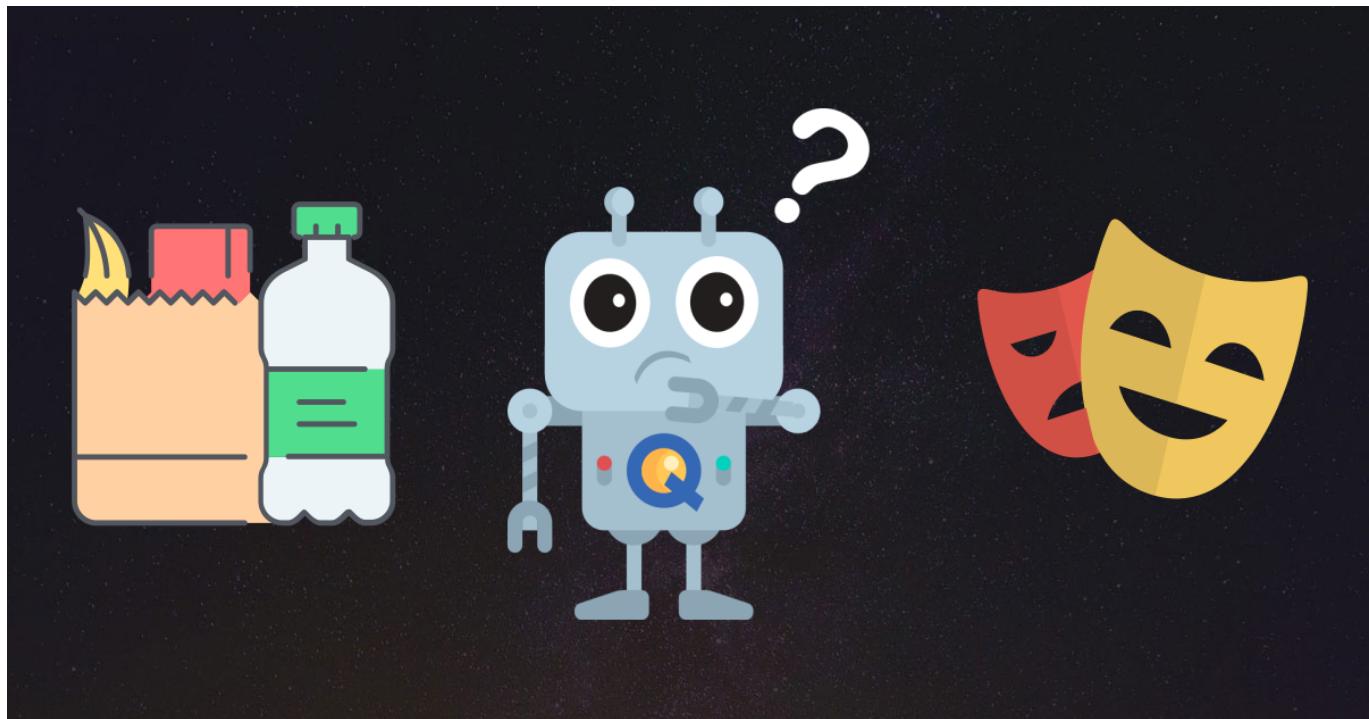
Predictor	Change	Predictive Coefficient	Data Points	Review
DMT	↓ 22.9%	-0.24	49	<a href="#">Unverified</a>
L-Tryptophan	↑ 2.9%	0.093	162	<a href="#">Unverified</a>
CoQ10	↓ 2.6%	-0.196	70	<a href="#">Unverified</a>
Melatonin By Sundown Naturals	↓ 0.6%	0.014	510	<a href="#">Unverified</a>
Magnesium Citrate By Now (count)	↑ 3.7%	0.066	35	<a href="#">Unverified</a>
N-Acetyl Cysteine By Source Naturals	↓ 0.7%	0.007	799	<a href="#">Unverified</a>
Pretoxx	↑ 1.2%	0.101	84	<a href="#">Unverified</a>
Berberine HCl	↓ 0.7%	-0.026	157	<a href="#">Unverified</a>
Endurance & Energy	↓ 6.4%	-0.045	2123	<a href="#">Unverified</a>
Camel Menthol Cigarette	↑ 5.4%	0.115	61	<a href="#">Unverified</a>
Weight Gainers	↓ 6.4%	-0.045	2123	<a href="#">Unverified</a>
Fat Burners & Thermogenics	↓ 6.4%	-0.045	2123	<a href="#">Unverified</a>
Biking (min)	↓ 3.4%	-0.096	422	<a href="#">Unverified</a>
ZMA Mineral Supplements	↓ 6.4%	-0.045	2123	<a href="#">Unverified</a>
Nutrition Bars	↓ 6.4%	-0.045	2123	<a href="#">Unverified</a>
Purchases Of Doctor's Best Best Alpha-Lipoic Acid (600 Mg) Vegetable	↑ 8.6%	0.025	1018	<a href="#">Unverified</a>
Digestive Advantage Bc 30	↓ 10.2%	-0.147	119	<a href="#">Unverified</a>
Pre-Workout	↓ 6.4%	-0.045	2123	<a href="#">Unverified</a>
Healthy Snacks & Beverages	↓ 6.4%	-0.045	2123	<a href="#">Unverified</a>
4-HO-MET	↑ 4.6%	0.081	82	<a href="#">Unverified</a>
Post-Workout & Recovery	↓ 6.4%	-0.045	2123	<a href="#">Unverified</a>
Hydrocodone	↑ 6.9%	0.17	146	<a href="#">Unverified</a>
Testosterone Boosters	↓ 6.4%	-0.045	2123	<a href="#">Unverified</a>
Morning Shower	↓ 1%	-0.021	104	<a href="#">Unverified</a>
Ate Breakfast	↓ 0.3%	0.006	886	<a href="#">Unverified</a>
Purchases Of Doctor's Best High Absorption Coq10 W/ BioPerine	↓ 5.5%	-0.051	670	<a href="#">Unverified</a>
Doctors Best Acetyl-l-Carnitine	↑ 2.8%	-0.077	35	<a href="#">Unverified</a>
Lactobacillus GG Probiotic By Culturelle	↑ 4.9%	0.139	65	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Magnesium Citrate By Now (g)	↑ 1.9%	0.057	403	<a href="#">Unverified</a>
Purchases Of Crest Cavity Protection Liquid Gel Toothpaste	↓ 12.5%	-0.286	59	<a href="#">Unverified</a>
Purchases Of Grab Green Laundry Detergent Pods	↓ 0.7%	-0.038	190	<a href="#">Unverified</a>
Adderall IR	↓ 6.3%	-0.021	1862	<a href="#">Unverified</a>
Mood Boosting Probiotic By Lifted Naturals	↑ 0.1%	0.004	102	<a href="#">Unverified</a>
Cold & Flu Relief	↑ 2.6%	0.101	45	<a href="#">Unverified</a>
MJ	↓ 5.9%	-0.038	427	<a href="#">Unverified</a>
Creatine Fuel Stack	↑ 6.8%	0.143	57	<a href="#">Unverified</a>
Bupropion Sr (count)	↑ 0.6%	-0.015	35	<a href="#">Unverified</a>
Digestive ADVANTAGE Lactose Defense	↑ 5%	0.065	120	<a href="#">Unverified</a>
DMT Oral	↑ 6.8%	0.078	157	<a href="#">Unverified</a>
N-Acetyl-L-Cysteine By Jarrow	↑ 0%	-0.002	1087	<a href="#">Unverified</a>
Piracetam (g)	↓ 1.4%	-0.013	1644	<a href="#">Unverified</a>
Methyl Folate With Methylcobalamin B12	↑ 1%	0.007	48	<a href="#">Unverified</a>
Hair Care	↓ 7.6%	-0.134	495	<a href="#">Unverified</a>
Bromelain	↑ 6.9%	0.142	68	<a href="#">Unverified</a>
Doctors Best Alpha-lipoic Acid 600	↑ 2.9%	0.083	223	<a href="#">Unverified</a>
Purchases Of Listerine Freshburst Antiseptic Mouthwash	↑ 16.7%	0.095	121	<a href="#">Unverified</a>
Taltz (Ixekizumab)	↓ 13%	-0.215	55	<a href="#">Unverified</a>
Ate Dinner	↑ 0.5%	0.014	70	<a href="#">Unverified</a>
Purchases Of Flonase 24hr Allergy Relief Nasal	↑ 3.6%	0.016	841	<a href="#">Unverified</a>
Sundown Naturals Melatonin	↑ 2.3%	0.192	91	<a href="#">Unverified</a>
Purchases Of Tea Samplers	↑ 4.6%	0.196	146	<a href="#">Unverified</a>
Purchases Of Culturelle Daily Probiotic	↑ 18.3%	0.305	51	<a href="#">Unverified</a>
Clobetasol Spray	↑ 4.5%	0.043	367	<a href="#">Unverified</a>
Beauty & Personal Care	↓ 1.9%	0.001	452	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Vitamin D3 By Naturewise	↑ 0.5%	-0.01	611	<a href="#">Unverified</a>
Crest Cavity Protection Liquid Gel Toothpaste	↓ 7.5%	0.021	56	<a href="#">Unverified</a>
Fish Oil (mg)	↑ 1.9%	0.071	97	<a href="#">Unverified</a>
Doctors Best Alpha-lipoic Acid 600 (count)	↓ 2.3%	-0.051	35	<a href="#">Unverified</a>
Kefir By Lifeway (count)	↓ 2.3%	-0.051	35	<a href="#">Unverified</a>
Coconut Oil (g)	↓ 4.4%	-0.108	137	<a href="#">Unverified</a>
NAC By Now	↑ 1.2%	0.031	254	<a href="#">Unverified</a>
Rainbow Light ProBioActive Probiotic	↑ 1.4%	0.038	59	<a href="#">Unverified</a>
Laxatives (pills)	↑ 43.9%	0.414	51	<a href="#">Unverified</a>
Zicam	↓ 19.6%	-0.085	489	<a href="#">Unverified</a>
Purchases Of Soy	↓ 1.8%	-0.013	2123	<a href="#">Unverified</a>
Purchases Of MaritzMayer Laboratories Probiotic 1150 Digestive Support Formula 1 Billion Microflora Per	↑ 15%	0.159	61	<a href="#">Unverified</a>
Purchases Of Nature Made Super B Complex	↑ 11.5%	0.038	239	<a href="#">Unverified</a>
Purchases Of Lever 2000 Moisturizing Bar	↓ 6.8%	-0.207	32	<a href="#">Unverified</a>
Purchases Of Beta-Sitosterol Plus	↑ 7.9%	0.194	35	<a href="#">Unverified</a>
Waxy Yellow DMT Smoked	↓ 0.5%	-0.007	73	<a href="#">Unverified</a>
Purchases Of Capsule Connection 1,000 Bulk Wholesale Empty Clear Vegetable	↓ 32.4%	-0.047	1137	<a href="#">Unverified</a>
Purchases Of Arm & Hammer Advance White Extreme Whitening Toothpaste	↑ 9%	0.049	55	<a href="#">Unverified</a>
Purchases Of Finish - Max In 1-43ct - Dishwasher Detergent - Powerball - Dishwashing Tablets - Dish Tabs	↑ 9%	0.049	55	<a href="#">Unverified</a>
Purchases Of Inis The Energy Of The Sea Cologne And Body Lotion Traveler Duo Set	↑ 4.7%	0.071	54	<a href="#">Unverified</a>
Purchases Of Sulbutiamine 200 Mg - 120 Vegetarian	↓ 4.8%	-0.035	60	<a href="#">Unverified</a>
Purchases Of Digestive ADVANTAGE Lactose Defense	↑ 8%	0.073	28	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Purchases Of Aerobic Life Mag 07 Oxygen Digestive System Cleanser	↓ 5.9%	-0.066	33	<a href="#">Unverified</a>
Purchases Of California Gold Nutrition Vitamin D-3 5 000 IU 360 Fish Gelatin Softgels	↑ 5.8%	0.094	61	<a href="#">Unverified</a>
Xifaxan (mg)	↓ 2.9%	-0.08	61	<a href="#">Unverified</a>
Humira (mL)	↑ 0.3%	0.067	62	<a href="#">Unverified</a>
Purchases Of VantaKool Digital PH	↑ 9.6%	0.069	46	<a href="#">Unverified</a>
Baking Soda	↓ 0.1%	-0.003	47	<a href="#">Unverified</a>
Sonic Electric Toothbrush Deep Clean As Dentist Sonicare Rechargeable Waterproof Toothbrush 5 Modes 2 Replacement Heads T...	↓ 0.8%	-0.016	57	<a href="#">Unverified</a>
Melatonin By NatureMade	↓ 0.6%	0	840	<a href="#">Unverified</a>
Fluocinonide 0.05%	↓ 0.1%	-0.003	595	<a href="#">Unverified</a>
Floss	↑ 0.1%	0.004	160	<a href="#">Unverified</a>
Acetaminophen	↓ 2.6%	-0.001	77	<a href="#">Unverified</a>

# Dietary Factors



## Foods Predictive of Higher Overall Mood

Above average values of these foods are usually followed by **above average** Overall Mood.

Predictor	Change	Predictive Coefficient	Data Points	Review
Vegetable Skillet	↑ 23.2%	0.567	326	<a href="#">Verified</a>
Gluten Free Pasta With Olive Oil	↑ 15.6%	0.414	2064	<a href="#">Verified</a>
Ciabatta Parbaked Gluten-Free Bread Rolls	↑ 22.4%	0.258	2064	<a href="#">Verified</a>
Protein Shake	↑ 20.1%	0.061	420	<a href="#">Verified</a>
Orange	↑ 26.3%	0.315	410	<a href="#">Verified</a>
Gluten Free Pasta With Olive Oil (serving)	↑ 12.6%	0.23	314	<a href="#">Verified</a>
Butter Microwave Popcorn	↑ 27.4%	0.287	365	<a href="#">Verified</a>
Cinnamon Toasted Almonds	↑ 7.1%	0.217	96	<a href="#">Verified</a>
Butter Toffee Peanuts	↑ 11.5%	0.213	149	<a href="#">Verified</a>
Mesquite Bar-B-Que Kettle Cooked Potato Chips	↑ 12.6%	0.247	100	<a href="#">Verified</a>
Coke 20 Fl Oz. Bottle	↑ 5.6%	0.058	138	<a href="#">Verified</a>
Oil - Olive	↑ 0.8%	0.023	130	<a href="#">Verified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Fresh Selected Baby Cut Carrots	↑ 16.1%	0.161	413	<a href="#">Verified</a>
Folic Acid	↑ 11.1%	0.086	2121	<a href="#">Verified</a>
Veggie Omlet With Cheese	↓ 1.6%	0.018	128	<a href="#">Verified</a>
Asparagus	↑ 0.5%	0.003	1656	<a href="#">Verified</a>
Lemonade	↑ 1.8%	0.017	663	<a href="#">Verified</a>

## Foods Predictive of Lower Overall Mood

Above average values of these foods are usually followed by **below average** Overall Mood

Predictor	Change	Predictive Coefficient	Data Points	Review
Dark Mint Chocolate Chip Protein Bar	↓ 12.5%	-0.435	416	<a href="#">Verified</a>
Carrots - Raw	↓ 9%	-0.147	2062	<a href="#">Verified</a>
Microwave Popcorn - Butter	↓ 9.6%	-0.283	555	<a href="#">Verified</a>
Butter - Salted	↓ 2.2%	-0.098	2025	<a href="#">Verified</a>
Eggs - Fried (whole Egg)	↓ 9.4%	-0.106	1986	<a href="#">Verified</a>
Lifeway Lowfat Plain Kefir	↓ 0.6%	-0.112	255	<a href="#">Verified</a>
Fruity Pebbles	↓ 12.2%	-0.177	263	<a href="#">Verified</a>
Lectins	↓ 4.3%	-0.093	2061	<a href="#">Verified</a>
Apples - Raw, With Skin (serving)	↓ 11.8%	-0.176	1710	<a href="#">Verified</a>
Eggs - Hard-boiled (whole Egg)	↓ 10.2%	-0.229	364	<a href="#">Verified</a>
Carrots - Raw (serving)	↓ 19.1%	-0.281	330	<a href="#">Verified</a>
Sprite	↓ 8.9%	-0.113	667	<a href="#">Verified</a>
Tomato (serving)	↑ 0.6%	-0.03	1075	<a href="#">Verified</a>
Mcdonalds Coke, Large	↓ 1.1%	-0.035	157	<a href="#">Verified</a>
Egg (serving)	↓ 5.7%	-0.344	103	<a href="#">Verified</a>
Iodized Salt	↓ 2.2%	-0.032	491	<a href="#">Verified</a>
Butter Toffee Peanuts (g)	↓ 9%	-0.251	372	<a href="#">Verified</a>
Dark Chocolate Trail Mix	↓ 0.2%	-0.026	152	<a href="#">Verified</a>
Vanilla Milk Shake - Regular	↓ 5.6%	-0.101	102	<a href="#">Verified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Green Tea	↓ 7.6%	-0.073	804	<a href="#">Verified</a>
Vegetable And Cheese Omelet	↑ 0.7%	-0.011	157	<a href="#">Verified</a>
Fruity Pebbles (serving)	↓ 15.2%	-0.147	192	<a href="#">Verified</a>

## ? Unreviewed Studies of Dietary Factors

Please click the Unverified link to view these studies to view and then click:

👉 thumbs up to indicate the ones that you feel are valid

👎 thumbs down to indicate the ones that you feel are flawed in some way

Predictor	Change	Predictive Coefficient	Data Points	Review
Fructose	↑ 12.2%	0.321	1575	<a href="#">Unverified</a>
Dark Chocolate Nuts & Sea Salt - Low Sugar	↓ 7%	-0.276	323	<a href="#">Unverified</a>
Pulp Free Orange Juice	↑ 4.4%	0.102	279	<a href="#">Unverified</a>
Apples - Raw, With Skin	↓ 11.1%	-0.277	395	<a href="#">Unverified</a>
Carrots Raw	↑ 10.8%	0.199	291	<a href="#">Unverified</a>
Banana	↓ 3.8%	-0.116	707	<a href="#">Unverified</a>
Brown Flax, Ground	↑ 3.4%	0.142	347	<a href="#">Unverified</a>
Gluten Free Oat Flour	↑ 3.4%	0.142	347	<a href="#">Unverified</a>
Water - Municipal	↑ 3.4%	0.142	347	<a href="#">Unverified</a>
Non-Gmo Lecithin Powder	↑ 3.4%	0.142	347	<a href="#">Unverified</a>
Natural Potassium Gluconate	↑ 3.4%	0.139	347	<a href="#">Unverified</a>
Nugo Free - Gluten Free Dark Chocolate Crunch	↑ 16.8%	0.351	181	<a href="#">Unverified</a>
Myoplex Light Strawberry Cream Protein Shake	↓ 5.8%	-0.191	162	<a href="#">Unverified</a>
Wheygent	↓ 2.5%	-0.12	836	<a href="#">Unverified</a>
Vegetable Omlet With Cheese	↑ 2.7%	0.189	158	<a href="#">Unverified</a>
Omega-3 Mix	↓ 11.9%	-0.238	403	<a href="#">Unverified</a>
Kefir Lowfat, Plain Unsweetened	↓ 0.5%	-0.041	879	<a href="#">Unverified</a>
Iodized Sea Salt	↓ 6.2%	-0.213	127	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Sucrose	↑ 5.8%	0.17	291	<a href="#">Unverified</a>
Regular Can Coke 355ml (12 Oz)	↓ 11.9%	-0.185	760	<a href="#">Unverified</a>
Myoplex Lite Ready-to-drink Strawberry Cream By Eas	↓ 4.4%	-0.136	110	<a href="#">Unverified</a>
Baked Or Grilled Salmon	↑ 5.4%	0.173	116	<a href="#">Unverified</a>
Tostito Bitesz Rounds (serving)	↓ 3.9%	-0.164	233	<a href="#">Unverified</a>
Gluten Free Dark Chocolate Crunch By Nugo Free	↓ 0.4%	-0.091	111	<a href="#">Unverified</a>
100% Orange Juice - Calcium/Vitamin D/Pulp Free	↑ 2.5%	-0.084	136	<a href="#">Unverified</a>
Eggs (serving)	↓ 0.8%	-0.033	881	<a href="#">Unverified</a>
Bananas (grams)	↓ 3.8%	-0.072	793	<a href="#">Unverified</a>
Snacks, Tortilla Chips, Plain, White Corn, Salted	↓ 2.5%	-0.063	1161	<a href="#">Unverified</a>
100% Whey Concentrated And Isolated Whey Protein (Vanilla)	↓ 6.2%	-0.129	259	<a href="#">Unverified</a>
Long Grain White Rice + Tablespoon Of Margerine	↓ 3.5%	-0.098	103	<a href="#">Unverified</a>
Almond Walnut Macadamia + Protein With Peanuts	↑ 7.4%	0.173	139	<a href="#">Unverified</a>
Myoplex Original Strawberry Cream Protein Shake	↑ 5.6%	0.161	132	<a href="#">Unverified</a>
Msm Sulfur (g)	↑ 4.6%	0.284	167	<a href="#">Unverified</a>
Buttered Popcorn, Junior	↑ 0.2%	-0.084	162	<a href="#">Unverified</a>
Vege Fuel- 100% Soy Protein	↑ 3.6%	0.118	222	<a href="#">Unverified</a>
Backyard Barbecue Potato Chips	↓ 3%	-0.111	1088	<a href="#">Unverified</a>
Bowl Of Long Grain White Rice + 1 Tablespoon Margerine	↓ 5.7%	-0.154	134	<a href="#">Unverified</a>
Bow Tie Aglio	↓ 10.1%	-0.171	125	<a href="#">Unverified</a>
Dark Mint Chocolate Chip Protein Bar (serving)	↓ 10.2%	-0.182	211	<a href="#">Unverified</a>
Mushrooms - Raw	↓ 0.2%	0.007	1471	<a href="#">Unverified</a>
Pulp Free Orange Juice (serving)	↑ 5.1%	0.129	229	<a href="#">Unverified</a>
Water (mL)	↓ 4%	-0.032	2068	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Almond Breeze - Almond Milk (Original)	↓ 0.4%	0.007	248	<a href="#">Unverified</a>
Fit Fare Veggie Skillet	↑ 5.7%	-0.115	359	<a href="#">Unverified</a>
Fresh Fruit Fresh Fruit Bananas By Dole	↓ 5.9%	-0.18	116	<a href="#">Unverified</a>
Dark Chocolate Nuts & Sea Salt	↑ 9%	0.177	225	<a href="#">Unverified</a>
Large Lemons (count)	↓ 0.3%	0.034	1279	<a href="#">Unverified</a>
Vegetarian Chili	↑ 5.5%	0.304	112	<a href="#">Unverified</a>
Egg	↓ 1%	0.064	161	<a href="#">Unverified</a>
Cheese Omlette--2 Eggs	↑ 3%	0.151	171	<a href="#">Unverified</a>
Purchases Of Eggland Bst Cf Brn Lrg	↑ 0.8%	-0.012	74	<a href="#">Unverified</a>
Popcorn Coconut-Oil Popped	↑ 1%	0.018	375	<a href="#">Unverified</a>
Archer Farms Dark Chocolate Almonds	↓ 1.2%	-0.104	108	<a href="#">Unverified</a>
Large Raw Carrot	↓ 6.4%	-0.044	142	<a href="#">Unverified</a>
Bananas (count)	↑ 0.9%	0.042	392	<a href="#">Unverified</a>
Spices - Pepper, Black	↑ 3.3%	0.056	1637	<a href="#">Unverified</a>
Small Gluten Free Cheese Pizza	↓ 6.4%	-0.163	410	<a href="#">Unverified</a>
Gluten Free Three Cheese Pizza By Udis	↑ 1.7%	0.078	1527	<a href="#">Unverified</a>
Lemon Juice - Raw	↓ 5.4%	-0.164	444	<a href="#">Unverified</a>
Cocoa Powder	↑ 2.7%	-0.004	117	<a href="#">Unverified</a>
Vegetable Skillet (serving)	↑ 3.1%	0.16	240	<a href="#">Unverified</a>
Gluten Free 3 Cheese Pizza	↓ 1.3%	-0.071	345	<a href="#">Unverified</a>
Fresh Raw Asperagus	↑ 10.1%	0.271	77	<a href="#">Unverified</a>
Myoplex Lite Ready-to-Drink Strawberry Cream	↑ 2.3%	-0.111	339	<a href="#">Unverified</a>
Veggies - Net Carbs	↑ 1.4%	0.1	108	<a href="#">Unverified</a>
Cocoa Pebbles (Gluten Free)	↓ 4.5%	-0.074	170	<a href="#">Unverified</a>
Breakfast Skillet	↓ 12.9%	-0.204	212	<a href="#">Unverified</a>
Classic 591ml (20 Oz)	↓ 5.6%	0.014	117	<a href="#">Unverified</a>
Simply Orange	↑ 4.2%	0.114	116	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Cage Free Omega-3+D Large Brown Eggs	↓ 5.2%	-0.035	111	<a href="#">Unverified</a>
Cucumber - With Peel, Raw	↓ 7.8%	-0.153	144	<a href="#">Unverified</a>
Colby Jack Cheese Snack Bars	↓ 8.2%	-0.318	101	<a href="#">Unverified</a>
Verena Street 12 Oz. Mississippi Grogg Flavored Medium Ground Coffee, Case Of 6	↑ 2.3%	0.092	91	<a href="#">Unverified</a>
Baby Carrots	↑ 1.1%	-0.049	112	<a href="#">Unverified</a>
Eggs, Cage Free Large Brown, 1 Whole Egg Mj	↓ 9.3%	-0.301	121	<a href="#">Unverified</a>
Cheese - Cheddar	↓ 3.4%	-0.045	577	<a href="#">Unverified</a>
Starbucks Coffee	↑ 1.1%	0.101	291	<a href="#">Unverified</a>
Vegetable Medley With Broccoli, Carrots And Cauliflower	↓ 2.2%	-0.026	139	<a href="#">Unverified</a>
Green Tea (mg)	↓ 5.8%	-0.072	92	<a href="#">Unverified</a>
Eggs - Fried (whole Egg) (serving)	↑ 4%	0.028	152	<a href="#">Unverified</a>
Myoplex Light Strawberry Cream Protein Shake (serving)	↓ 0.5%	0.022	110	<a href="#">Unverified</a>
Grilled Salmon	↓ 7.8%	-0.143	593	<a href="#">Unverified</a>
Wheygent (g)	↑ 1.9%	0.043	181	<a href="#">Unverified</a>
Oranges - Raw, Navel	↑ 11.2%	0.073	379	<a href="#">Unverified</a>
Caffeine	↑ 9.4%	0.121	259	<a href="#">Unverified</a>
Apple	↑ 16%	0.254	1575	<a href="#">Unverified</a>
Garlic - Raw	↑ 1.2%	0.026	1641	<a href="#">Unverified</a>
Grilled	↑ 4.6%	0.026	141	<a href="#">Unverified</a>
Gluten-Free Ciabatta Rolls (Usa Made)	↑ 4.3%	0.028	109	<a href="#">Unverified</a>
Cherry Tomato	↓ 2.6%	-0.041	98	<a href="#">Unverified</a>
Ministroni Soup	↑ 10.1%	0.273	86	<a href="#">Unverified</a>
Baby Carrots (Net Carbs)	↓ 2.9%	-0.063	206	<a href="#">Unverified</a>
Apples Raw With Skin	↑ 2.4%	0.047	291	<a href="#">Unverified</a>
Organic Medium Chili	↑ 9%	0.219	102	<a href="#">Unverified</a>
Purchases Of Sarg Shrd Extr Shrp Chd	↓ 0.5%	-0.063	56	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Single-Serve Capsules & Pods	↓ 4.4%	-0.054	1032	<a href="#">Unverified</a>
Snacks, Popcorn, Cheese-flavor	↓ 6.8%	-0.198	138	<a href="#">Unverified</a>
Maldon Sea Salt	↑ 2.3%	0.041	90	<a href="#">Unverified</a>
Inulin Fos (Prebiotic Soluble Fiber)	↑ 5.4%	0.107	70	<a href="#">Unverified</a>
Spinach Raw (yes/no)	Unknown	0.023	683	<a href="#">Unverified</a>
Extra Virgin Olive Oil	↑ 0.6%	-0.01	1708	<a href="#">Unverified</a>
Plus - Almond Walnut Macadamia + Protein, With Peanuts	↑ 13.6%	0.162	301	<a href="#">Unverified</a>
Fit Fare Veggie Skillet *corrected*	↓ 5.6%	-0.078	297	<a href="#">Unverified</a>
Butter - Salted (serving)	↓ 8.1%	-0.164	148	<a href="#">Unverified</a>
Coffee, Tea & Cocoa	↓ 4.4%	-0.051	1032	<a href="#">Unverified</a>
Americano- Tall Black	↑ 3.3%	0.138	160	<a href="#">Unverified</a>
1000 Mg Vitamin C	↑ 5.5%	0.122	146	<a href="#">Unverified</a>
Backyard Barbeque Potato Chips	↓ 5.3%	-0.182	105	<a href="#">Unverified</a>
Dark Chocolate Himalayan Salted Almonds	↓ 8.3%	-0.073	102	<a href="#">Unverified</a>
Fit Fare Veggie Skillet (serving)	↓ 9.8%	-0.219	145	<a href="#">Unverified</a>
Milk - Chocolate	↑ 6.6%	0.179	78	<a href="#">Unverified</a>
Gluten Free Cheese Pizza	↓ 2.2%	-0.032	184	<a href="#">Unverified</a>
Organic Chunky Vegetable Soup	↓ 5.3%	-0.182	105	<a href="#">Unverified</a>
Broccoli - Raw (serving)	↓ 0.5%	0.008	157	<a href="#">Unverified</a>
Dark Chocolate Espresso Trail Mix	↓ 12.9%	-0.335	99	<a href="#">Unverified</a>
Cafe Mocha, Venti, 2%	↓ 5.8%	-0.128	541	<a href="#">Unverified</a>
2 Eggs Scrambled With Cheddar Cheese	↓ 3.6%	0.01	218	<a href="#">Unverified</a>
Candy - One Roll	↓ 0.4%	0.055	107	<a href="#">Unverified</a>
Veggie-Cheese Omelet, Omelet Only	↑ 7.9%	0.089	261	<a href="#">Unverified</a>
Mixed Green Salad W/Balsamic Vinegar	↓ 2.1%	-0.156	95	<a href="#">Unverified</a>
Milk - Reduced Fat, 2% Milkfat	↓ 4.1%	-0.114	95	<a href="#">Unverified</a>
Almond Walnut Macadamia + Protein	↑ 4.4%	0.142	119	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Sprite (serving)	↑ 6.3%	0.106	148	<a href="#">Unverified</a>
Lemonade (serving)	↓ 14.8%	-0.194	192	<a href="#">Unverified</a>
Broccoli - Steamed 1 Cup Chopped (With Butter Spray)	↓ 9.8%	-0.108	377	<a href="#">Unverified</a>
Oil - Olive (g)	↓ 6.2%	-0.198	153	<a href="#">Unverified</a>
Cherry	↓ 3.8%	-0.097	116	<a href="#">Unverified</a>
Honey-	↑ 3.5%	0.083	299	<a href="#">Unverified</a>
Butter Crunch Cashews	↓ 11.4%	-0.27	98	<a href="#">Unverified</a>
Water	↓ 19.5%	-0.426	49	<a href="#">Unverified</a>
Tostitos Scoops (g)	↑ 13%	0.376	54	<a href="#">Unverified</a>
Simply Lemonade	↓ 12.6%	-0.218	116	<a href="#">Unverified</a>
Almond Milk 80 Calorie Vanilla	↓ 6.8%	-0.102	110	<a href="#">Unverified</a>
Gluten Free Pasta With Olive Oil (lb)	↓ 3.6%	-0.035	1548	<a href="#">Unverified</a>
Gluten Free, Wheat Free Homestyle Waffles	↓ 3.9%	-0.13	106	<a href="#">Unverified</a>
Zen Green Tea	↑ 3.1%	0.07	222	<a href="#">Unverified</a>
Gluten Free Penne Alfredo	↓ 10.6%	-0.257	96	<a href="#">Unverified</a>
Regular Can Coke 355ml (12 Oz) (serving)	↑ 0%	0.061	98	<a href="#">Unverified</a>
Fruity Pebbles Gluten Free By Post	↓ 5.6%	-0.109	84	<a href="#">Unverified</a>
Carrots - Baby, Raw	↓ 1.7%	-0.07	342	<a href="#">Unverified</a>
Apple (serving)	↑ 0.3%	0.015	371	<a href="#">Unverified</a>
White Bread	↑ 2.6%	0.097	105	<a href="#">Unverified</a>
Gluten Free Pasta With Olive Oil (From Maggianos Website)	↓ 7.3%	-0.092	133	<a href="#">Unverified</a>
Tea - Brewed, Prepared With Tap Water (black Tea)	↑ 7.9%	0.137	94	<a href="#">Unverified</a>
Against The Grain Cheese Pizza	↑ 2.2%	0.058	125	<a href="#">Unverified</a>
Bubbies Kosher Dill Pickles	↓ 12.6%	-0.23	47	<a href="#">Unverified</a>
Pepsi Cola - 12oz	↑ 11.2%	0.16	113	<a href="#">Unverified</a>
Grilled (serving)	↓ 5.1%	-0.098	376	<a href="#">Unverified</a>
Bananas (lb)	↑ 0.3%	-0.005	69	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Carrots - Baby, Raw (serving)	↑ 3.1%	0.005	200	<a href="#">Unverified</a>
Oranges - Raw, Navels (serving)	↓ 7%	-0.076	287	<a href="#">Unverified</a>
Lowfat Plain Kefir With Potassium	↑ 7.4%	0.239	80	<a href="#">Unverified</a>
Banan-A-Peel	↑ 2.5%	0.067	120	<a href="#">Unverified</a>
Philly Cheesesteak Omelette	↑ 0.6%	0.013	113	<a href="#">Unverified</a>
Purchases Of Lemons	↓ 0.6%	0.025	259	<a href="#">Unverified</a>
Stick Candy	↓ 5.1%	-0.093	102	<a href="#">Unverified</a>
2% Milk With Dha Omerta-3	↑ 2.6%	0.098	83	<a href="#">Unverified</a>
Sugars - Powdered	↓ 3.9%	-0.098	106	<a href="#">Unverified</a>
Side Salad (Lettuce And Tomatoes)	↑ 3.6%	0.074	126	<a href="#">Unverified</a>
Soylent/ Hackers School	↑ 2.6%	0.032	291	<a href="#">Unverified</a>
Candy Corn....kim	↑ 5.5%	0.082	248	<a href="#">Unverified</a>
Egg Whole Cooked Fried	↓ 6.1%	-0.056	103	<a href="#">Unverified</a>
Chicken (serving)	↓ 11.5%	-0.147	54	<a href="#">Unverified</a>
Unflavored Mircronized Creatine Powder (g)	↓ 4.3%	-0.013	287	<a href="#">Unverified</a>
Starch	↑ 8.7%	-0.075	291	<a href="#">Unverified</a>
Shredded Sharp Cheddar Cheese	↓ 6.7%	-0.115	159	<a href="#">Unverified</a>
Blow Pop	↑ 14.8%	0.29	97	<a href="#">Unverified</a>
French Fries - Large (About 42 Fries)	↓ 1.7%	-0.031	373	<a href="#">Unverified</a>
Salad Dressing - Italian Dressing	↑ 1.1%	-0.048	115	<a href="#">Unverified</a>
Brunch Sensational Skillets Veggie By First Watch (retired)	↓ 2.6%	-0.032	96	<a href="#">Unverified</a>
Special Salad (Single)	↓ 6.9%	-0.142	152	<a href="#">Unverified</a>
Gluten Free Ciabatta Roll	↓ 3.6%	-0.14	104	<a href="#">Unverified</a>
Cinnamon Apple Chips	↑ 8.3%	0.165	67	<a href="#">Unverified</a>
Sea Salt (g)	↓ 8.9%	-0.109	216	<a href="#">Unverified</a>
Fruit	↓ 3.2%	-0.094	86	<a href="#">Unverified</a>
Coffee Or Pop	↓ 26.2%	-0.381	48	<a href="#">Unverified</a>
Salt	↑ 1.5%	0.009	805	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Broccoli - Raw	↓ 6%	-0.131	254	<a href="#">Unverified</a>
Gluten-free Herb Dinner Rolls	↓ 6.6%	-0.083	103	<a href="#">Unverified</a>
Purchases Of Lol Btr W/Olv Oil & Sea	↓ 2.5%	-0.074	68	<a href="#">Unverified</a>
Soylent Sugar-Free	↑ 2.7%	-0.012	256	<a href="#">Unverified</a>
Kaldis Highlander Grogg Ground Coffee	↓ 1.4%	-0.024	516	<a href="#">Unverified</a>
Garlic Olives	↓ 11%	-0.158	47	<a href="#">Unverified</a>
Steamed Fresh Vegetables Broccoli, Cauliflower, And Carrots	↑ 10.9%	0.194	96	<a href="#">Unverified</a>
Small Cheese	↑ 10.6%	0.189	100	<a href="#">Unverified</a>
Original Almond Milk (Unsweetened)	↓ 7%	-0.023	82	<a href="#">Unverified</a>
Bowl Of Long Grain White Rice + 1 Tablespoon Margerine (serving)	↑ 2.9%	0.091	79	<a href="#">Unverified</a>
Pure Cane Golden Brown Sugar	↑ 3.2%	0.01	85	<a href="#">Unverified</a>
Buttered Popcorn, Junior (serving)	↑ 11.6%	0.09	102	<a href="#">Unverified</a>
Roasted Deluxe Mixed Nuts, Salted *corrected*	↑ 11.9%	0.292	101	<a href="#">Unverified</a>
French Fries/Medium	↑ 3.9%	0.117	141	<a href="#">Unverified</a>
Lemon Juice - Raw (g)	↓ 7.6%	-0.179	105	<a href="#">Unverified</a>
Microwave Popcorn Butter Flavor (g)	↓ 1.8%	-0.067	96	<a href="#">Unverified</a>
Deluxe Roasted Mixed Nuts (Salted)	↑ 6.8%	0.166	94	<a href="#">Unverified</a>
Hashed Browns	↑ 16%	0.259	184	<a href="#">Unverified</a>
Small Gluten Free Cheese Pizza (serving)	↓ 2%	-0.063	214	<a href="#">Unverified</a>
Myoplex Light French Vanilla Shake	↑ 7.6%	0.154	91	<a href="#">Unverified</a>
Pepsi Cola 591ml (20 Oz)	↑ 6.8%	0.046	105	<a href="#">Unverified</a>
Coke 20 Fl Oz. Bottle (serving)	↓ 1.6%	-0.055	99	<a href="#">Unverified</a>
Beef - Loin, Bottom Sirloin Butt, Tri-tip Steak, Lean Only, Cook	↑ 2%	0.042	104	<a href="#">Unverified</a>
Sweet Cream Butter - Salted***	↑ 1.3%	-0.061	247	<a href="#">Unverified</a>
Potato Starch Flour	↓ 2.4%	-0.06	296	<a href="#">Unverified</a>
Almond Walnut Macademia Bar (Correct From Label)	↑ 5.4%	0.052	105	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Diet Coke - 12oz Can	↑ 2.1%	0.036	92	<a href="#">Unverified</a>
Dunkin Donuts Original Blend Ground Coffee	↑ 13.3%	0.282	57	<a href="#">Unverified</a>
White Mystery	↑ 12.9%	0.243	97	<a href="#">Unverified</a>
Vanilla Creme Almonds	↑ 10.1%	0.21	95	<a href="#">Unverified</a>
Salad With Oil & Vinegar (g)	↑ 8.4%	0.279	34	<a href="#">Unverified</a>
Buttered Egg Noodles	↑ 4.7%	0.107	145	<a href="#">Unverified</a>
Kefir Lowfat, Plain Unsweetened (g)	↓ 5.4%	-0.141	52	<a href="#">Unverified</a>
Traditional Favorites Pasta Sauce - Tomato & Basil	↑ 5.9%	0.145	85	<a href="#">Unverified</a>
Purchases Of Sarg Stk Sharp Cheddar	↑ 2.2%	0.071	71	<a href="#">Unverified</a>
Homestyle French Fries	↑ 12.3%	0.24	100	<a href="#">Unverified</a>
Plain Unsweetened	↑ 3.8%	0.152	39	<a href="#">Unverified</a>
Nugo Free - Gluten Free Dark Chocolate Crunch (serving)	↑ 4.5%	0.077	103	<a href="#">Unverified</a>
Assorted Sauteed Veggies (Pepper, Mushrooms, Onions)	↓ 6.6%	-0.073	103	<a href="#">Unverified</a>
Fresh Asparagus (lb)	↓ 2.4%	-0.096	47	<a href="#">Unverified</a>
Purchases Of Tostito Rest Hint Lime	↓ 0.9%	-0.038	63	<a href="#">Unverified</a>
Sub Sandwich	↑ 12.3%	0.24	100	<a href="#">Unverified</a>
Salt, Table	↑ 0.9%	0.019	40	<a href="#">Unverified</a>
Advantedge Carb Control French Vanilla Protein Drink	↑ 3.9%	0.069	148	<a href="#">Unverified</a>
Beef - Loin, Bottom Sirloin Butt, Tri-tip Steak, Lean Only, Cooked, Broiled	↑ 8.3%	0.149	75	<a href="#">Unverified</a>
Purchases Of Celestial Seasonings, Tea, Sleepytime Extra	↑ 3.8%	0.164	175	<a href="#">Unverified</a>
Cheese Stick Colby Jack	↓ 16.5%	-0.343	96	<a href="#">Unverified</a>
Steamers Antioxidant Blend	↓ 16.2%	-0.338	97	<a href="#">Unverified</a>
Cheese Pizza - Rice Crust - Gluten Free	↑ 16.6%	0.31	95	<a href="#">Unverified</a>
Healthy Weight Mix	↑ 16.6%	0.31	95	<a href="#">Unverified</a>
French Fries (g)	↑ 5.8%	0.144	177	<a href="#">Unverified</a>
Portabella Mushroom (Net Carbs)	↑ 15.4%	0.287	95	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Side House Chop Salad W/Blue Cheese And Balsamic Vinegrette Dres	↑ 15.4%	0.287	95	<a href="#">Unverified</a>
Sirloin Steak	↓ 2.1%	-0.026	365	<a href="#">Unverified</a>
Purchases Of Fresh Asparagus	↑ 0.6%	0.061	74	<a href="#">Unverified</a>
Puffins Honey Rice Cereal	↓ 13.9%	-0.268	94	<a href="#">Unverified</a>
Lemon Wedge Or Slice	↓ 2.2%	-0.031	443	<a href="#">Unverified</a>
Almond, Walnut & Macadamia Protein Bar With Peanuts	↓ 1.3%	-0.089	94	<a href="#">Unverified</a>
Microwave Popcorn Butter Flavor	↓ 8.9%	-0.148	1496	<a href="#">Unverified</a>
Popcorn - Microwave	↑ 1.2%	0.005	121	<a href="#">Unverified</a>
Dark Chocolate Nuts & Sea Salt - Low Sugar (serving) (g)	↓ 7.9%	-0.125	153	<a href="#">Unverified</a>
Pink Lemonade Spark	↑ 4.6%	0.197	67	<a href="#">Unverified</a>
Fritos	↓ 0.4%	0.004	528	<a href="#">Unverified</a>
Pineapple	↓ 0.4%	0.005	1071	<a href="#">Unverified</a>
Almond Breeze - Almond Milk (Original) (serving)	↓ 3.8%	-0.077	145	<a href="#">Unverified</a>
Roasted Nut Crunch Bar (Almond Crunch)	↑ 0.4%	0.005	251	<a href="#">Unverified</a>
Coke (Small)	↓ 7%	-0.182	70	<a href="#">Unverified</a>
Movie Theatre Butter Popcorn - Single Serve Bag (42.5g - From Bo	↓ 11.8%	-0.248	97	<a href="#">Unverified</a>
Veggies Sauteed In Olive Oil	↓ 11.8%	-0.248	97	<a href="#">Unverified</a>
Skinny Mocha - Tall	↓ 6.6%	-0.133	89	<a href="#">Unverified</a>
Original Waffles - Gluten Free	↓ 6.6%	-0.133	89	<a href="#">Unverified</a>
Protein Shake Chocolate Fudge	↓ 6.6%	-0.133	89	<a href="#">Unverified</a>
Gluten Free Pancake Mix (Mix Only)	↓ 6.6%	-0.133	89	<a href="#">Unverified</a>
French Fries, Salted	↑ 13.7%	0.044	1908	<a href="#">Unverified</a>
Soylent Sugar-Free	↑ 4.4%	0.118	71	<a href="#">Unverified</a>
Sweet Cream Butter - Salted*** (g)	↑ 8.4%	0.234	82	<a href="#">Unverified</a>
Movie Theater Butter (Minibag)	↓ 11%	-0.213	96	<a href="#">Unverified</a>
Almond Milk	↓ 12.5%	-0.224	84	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Dark Chocolate Trail Mix (serving)	↑ 7.6%	0.238	78	<a href="#">Unverified</a>
Intense Dark-sea Salt Soiree Squares	↑ 11.1%	0.257	34	<a href="#">Unverified</a>
Sour Patch Kids	↓ 23.6%	-0.19	761	<a href="#">Unverified</a>
Top Sirloin Steak & Eggs	↑ 8.6%	0.092	80	<a href="#">Unverified</a>
Almond Walnut Macadamia + Protein With Peanuts (serving)	↑ 11.4%	0.181	113	<a href="#">Unverified</a>
Cooked/sliced	↓ 23.9%	-0.224	359	<a href="#">Unverified</a>
Omega-3 Mix (g)	↓ 9.5%	-0.052	165	<a href="#">Unverified</a>
Grande Skinny Cafe Mocha	↑ 0.6%	-0.095	69	<a href="#">Unverified</a>
Broccoli And Cheese	↓ 5.7%	-0.173	87	<a href="#">Unverified</a>
Vegetable Burrito	↓ 5.7%	-0.173	87	<a href="#">Unverified</a>
White Chocolate Protein Bar	↑ 13.2%	0.249	98	<a href="#">Unverified</a>
Gluten-Free Pizza Crusts	↑ 13.3%	0.252	97	<a href="#">Unverified</a>
Low-Moisture, Part-Skim Mozzarella Cheese	↑ 13.3%	0.252	97	<a href="#">Unverified</a>
Tomato And Basil Pasta Sauce	↑ 13.3%	0.252	97	<a href="#">Unverified</a>
French Fries (Large) (From Corporate Website)	↓ 8%	-0.157	96	<a href="#">Unverified</a>
Medium Coke	↑ 12.3%	0.233	98	<a href="#">Unverified</a>
Rainbow Nerd Rope	↑ 12.2%	0.233	96	<a href="#">Unverified</a>
Roasted & Salted All Natural Pumpkin Seeds	↑ 12.2%	0.233	96	<a href="#">Unverified</a>
Multivitamin/ Multimineral Supplement	↑ 12.2%	0.233	96	<a href="#">Unverified</a>
Original	↑ 12.2%	0.233	96	<a href="#">Unverified</a>
Gluten, Soy And Dairy Free Dark Chocolate Trail Mix	↓ 4.6%	-0.15	89	<a href="#">Unverified</a>
Coffee Instant Regular Prepared With Water	↑ 9.5%	0.123	258	<a href="#">Unverified</a>
Purchases Of Coffee, Tea & Cocoa	↑ 4.6%	0.196	146	<a href="#">Unverified</a>
Sharp Finely Shredded Cheddar Cheese	↓ 5.2%	-0.024	150	<a href="#">Unverified</a>
Cocoa Pebbles	↓ 3.8%	-0.056	128	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Popcorn, Butter Microwave (As Listed On Label)	↓ 2.4%	-0.073	94	<a href="#">Unverified</a>
Fruit Bowl	↓ 3.1%	-0.014	98	<a href="#">Unverified</a>
Purchases Of Beverages	↑ 0.3%	-0.003	2123	<a href="#">Unverified</a>
Vegetable Chili	↓ 2%	0.086	73	<a href="#">Unverified</a>
Starbucks Coffee (g)	↓ 4.8%	-0.241	160	<a href="#">Unverified</a>
12 Oz Outback Special (Sirloin)	↓ 0.7%	0.009	107	<a href="#">Unverified</a>
New York Strip Grilled	↑ 7.4%	0.076	308	<a href="#">Unverified</a>
3 Egg Vegetable Omlet	↓ 9.6%	-0.16	158	<a href="#">Unverified</a>
Sweet Potato - Cooked, Baked In Skin, Without Salt (Sweetpotato)	↓ 1.1%	-0.005	97	<a href="#">Unverified</a>
Candy - One Roll (g)	↑ 6.9%	0.12	131	<a href="#">Unverified</a>
Chewy Spree	↓ 1.5%	0.036	69	<a href="#">Unverified</a>
Sea Salt Potato Chips (Correct) 1.5 Oz Bag	↑ 2.8%	0.064	245	<a href="#">Unverified</a>
Broccoli & Cheese Sauce	↑ 4.5%	0.128	85	<a href="#">Unverified</a>
Temptations Lemon Meringue Pie	↑ 4.5%	0.128	85	<a href="#">Unverified</a>
Lime Chips (g)	↓ 1.5%	-0.023	63	<a href="#">Unverified</a>
Ciabatta Parbaked Gluten-Free Bread Rolls (g)	↑ 2.8%	-0.009	273	<a href="#">Unverified</a>
Peppers, Red	↓ 4.9%	-0.103	97	<a href="#">Unverified</a>
Grape Tomatoes (Net Carbs)	↓ 4.9%	-0.103	97	<a href="#">Unverified</a>
Nuts - Macadamia Nuts, Raw	↓ 4.9%	-0.103	97	<a href="#">Unverified</a>
2 Eggs, 1 serving Lowfat Cheese, 1/2 Cup Veggies Sautéed	↑ 5.8%	0.103	95	<a href="#">Unverified</a>
Dark Chocolate Chocolate Chip Protein Bar	↓ 3.6%	-0.109	87	<a href="#">Unverified</a>
Vitamin D Milk	↑ 10.2%	0.196	94	<a href="#">Unverified</a>
White Chocolate Protein Bar- Gluten Free	↑ 10.2%	0.196	94	<a href="#">Unverified</a>
Coffee Brewed From Grounds Prepared With Tap Water	↑ 6.6%	0.089	241	<a href="#">Unverified</a>

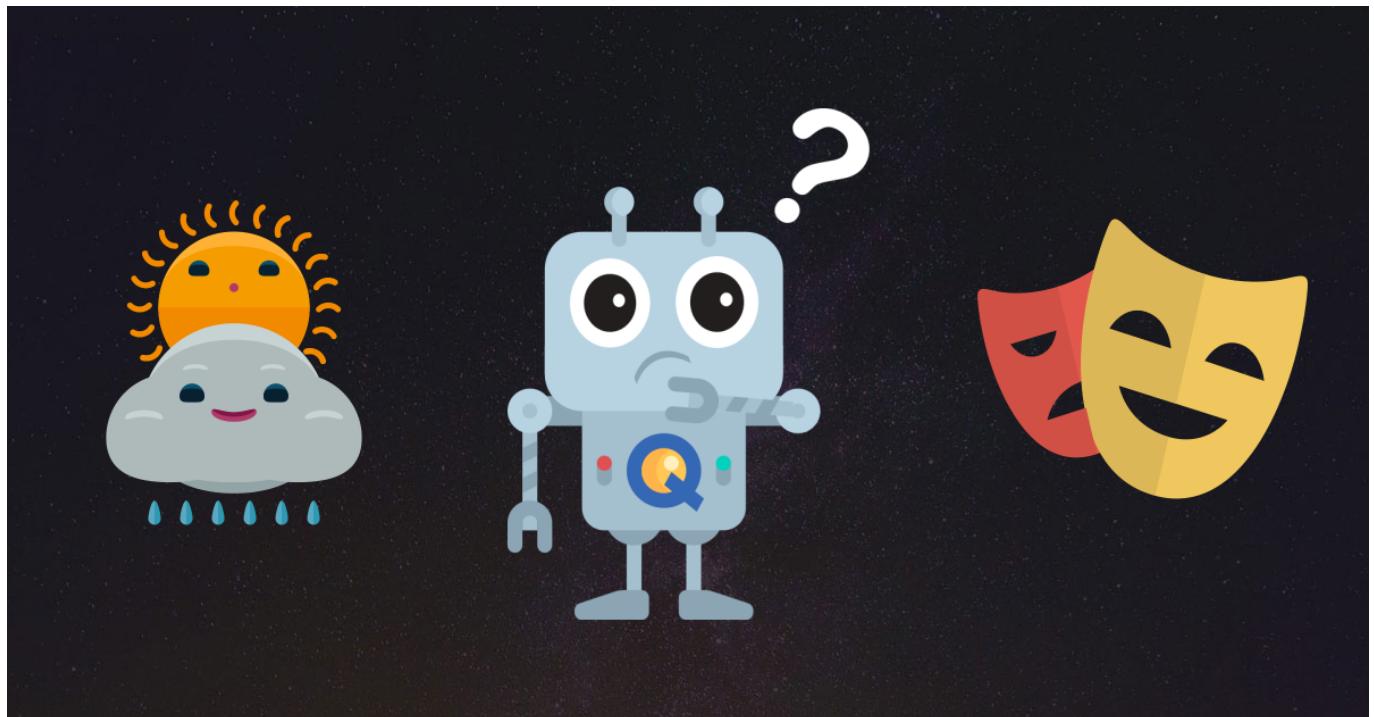
Predictor	Change	Predictive Coefficient	Data Points	Review
Milk Chocolate Hot Cocoa Mix (With 6 Oz Water)	↑ 1%	0.027	96	<a href="#">Unverified</a>
Brussel Sprouts	↓ 5.2%	-0.094	95	<a href="#">Unverified</a>
Cafe Mocha - Tall, Whole Milk, Whipped Cream	↓ 5.2%	-0.094	95	<a href="#">Unverified</a>
Tostito Bitesz Rounds	↓ 3.4%	-0.088	592	<a href="#">Unverified</a>
Tamale Verde - Cheese - Gluten Free	↑ 5.5%	0.093	94	<a href="#">Unverified</a>
Lemon Zest	↓ 3%	-0.091	87	<a href="#">Unverified</a>
Pumpkin Seeds Roasted And Salted(With Shell And Potassium)	↓ 3%	-0.091	87	<a href="#">Unverified</a>
Pepsi 8 Fl Oz	↓ 4.2%	-0.092	95	<a href="#">Unverified</a>
Gummy Bunnys	↑ 0.1%	0.001	91	<a href="#">Unverified</a>
Vegetable Medley With Broccoli, Carrots And Cauliflower (g)	↑ 4.5%	0.041	91	<a href="#">Unverified</a>
Gluten Free Dinner Rolls (Also At Legal Seafoods)	↓ 4.5%	-0.079	93	<a href="#">Unverified</a>
Nuts - Cashew Nuts, Raw	↓ 4.7%	-0.084	95	<a href="#">Unverified</a>
Walnut Pieces	↓ 4.7%	-0.084	95	<a href="#">Unverified</a>
Popsicle	↑ 4.3%	0.086	96	<a href="#">Unverified</a>
Veggie Noodle Soup	↑ 3.8%	0.082	97	<a href="#">Unverified</a>
French Fries (Website)	↓ 3.2%	-0.086	83	<a href="#">Unverified</a>
Mcdonalds Coke, Large (serving)	↑ 2.8%	0.091	75	<a href="#">Unverified</a>
Chocolate Dipped Mixed Nuts	↑ 3%	0.084	92	<a href="#">Unverified</a>
Orange (serving)	↑ 3.1%	0.088	72	<a href="#">Unverified</a>
Strawberries - Raw	↓ 0.7%	-0.013	98	<a href="#">Unverified</a>
Gluten Free Bread Roll	↑ 7.7%	0.148	98	<a href="#">Unverified</a>
Purchases Of Spectrum Essentials Organic Ground Flaxseed	↓ 11.1%	-0.211	106	<a href="#">Unverified</a>
Asparagus Raw	↓ 3.2%	-0.084	52	<a href="#">Unverified</a>
Walnuts, Cranberries, & Soynuts	↑ 5.5%	-0.014	96	<a href="#">Unverified</a>
Cream - Half And Half	↓ 3.6%	-0.062	92	<a href="#">Unverified</a>
Movie Theatre Butter Popcorn (Mini Bags)	↑ 4.1%	0.016	169	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Potatoes - Russet, Flesh And Skin, Baked	↓ 4%	-0.071	95	<a href="#">Unverified</a>
Roasted & Salted Pumpkin Seeds (W/ Shell)	↓ 2.2%	-0.066	89	<a href="#">Unverified</a>
Decaffeinated Mint Tea	↑ 7.6%	0.12	57	<a href="#">Unverified</a>
Low In Sodium, Chili, Medium	↑ 0.7%	0.013	98	<a href="#">Unverified</a>
Mexican Style Cheddar Pepper Jack	↑ 0.7%	0.013	98	<a href="#">Unverified</a>
Egg-Beaters Veggie-Cheese Omlet	↑ 0.7%	0.013	98	<a href="#">Unverified</a>
Nutrition Bar - Lemon Zest	↑ 8.4%	0.162	93	<a href="#">Unverified</a>
Purchases Of DOLE Spinach	↓ 3.3%	-0.075	45	<a href="#">Unverified</a>
Pineapple - Raw, All Varieties	↓ 6%	-0.031	141	<a href="#">Unverified</a>
Butter Whipped With Salt	↓ 3.2%	0.023	52	<a href="#">Unverified</a>
Marshmallows	↓ 3.2%	-0.056	95	<a href="#">Unverified</a>
Scoops (g)	↑ 0.7%	-0.019	39	<a href="#">Unverified</a>
Apple Cinnamon With Flax Oatmeal	↑ 0.2%	0.03	194	<a href="#">Unverified</a>
Protein Shake (g)	↑ 2.3%	0.029	71	<a href="#">Unverified</a>
Purchases Of Pumpkin Seeds	↑ 29.8%	0.279	39	<a href="#">Unverified</a>
Purchases Of Powders	↓ 1.8%	-0.013	2123	<a href="#">Unverified</a>
Purchases Of Lol Half Stck Slt Btr 8	↓ 2%	-0.053	46	<a href="#">Unverified</a>
Sauteed Spinach	↑ 2.3%	0.039	229	<a href="#">Unverified</a>
Candy	↓ 2.4%	-0.04	94	<a href="#">Unverified</a>
Pumpkin Seeds Roasted And Salted (With Shell)	↓ 2%	-0.036	95	<a href="#">Unverified</a>
Garden Vegetable Medley (Sugar Snap Peas; Roasted Potatoes; Red	↓ 2%	-0.036	95	<a href="#">Unverified</a>
Large Raw Carrot (serving)	↑ 3.7%	0.044	71	<a href="#">Unverified</a>
Hard-boiled Eggs By Almark Foods	↓ 3.4%	-0.035	226	<a href="#">Unverified</a>
Veggie And Cheese Omlet	↑ 1.6%	0.043	85	<a href="#">Unverified</a>
White Chocolate Dipped Mixed Nuts	↓ 1.3%	-0.043	88	<a href="#">Unverified</a>
Vegetable And Cheese Omelet (serving)	↑ 1.3%	0.036	94	<a href="#">Unverified</a>
Natural, Cultured Goat Milk Kefir	↑ 4.2%	0.034	37	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Purchases Of Flax Seed	↓ 19.7%	-0.063	2123	<a href="#">Unverified</a>
Soft Drinks	↑ 17%	0.029	2123	<a href="#">Unverified</a>
100% Orange Juice - Calcium/Vitamin D/Pulp Free (serving)	↑ 1.9%	0.027	194	<a href="#">Unverified</a>
Extreme Sour Hard Candy	↑ 1.8%	0.032	94	<a href="#">Unverified</a>
Eggs - Hard-boiled (whole Egg) (g)	↑ 1.6%	0.03	78	<a href="#">Unverified</a>
Purchases Of Produce	↓ 6.1%	-0.149	46	<a href="#">Unverified</a>
Lentil Vegetable Soup (Light Sodium) ** Net Carbs	↓ 1.4%	-0.03	97	<a href="#">Unverified</a>
Hot Fudge Sundae - Small	↓ 0.9%	-0.027	91	<a href="#">Unverified</a>
Tuscan Almonds With Parmesan & Herbs	↓ 0.9%	-0.027	91	<a href="#">Unverified</a>
Lemon-Olive Oil Dressing	↓ 0.9%	-0.027	91	<a href="#">Unverified</a>
50% Dark Chocolate With Sea Salt (g)	↑ 1.3%	0.021	278	<a href="#">Unverified</a>
Dr Pepper	↑ 5.9%	0.115	92	<a href="#">Unverified</a>
Chocolate Coco Krispis	↑ 5.9%	0.115	92	<a href="#">Unverified</a>
Cranberry And Almond Bar + Antioxidants	↑ 5.9%	0.115	92	<a href="#">Unverified</a>
Bulk Garlic (lb)	↓ 1.4%	-0.029	69	<a href="#">Unverified</a>
Purchases Of GHIR Intens Dk Bar Gour	↓ 1.1%	-0.03	61	<a href="#">Unverified</a>
Purchases Of Bulk Garlic	↑ 1.7%	0.039	54	<a href="#">Unverified</a>
Purchases Of Simply Orange W/ Calcium	↓ 2.4%	-0.051	42	<a href="#">Unverified</a>
Real Lowfat Kefir Cultured Milk Smoothie Raspberry	↑ 1%	0.02	41	<a href="#">Unverified</a>
Oil Olive Salad Or Cooking	↓ 3.2%	-0.011	52	<a href="#">Unverified</a>
Philly & Eggs Skillet	↑ 2.5%	-0.003	70	<a href="#">Unverified</a>
Barbeque Potato Popped Chip Snack	↑ 0.6%	0.01	93	<a href="#">Unverified</a>
Walnuts, Cashews & Almonds	↑ 0.6%	0.01	93	<a href="#">Unverified</a>
Cheese (Cheddar)	↓ 0.4%	-0.009	97	<a href="#">Unverified</a>
Apple Cinnamon Wheat & Gluten Free Waffles	↓ 0.6%	-0.013	97	<a href="#">Unverified</a>
Powdered Sugar	↓ 0.6%	-0.013	97	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Sweet Cream Butter - Salted	↑ 14.3%	0.145	27	<a href="#">Unverified</a>
Organic Low Fat 1% Milk	↓ 0.4%	-0.011	95	<a href="#">Unverified</a>
Purchases Of Meyer Lemons	↓ 3.7%	-0.035	36	<a href="#">Unverified</a>
Purchases Of Clamshell Spinac	↓ 3.7%	-0.035	36	<a href="#">Unverified</a>
Scrambled Egg With Cheese (g)	↑ 0%	-0.001	50	<a href="#">Unverified</a>
Cheese Pizza	↓ 0.1%	-0.001	329	<a href="#">Unverified</a>
Aaa Test Reminder Snooze	↓ 1.9%	-0.029	49	<a href="#">Unverified</a>

# Environmental Factors



## Environmental Factors Predictive of Higher Overall Mood

You don't have any verified studies regarding environment are predictive of higher Overall Mood. This can happen for a few reasons:

- You don't have enough data. If this is the case, please import your data and start tracking at <https://web.quantimo.do>.
- You haven't reviewed and verified your studies yet. Check the Unreviewed Studies section below.

If you need any help, please contact me at <https://help.quantimo.do>.

## Environmental Factors Predictive of Lower Overall Mood

Above average values of these environmental factors are usually followed by **below average** Overall Mood

Predictor	Change	Predictive Coefficient	Data Points	Review
Outdoor Humidity	↓ 1.5%	-0.043	1931	<a href="#">Verified</a>

## ? Unreviewed Studies of Environmental Factors

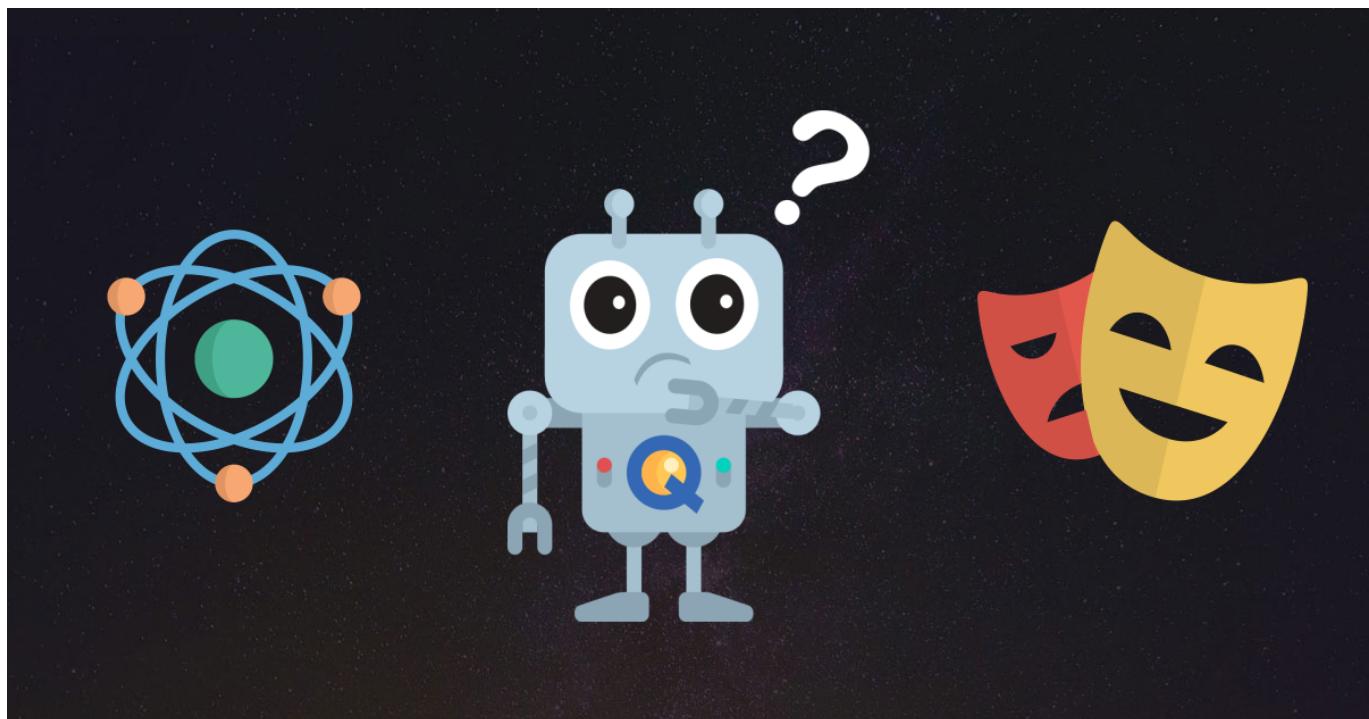
Please click the Unverified link to view these studies to view and then click:

👍 thumbs up to indicate the ones that you feel are valid

👎 thumbs down to indicate the ones that you feel are flawed in some way

Predictor	Change	Predictive Coefficient	Data Points	Review
Outdoor Temperature	↑ 5.1%	0.196	1761	<a href="#">Unverified</a>
Time Between Sunrise And Sunset	↑ 4%	0.151	2443	<a href="#">Unverified</a>
Ragweed Pollen Index	↑ 11.6%	0.259	57	<a href="#">Unverified</a>
Indoor Humidity	↓ 3.8%	-0.177	407	<a href="#">Unverified</a>
Indoor CO2	↑ 2%	0.143	407	<a href="#">Unverified</a>
Pollen Index	↑ 0.4%	0.109	414	<a href="#">Unverified</a>
Chenopods Pollen Index	↑ 5.2%	0.217	51	<a href="#">Unverified</a>
Cloud Cover	↓ 0.7%	-0.081	845	<a href="#">Unverified</a>
Indoor Noise	↓ 1.1%	-0.095	407	<a href="#">Unverified</a>
Barometric Pressure	↓ 2.5%	-0.071	1930	<a href="#">Unverified</a>
Wind Speed	↑ 1.5%	0.066	207	<a href="#">Unverified</a>
Grasses Pollen Index	↓ 1.3%	-0.071	98	<a href="#">Unverified</a>
Partly Cloudy-day	↑ 0.8%	0.027	691	<a href="#">Unverified</a>
Indoor Pressure	↑ 0.2%	-0.016	407	<a href="#">Unverified</a>
Air Quality Index	↑ 0.9%	0.027	798	<a href="#">Unverified</a>
Rain	↑ 0.5%	0.037	708	<a href="#">Unverified</a>
Precipitation	↑ 0.5%	-0.015	1914	<a href="#">Unverified</a>
Indoor Temperature	↓ 0.9%	-0.032	347	<a href="#">Unverified</a>
Clear Day	↑ 1.3%	0.046	660	<a href="#">Unverified</a>
Partly Cloudy-night	↑ 2.3%	0.035	574	<a href="#">Unverified</a>
Cloud Cover Amount	↑ 0.8%	0.01	1288	<a href="#">Unverified</a>
House Smells Moldy	↑ 0.3%	0.006	732	<a href="#">Unverified</a>
Fog	↓ 0.8%	-0.015	407	<a href="#">Unverified</a>
Cloud Cover (%)	↓ 0.8%	0.111	8	<a href="#">Unverified</a>
Sagebrush Pollen Index	↑ 3.5%	0.09	7	<a href="#">Unverified</a>

# Nutritional Factors



## Nutrients Predictive of Higher Overall Mood

Above average values of these nutrients are usually followed by **above average** Overall Mood.

Predictor	Change	Predictive Coefficient	Data Points	Review
Sugar (g)	↑ 9.2%	0.193	610	<a href="#">Verified</a>
Net Caloric Intake	↑ 3.4%	0.071	142	<a href="#">Verified</a>

## Nutrients Predictive of Lower Overall Mood

Above average values of these nutrients are usually followed by **below average** Overall Mood

Predictor	Change	Predictive Coefficient	Data Points	Review
Fiber	↓ 4%	-0.203	620	<a href="#">Verified</a>
Carbs	↓ 5.7%	-0.257	632	<a href="#">Verified</a>
Saturated Fat	↑ 1%	-0.226	1833	<a href="#">Verified</a>
Protein	↑ 0%	-0.2	1833	<a href="#">Verified</a>
Iron	↓ 7.7%	-0.199	621	<a href="#">Verified</a>
Sodium	↓ 4.9%	-0.161	625	<a href="#">Verified</a>

# ? Unreviewed Studies of Nutritional Factors

Please click the Unverified link to view these studies to view and then click:

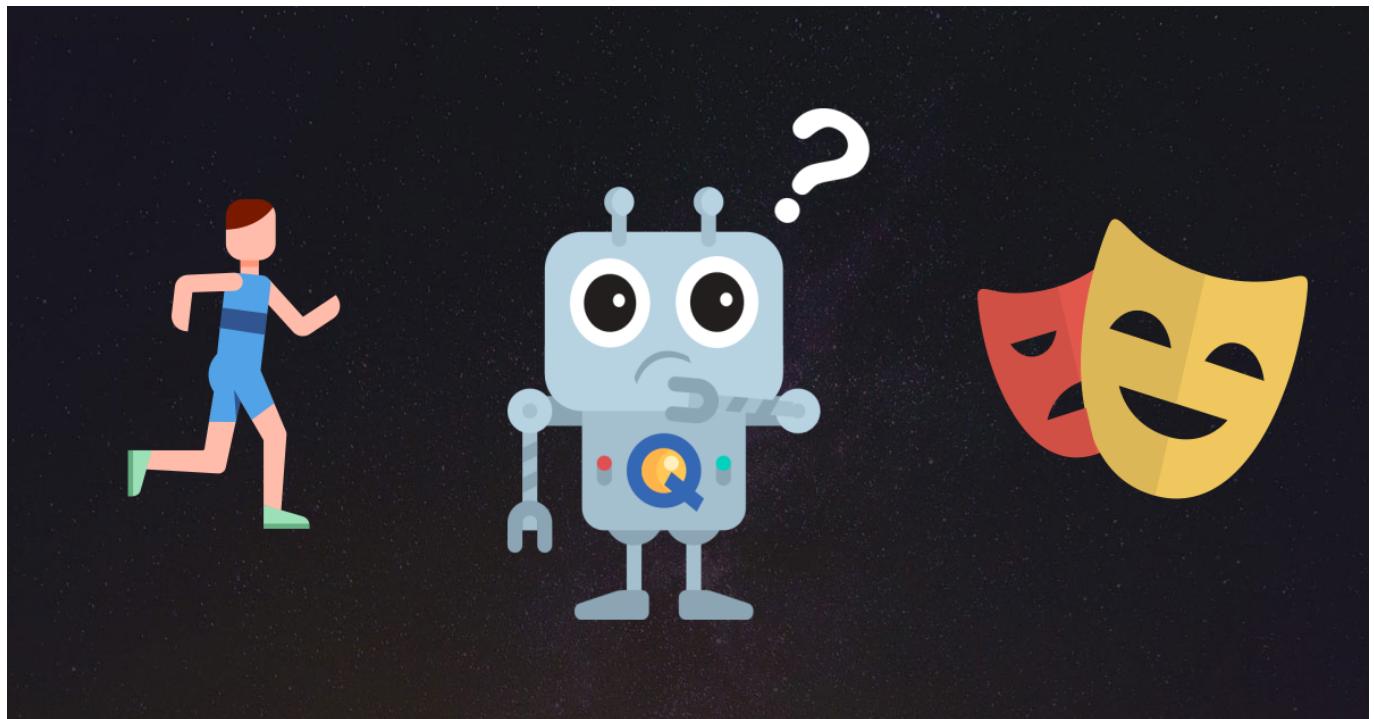
👉 thumbs up to indicate the ones that you feel are valid

👎 thumbs down to indicate the ones that you feel are flawed in some way

Predictor	Change	Predictive Coefficient	Data Points	Review
Cholesterol	↑ 0.2%	-0.232	1833	<a href="#">Unverified</a>
Calcium (mg)	↓ 2%	0.138	404	<a href="#">Unverified</a>
Vit.A	↑ 6.6%	0.193	291	<a href="#">Unverified</a>
Potassium	↑ 0.2%	-0.162	1833	<a href="#">Unverified</a>
Carotene Beta	↑ 8.5%	0.2	291	<a href="#">Unverified</a>
Fat	↓ 9.3%	-0.12	1888	<a href="#">Unverified</a>
Net Carbs	↑ 6.1%	0.11	291	<a href="#">Unverified</a>
Vit.C	↑ 6.6%	0.162	291	<a href="#">Unverified</a>
Polyunsaturated Fat	↓ 20%	-0.32	743	<a href="#">Unverified</a>
Thiamin (%RDA)	↑ 7.1%	0.017	291	<a href="#">Unverified</a>
Unsaturated Fat	↓ 2%	0.259	404	<a href="#">Unverified</a>
Diabetes Carbs	↑ 6.1%	0.111	291	<a href="#">Unverified</a>
Folate	↑ 7.1%	0.17	291	<a href="#">Unverified</a>
Calcium	↓ 5.1%	-0.214	192	<a href="#">Unverified</a>
Monounsaturated Fat	↑ 3.1%	0.084	487	<a href="#">Unverified</a>
Lunch Carbs	↑ 1.6%	0.01	470	<a href="#">Unverified</a>
Phosphorus	↑ 7.2%	0.183	291	<a href="#">Unverified</a>
Carotene Alpha	↑ 7.4%	0.2	291	<a href="#">Unverified</a>
Breakfast Carbs	↑ 9.9%	0.161	291	<a href="#">Unverified</a>
Caloric Intake	↓ 0.3%	0.06	532	<a href="#">Unverified</a>
Vit.B-6	↑ 7.1%	0.054	291	<a href="#">Unverified</a>
Trans Fat	↓ 16.1%	-0.204	416	<a href="#">Unverified</a>
Copper	↑ 7%	0.068	291	<a href="#">Unverified</a>
Riboflavin (%RDA)	↑ 7.1%	0.055	291	<a href="#">Unverified</a>
Vitamin A	↑ 0.1%	-0.041	1833	<a href="#">Unverified</a>
Manganese	↑ 7%	0.189	291	<a href="#">Unverified</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Magnesium	↓ 2%	-0.041	1911	<a href="#">Unverified</a>
Vit.B-12	↑ 0.3%	-0.151	51	<a href="#">Unverified</a>
Glucose	↑ 5.6%	0.097	291	<a href="#">Unverified</a>
PolyunsaturatedFat	↑ 10.5%	0.077	79	<a href="#">Unverified</a>
Calcium (%RDA)	↑ 0.5%	-0.029	1833	<a href="#">Unverified</a>
Niacin (%RDA)	↑ 7.1%	0.133	291	<a href="#">Unverified</a>
Sugars	↑ 6.1%	0.142	291	<a href="#">Unverified</a>
Dinner Carbs	↓ 1.9%	-0.015	470	<a href="#">Unverified</a>
Snack Carbs	↑ 1%	-0.014	462	<a href="#">Unverified</a>
Zinc (%RDA)	↑ 6%	0.153	291	<a href="#">Unverified</a>
Vit.E	↑ 7.5%	0.093	291	<a href="#">Unverified</a>
Vitamin C (%RDA)	↓ 0.4%	0.043	1833	<a href="#">Unverified</a>
Vit.D	↑ 8%	0.087	291	<a href="#">Unverified</a>
Mono Unsat Fat	↑ 7.8%	0.088	291	<a href="#">Unverified</a>
Vit.K	↑ 7.5%	0.146	291	<a href="#">Unverified</a>
Poly Unsat Fat	↑ 9.2%	0.107	291	<a href="#">Unverified</a>
Selenium	↓ 1.8%	-0.016	1776	<a href="#">Unverified</a>
Potassium (%RDA)	↑ 8.2%	0.154	291	<a href="#">Unverified</a>
TransFat	↑ 5.2%	0.077	79	<a href="#">Unverified</a>
VitaminC	↓ 2.8%	-0.003	35	<a href="#">Unverified</a>
Pant. Acid	↑ 6.3%	0.132	291	<a href="#">Unverified</a>

# Factors Related to Physical Activity



## Physical Activities Predictive of Higher Overall Mood

Above average values of these physical activities are usually followed by **above average** Overall Mood.

Predictor	Change	Predictive Coefficient	Data Points	Review
Lifting Weights	↑ 1.4%	0.007	1196	<a href="#">Verified</a>

## Physical Activities Predictive of Lower Overall Mood

Above average values of these physical activities are usually followed by **below average** Overall Mood

Predictor	Change	Predictive Coefficient	Data Points	Review
Calories Burned	↓ 4.1%	-0.187	225	<a href="#">Verified</a>
Walk Or Run Distance	↓ 3%	-0.091	1980	<a href="#">Verified</a>
Peak Heart Rate Zone Minutes	↓ 0.9%	-0.027	1403	<a href="#">Verified</a>

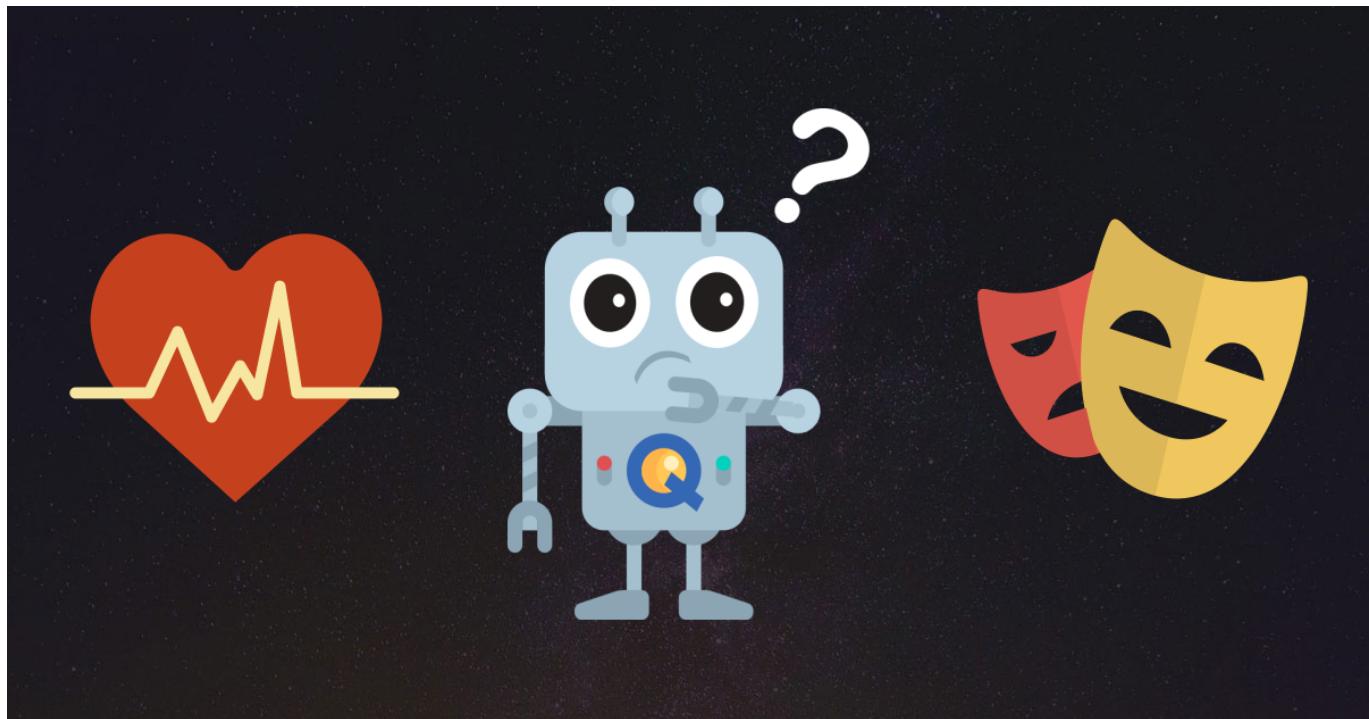
## ? Unreviewed Studies of Factors Related to Physical Activity

Please click the Unverified link to view these studies to view and then click:

- 👉 thumbs up to indicate the ones that you feel are valid
- 👎 thumbs down to indicate the ones that you feel are flawed in some way

Predictor	Change	Predictive Coefficient	Data Points	Review
Fitbit Active Score	↓ 9.5%	-0.235	277	<a href="#">Unverified</a>
Aerobic Exercise	↑ 0.5%	-0.016	923	<a href="#">Unverified</a>
CaloriesBurnt	↑ 3.4%	0.286	58	<a href="#">Unverified</a>
ExerciseMins	↑ 11.5%	0.184	79	<a href="#">Unverified</a>
Fat Burn Heart Rate Zone Minutes	↑ 0.8%	0.035	1415	<a href="#">Unverified</a>
Fat Burn Heart Rate Zone Calories Out	↑ 0.3%	0.029	1369	<a href="#">Unverified</a>
Active Time	↑ 6.6%	0.192	21	<a href="#">Unverified</a>
Peak Heart Rate Zone Calories Out	↓ 0.4%	-0.036	478	<a href="#">Unverified</a>
CaloriesBurned	↑ 6.9%	0.088	53	<a href="#">Unverified</a>
Cardio Heart Rate Zone Calories Out	↓ 0.2%	0.002	1218	<a href="#">Unverified</a>
Walk Or Run Distance (miles)	↓ 3%	0.007	455	<a href="#">Unverified</a>
Planet Fitness	↑ 3.5%	0.142	37	<a href="#">Unverified</a>

# Factors Relating to Vital Signs



## Vital Signs Predictive of Higher Overall Mood

Above average values of these vital signs are usually followed by **above average** Overall Mood.

Predictor	Change	Predictive Coefficient	Data Points	Review
Blood Pressure (Systolic - Top Number)	↑ 13.5%	0.364	348	<a href="#">Verified</a>
Blood Pressure (Diastolic - Bottom Number)	↑ 10.7%	0.358	348	<a href="#">Verified</a>

## Vital Signs Predictive of Lower Overall Mood

You don't have any verified studies regarding vital signs are predictive of lower Overall Mood. This can happen for a few reasons:

- You don't have enough data. If this is the case, please import your data and start tracking at <https://web.quantimo.do>.
- You haven't reviewed and verified your studies yet. Check the Unreviewed Studies section below.

If you need any help, please contact me at <https://help.quantimo.do>.

## ? Unreviewed Studies of Factors Relating to Vital Signs

Please click the Unverified link to view these studies to view and then click:

- 👉 thumbs up to indicate the ones that you feel are valid
- 👎 thumbs down to indicate the ones that you feel are flawed in some way

Predictor	Change	Predictive Coefficient	Data Points	Review
Heart Rate (Pulse)	↑ 11.7%	0.315	673	<a href="#">Unverified</a>
Resting Heart Rate (Pulse)	↓ 0.6%	-0.025	1462	<a href="#">Unverified</a>

## ⚑ Flagged or Flawed Studies of Correlated Symptoms

These studies have been flagged as erroneous by clicking thumbs down in the interactive study.

Predictor	Change	Predictive Coefficient	Data Points	Review
Acne Severity	↑ 0.3%	0.078	962	<a href="#">Flawed</a>
Pieces Of Feces	↓ 4.1%	-0.071	311	<a href="#">Flawed</a>
Painful Urination	↓ 5%	-0.128	40	<a href="#">Flawed</a>

## ⚑ Flagged or Flawed Studies of Treatment Effectiveness

These studies have been flagged as erroneous by clicking thumbs down in the interactive study.

Predictor	Change	Predictive Coefficient	Data Points	Review
Crest Cavity Protection Gel Toothpaste Cool Mint Gel	↓ 6%	-0.181	346	<a href="#">Flawed</a>
Adderall	↓ 3.7%	-0.062	2106	<a href="#">Flawed</a>
Adderall Xr	↓ 4.8%	-0.106	2066	<a href="#">Flawed</a>
Toothpastes	↓ 5.2%	-0.099	2123	<a href="#">Flawed</a>
Dove Men+Care Deodorant Stick	↑ 4.8%	0.226	109	<a href="#">Flawed</a>
Adderall (mg)	↓ 3.4%	-0.057	2121	<a href="#">Flawed</a>
Hand Lotion	↑ 2.7%	-0.064	159	<a href="#">Flawed</a>
Bupropion Sr (pills)	↓ 0.3%	-0.042	171	<a href="#">Flawed</a>
Wearing Makeup	↓ 13.5%	-0.223	20	<a href="#">Flawed</a>
Aaa Test Treatment	↓ 5.1%	-0.249	136	<a href="#">Flawed</a>
Purchases Of Laundry Supplies	↓ 3.9%	-0.065	791	<a href="#">Flawed</a>
Stelara	↓ 8.7%	-0.133	282	<a href="#">Flawed</a>

## ⚑ Flagged or Flawed Studies of Dietary Factors

These studies have been flagged as erroneous by clicking thumbs down in the interactive study.

Predictor	Change	Predictive Coefficient	Data Points	Review
Coffee - Brewed From Grounds (serving)	↓ 9.1%	-0.268	810	<a href="#">Flawed</a>
Coffee - Brewed From Grounds	↓ 6.2%	-0.108	2068	<a href="#">Flawed</a>

Predictor	Change	Predictive Coefficient	Data Points	Review
Coffee	↓ 5.8%	-0.1	2068	<a href="#">Flawed</a>
Can	↓ 7.9%	-0.134	129	<a href="#">Flawed</a>

## ⚑ Flagged or Flawed Studies of Environmental Factors

No studies have been flagged as erroneous by clicking thumbs down in the interactive study.

## ⚑ Flagged or Flawed Studies of Nutritional Factors

These studies have been flagged as erroneous by clicking thumbs down in the interactive study.

Predictor	Change	Predictive Coefficient	Data Points	Review
SaturatedFat	↑ 11.1%	0.254	37	<a href="#">Flawed</a>

## ⚑ Flagged or Flawed Studies of Factors Related to Physical Activity

These studies have been flagged as erroneous by clicking thumbs down in the interactive study.

Predictor	Change	Predictive Coefficient	Data Points	Review
Elevation	↑ 6.6%	0.201	1534	<a href="#">Flawed</a>
Calories Expended	↑ 0%	-0.073	242	<a href="#">Flawed</a>

## ⚑ Flagged or Flawed Studies of Factors Relating to Vital Signs

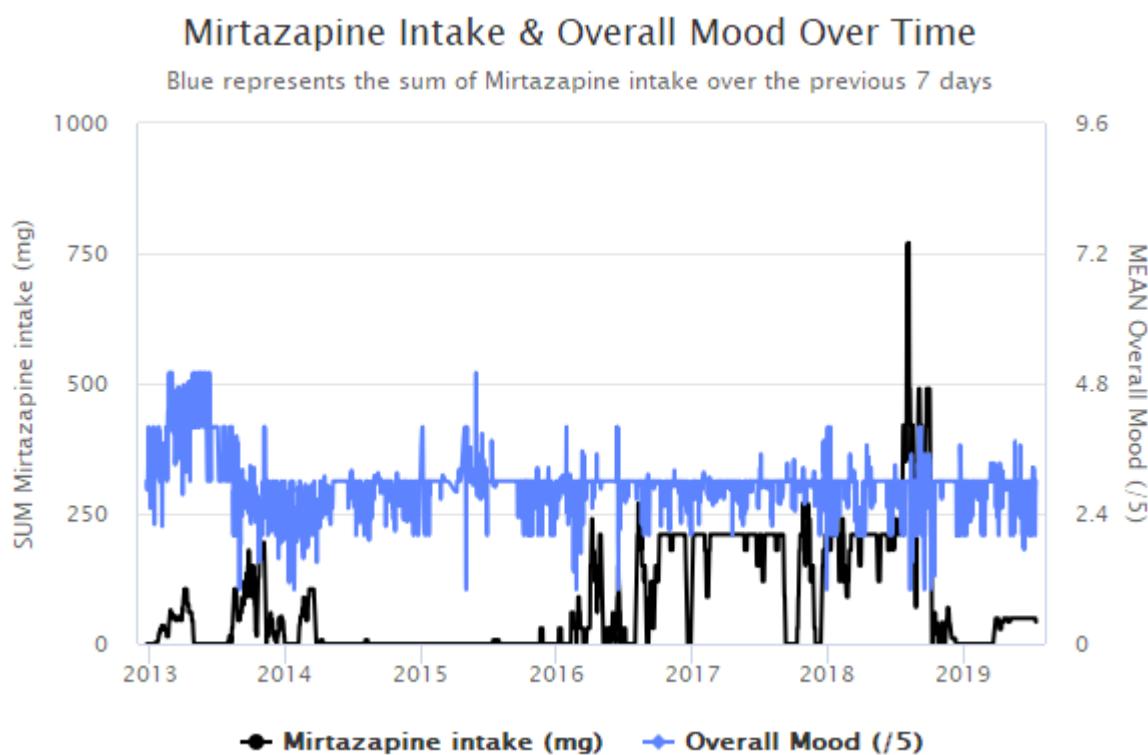
No studies have been flagged as erroneous by clicking thumbs down in the interactive study.

# Higher Mirtazapine Intake Predicts Very Slightly Lower Overall Mood



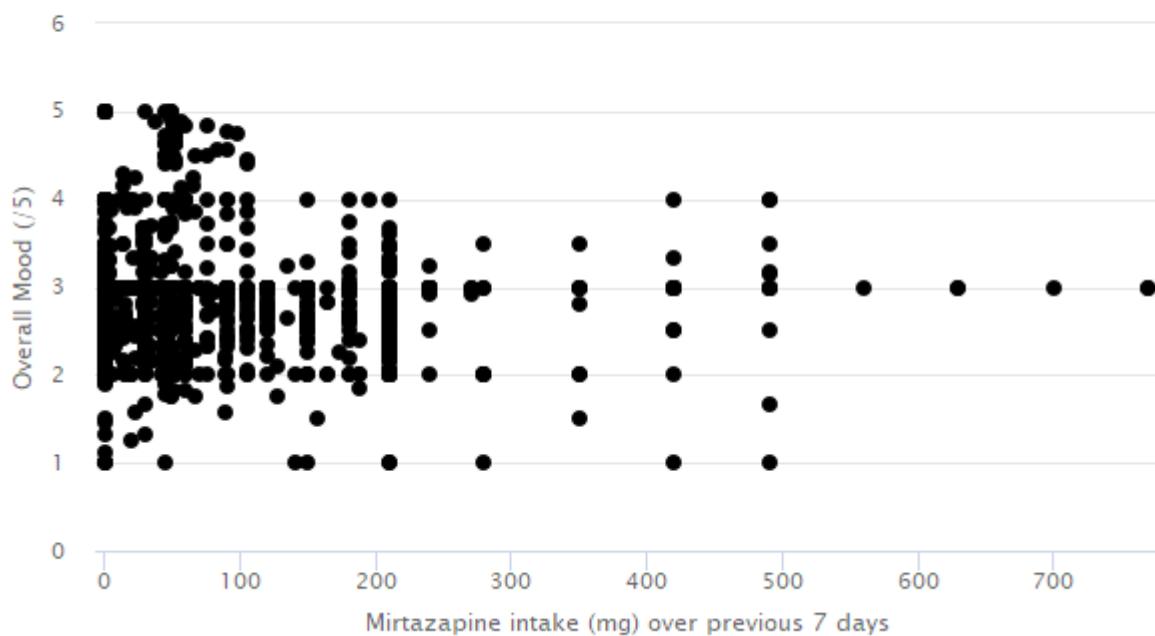
This individual's Overall Mood is generally highest after a daily total of 75 milligrams of Mirtazapine intake over the previous 7 days.

[Go To Interactive Study](#)



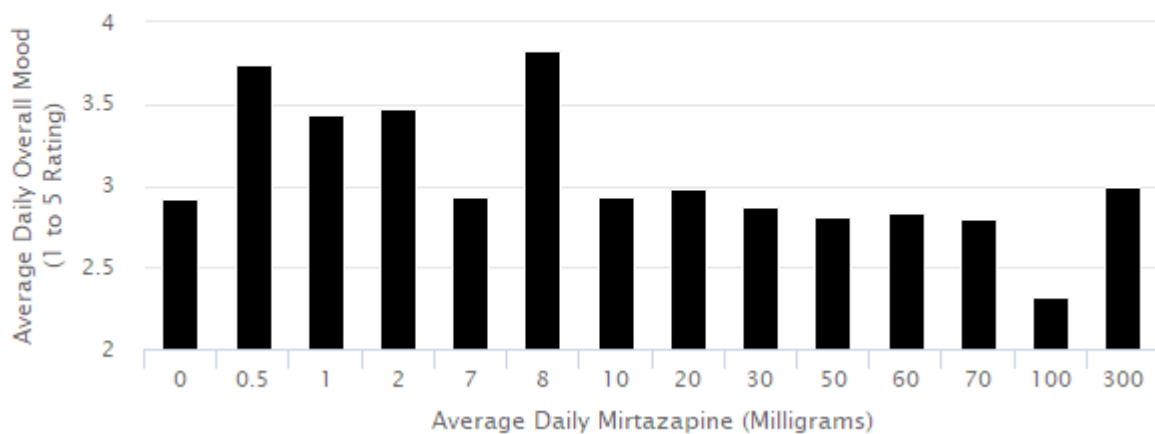
## Overall Mood Following Mirtazapine Intake

An increase in 7 days cumulative Mirtazapine intake is usually followed by an decrease in Overall Mood. ( $R = -0.043$ )



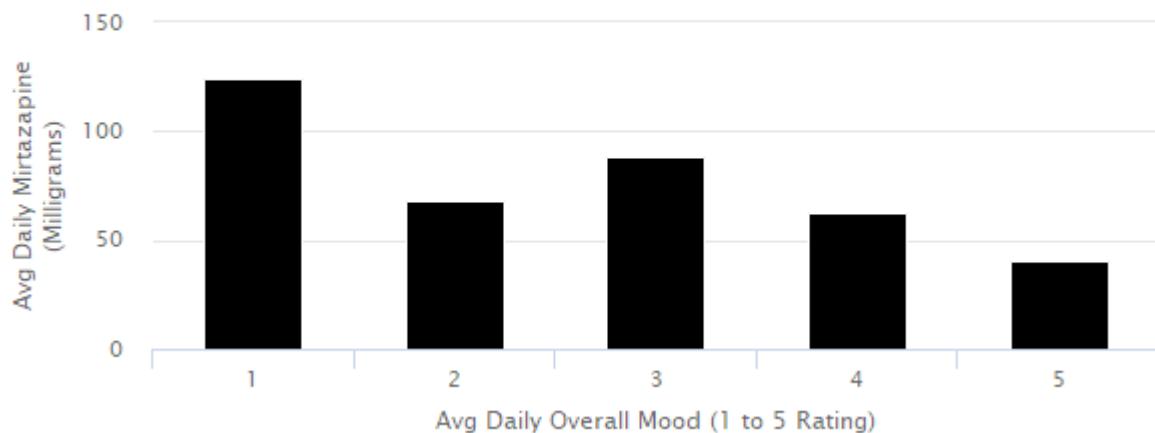
## Average Overall Mood by Previous Mirtazapine Intake

Typical values for Overall Mood following a given amount of Mirtazapine intake over the previous 7 days.

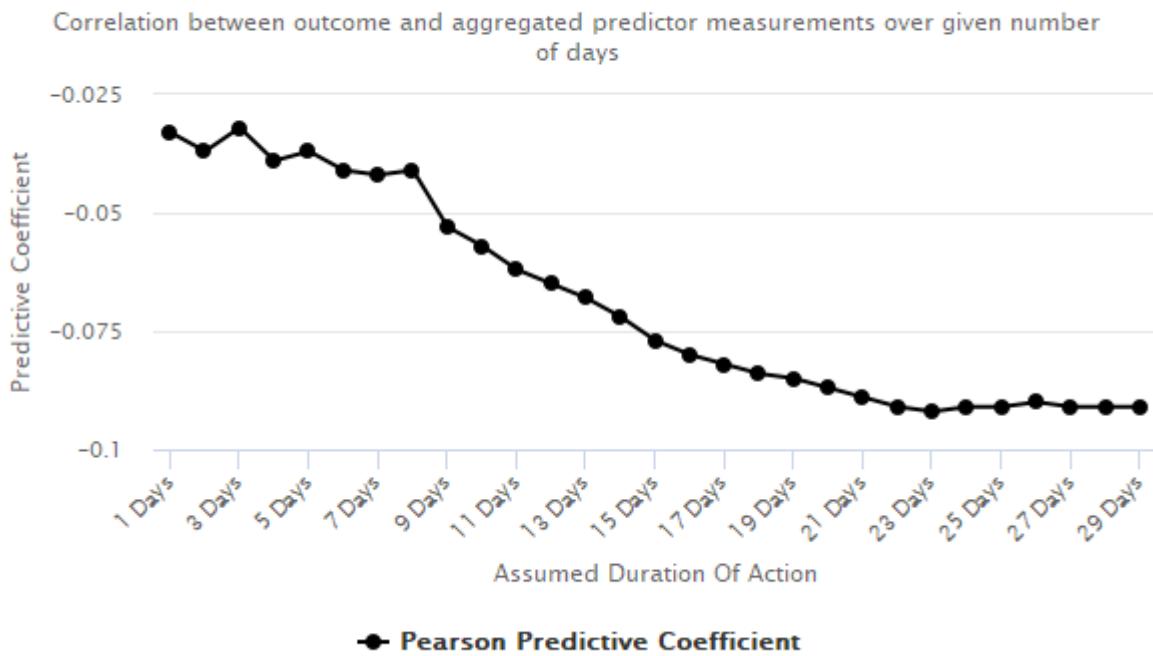


## Average Mirtazapine Intake Preceding Overall Mood

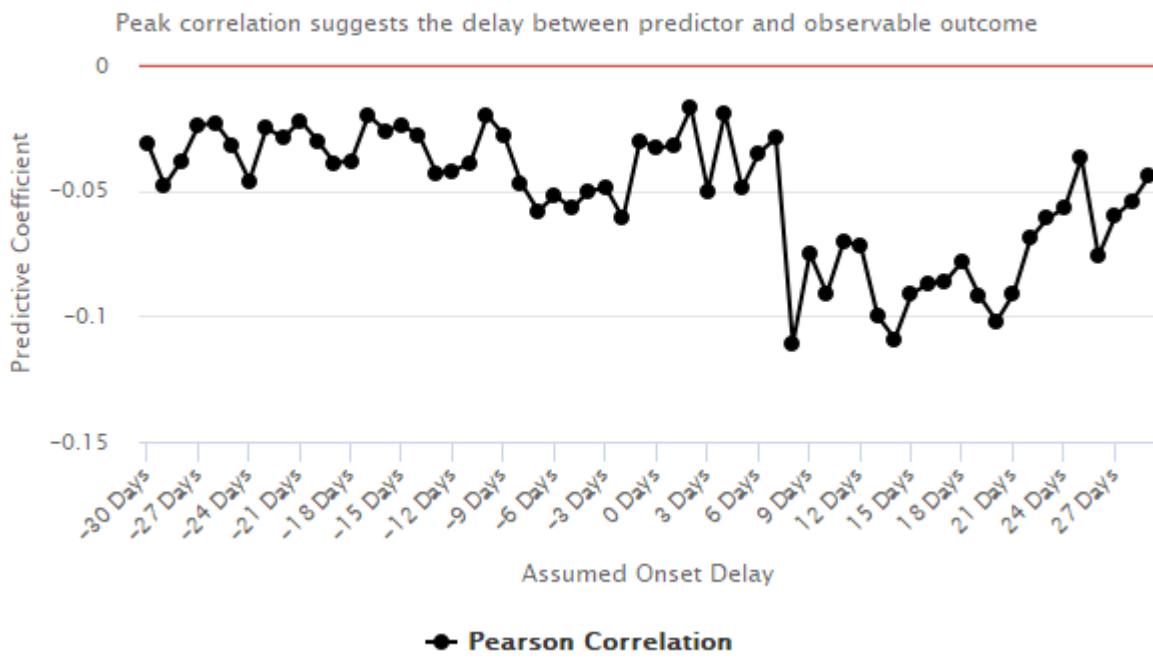
Typical Mirtazapine intake seen over the previous 7 days preceding the given Overall Mood value.



## Correlation Between Mirtazapine and Overall Mood by Duration of Action



## Correlation Between Mirtazapine and Overall Mood by Onset Delay



## Abstract

This individual's Overall Mood is generally 1% higher than normal after a total of 75 milligrams Mirtazapine intake over the previous

7 days. This individual's data suggests with a high degree of confidence ( $p=0.0057386948531623$ , 95% CI -0.078 to -0.008) that Mirtazapine has a very weakly negative predictive relationship ( $R=-0.04$ ) with Overall Mood. The highest quartile of Overall Mood measurements were observed following an average 86.6 milligrams Mirtazapine per day. The lowest quartile of Overall Mood measurements were observed following an average 78.161744022504 mg Mirtazapine per day. Overall Mood is generally 1% lower than normal after a total of 78.161744022504 milligrams of Mirtazapine intake over the previous 7 days. Overall Mood is generally 1% higher after a total of 86.6 milligrams of Mirtazapine intake over the previous 7 days.

## Objective

The objective of this study is to determine the nature of the relationship (if any) between Mirtazapine and Overall Mood. Additionally, we attempt to determine the Mirtazapine values most likely to produce optimal Overall Mood values.

## Participant Instructions

Record your Mirtazapine daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

Record your Overall Mood daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

# Design

This study is based on data donated by one participant. Thus, the study design is consistent with an n=1 observational natural experiment.

## Data Analysis

### Mirtazapine Pre-Processing

Mirtazapine measurement values below 0 milligrams were assumed erroneous and removed. No maximum allowed measurement value was defined for Mirtazapine. It was assumed that any gaps in Mirtazapine data were unrecorded 0 milligrams measurement values.

Mirtazapine Analysis Settings

### Overall Mood Pre-Processing

Overall Mood measurement values below 1 out of 5 were assumed erroneous and removed. Overall Mood measurement values above 5 out of 5 were assumed erroneous and removed. No missing data filling value was defined for Overall Mood so any gaps in data were just not analyzed instead of assuming zero values for those times.

Overall Mood Analysis Settings

### Predictive Analytics

It was assumed that 0.5 hours would pass before a change in

Mirtazapine would produce an observable change in Overall Mood. It was assumed that Mirtazapine could produce an observable change in Overall Mood for as much as 7 days after the stimulus event.

#### Predictive Analysis Settings

## Data Quantity

171 raw Mirtazapine measurements with 299 changes spanning 2372 days from 2013-01-12 to 2019-07-13 were used in this analysis. 14037 raw Overall Mood measurements with 1252 changes spanning 2624 days from 2012-05-06 to 2019-07-13 were used in this analysis.

## Data Sources

Mirtazapine data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

Overall Mood data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

# Limitations

As with any human experiment, it was impossible to control for all potentially confounding variables. Correlation does not necessarily imply causation. We can never know for sure if one factor is definitely the cause of an outcome. However, lack of correlation definitely implies the lack of a causal relationship. Hence, we can with great confidence rule out non-existent relationships. For instance, if we discover no relationship between mood and an antidepressant this information is just as or even more valuable than the discovery that there is a relationship.

We can also take advantage of several characteristics of time series data from many subjects to infer the likelihood of a causal relationship if we do find a correlational relationship. The criteria for causation are a group of minimal conditions necessary to provide adequate evidence of a causal relationship between an incidence and a possible consequence.

The list of the criteria is as follows:

## **Strength (A.K.A. Effect Size)**

A small association does not mean that there is not a causal effect, though the larger the association, the more likely that it is causal. There is a very weakly negative relationship between Mirtazapine intake and Overall Mood

## **Consistency (A.K.A. Reproducibility)**

Consistent findings observed by different persons in different places with different samples strengthens the likelihood of an effect. Furthermore, in accordance with the law of large numbers (LLN), the predictive power and accuracy of these results will

continually grow over time. 2065 paired data points were used in this analysis. Assuming that the relationship is merely coincidental, as the participant independently modifies their Mirtazapine intake values, the observed strength of the relationship will decline until it is below the threshold of significance. To it another way, in the case that we do find a spurious correlation, suggesting that banana intake improves mood for instance, one will likely increase their banana intake. Due to the fact that this correlation is spurious, it is unlikely that you will see a continued and persistent corresponding increase in mood. So over time, the spurious correlation will naturally dissipate.

## **Specificity**

Causation is likely if a very specific population at a specific site and disease with no other likely explanation. The more specific an association between a factor and an effect is, the bigger the probability of a causal relationship.

## **Temporality**

The effect has to occur after the cause (and if there is an expected delay between the cause and expected effect, then the effect must occur after that delay). The confidence in a causal relationship is bolstered by the fact that time-precedence was taken into account in all calculations.

## **Biological Gradient**

Greater exposure should generally lead to greater incidence of the effect. However, in some cases, the mere presence of the factor can trigger the effect. In other cases, an inverse proportion is

observed: greater exposure leads to lower incidence.

## **Plausibility**

A plausible bio-chemical mechanism between cause and effect is critical. This is where human brains excel. Based on our responses so far, 1 humans feel that there is a plausible mechanism of action and 1 feel that any relationship observed between Mirtazapine intake and Overall Mood is coincidental.

## **Coherence**

Coherence between epidemiological and laboratory findings increases the likelihood of an effect. It will be very enlightening to aggregate this data with the data from other participants with similar genetic, diseasesomic, environmentomic, and demographic profiles.

## **Experiment**

All of human life can be considered a natural experiment. Occasionally, it is possible to appeal to experimental evidence.

## **Analogy**

The effect of similar factors may be considered.

## **Relationship Statistics**

<b>Property</b>	<b>Value</b>
Cause Variable Name	Mirtazapine intake
Effect Variable Name	Overall Mood
Sinn Predictive Coefficient	0.0513
Confidence Level	high
Confidence Interval	0.035475432172508
Forward Pearson Predictive Coefficient	-0.043

Property	Value
Critical T Value	1.646
Total Mirtazapine intake Over Previous 7 days Before ABOVE Average Overall Mood	86.6 milligrams
Total Mirtazapine intake Over Previous 7 days Before BELOW Average Overall Mood	78.162 milligrams
Duration of Action	7 days
Effect Size	very weakly negative
Number of Paired Measurements	2065
Optimal Pearson Product	-0.0035136086828865
P Value	0.0057386948531623
Statistical Significance	1
Strength of Relationship	0.035475432172508
Study Type	individual
Analysis Performed At	2019-07-11

## Mirtazapine Statistics

Property	Value
Variable Name	Mirtazapine
Aggregation Method	SUM
Analysis Performed At	2019-07-14
Duration of Action	7 days
Kurtosis	29.71228019946
Mean	11.229 milligrams
Median	0 milligrams
Minimum Allowed Value	0 milligrams
Number of Changes	299
Number of Correlations	38
Number of Measurements	171
Onset Delay	30 minutes
Standard Deviation	17.433966130631
Unit	Milligrams
UPC	035127699356
Variable ID	1378
Variance	303.94317504398

## Overall Mood Statistics

Property	Value
Variable Name	Overall Mood
Aggregation Method	MEAN
Analysis Performed At	2019-07-13

<b>Property</b>	<b>Value</b>
Duration of Action	24 hours
Kurtosis	6.8246574846384
Maximum Allowed Value	5 out of 5
Mean	2.907 out of 5
Median	3 out of 5
Minimum Allowed Value	1 out of 5
Number of Changes	1252
Number of Correlations	4770
Number of Measurements	14037
Onset Delay	0 seconds
Standard Deviation	0.52324971016491
Unit	1 to 5 Rating
UPC	767674073845
Variable ID	1398
Variance	0.27379025918766

# Higher Omega 3 Fatty Acids Intake Predicts Very Slightly Higher Overall Mood

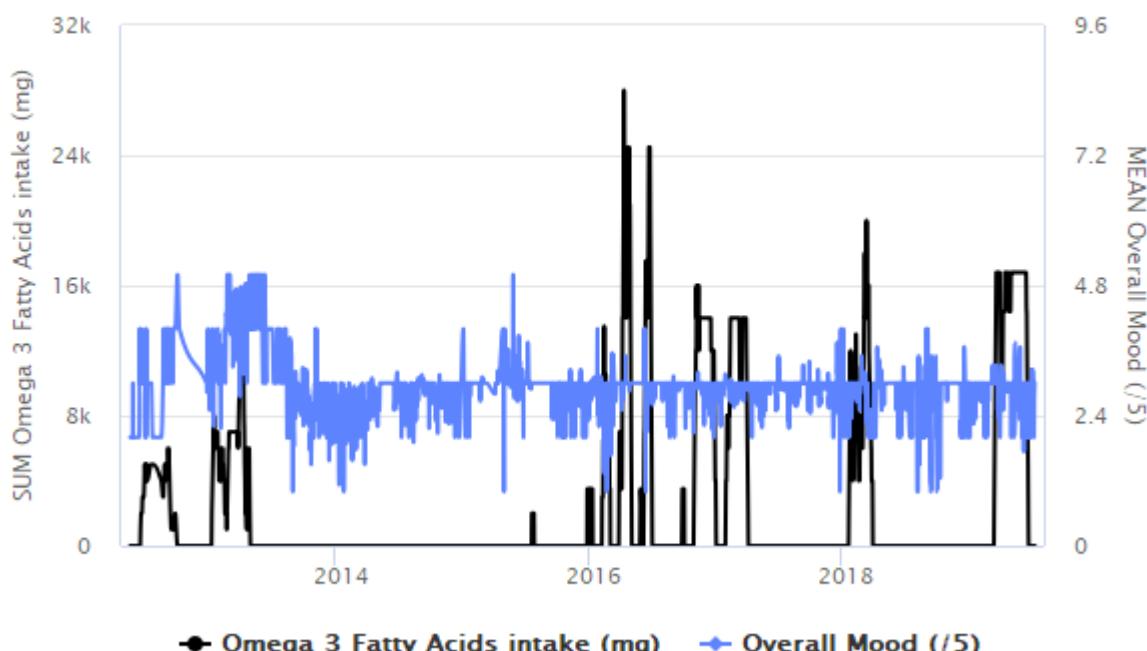


This individual's Overall Mood is generally highest after a daily total of 1000 milligrams of Omega 3 Fatty Acids intake over the previous 7 days.

[Go To Interactive Study](#)

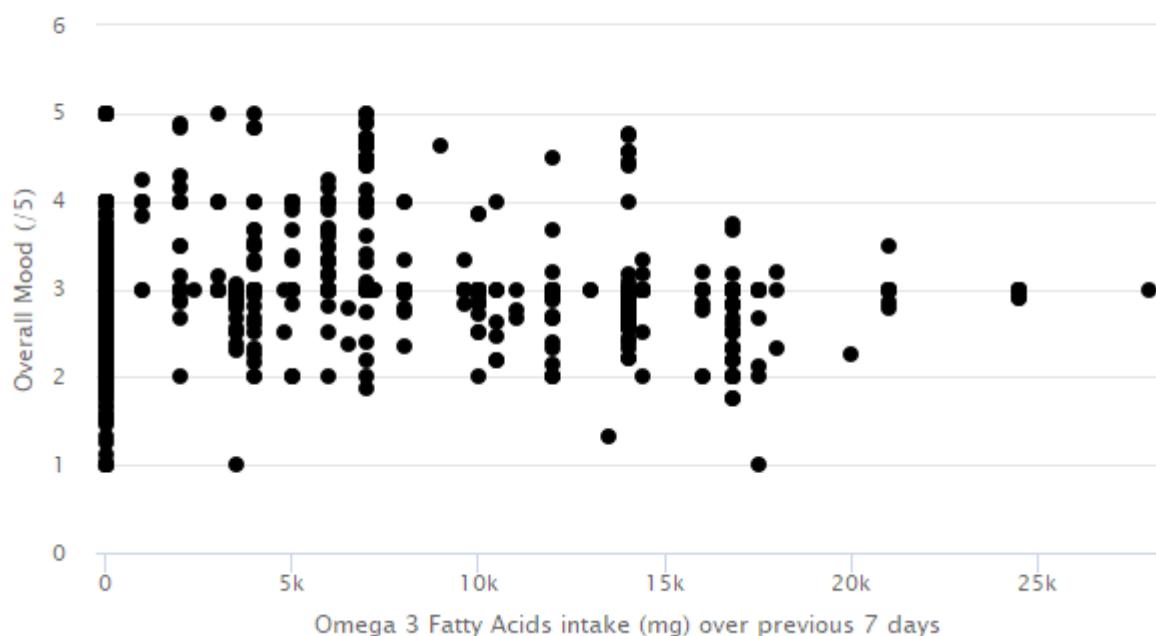
## Omega 3 Fatty Acids Intake & Overall Mood Over Time

Blue represents the sum of Omega 3 Fatty Acids intake over the previous 7 days



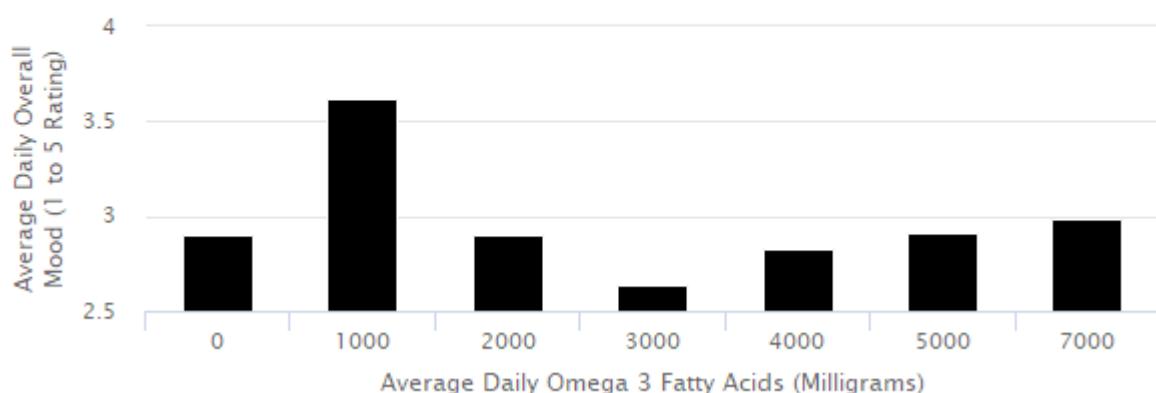
## Overall Mood Following Omega 3 Fatty Acids Intake

An increase in 7 days cumulative Omega 3 Fatty Acids intake is usually followed by an increase in Overall Mood. ( $R = 0.073$ )



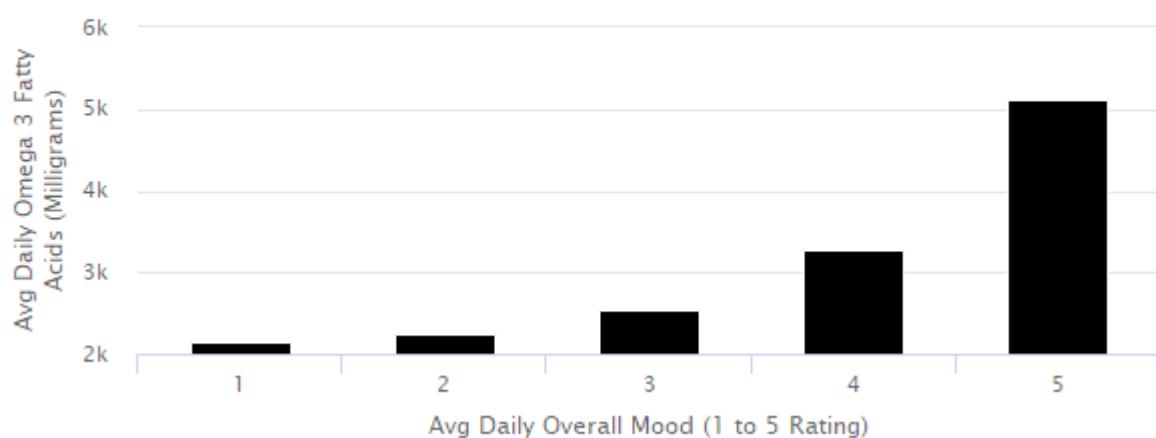
## Average Overall Mood by Previous Omega 3 Fatty Acids Intake

Typical values for Overall Mood following a given amount of Omega 3 Fatty Acids intake over the previous 7 days.

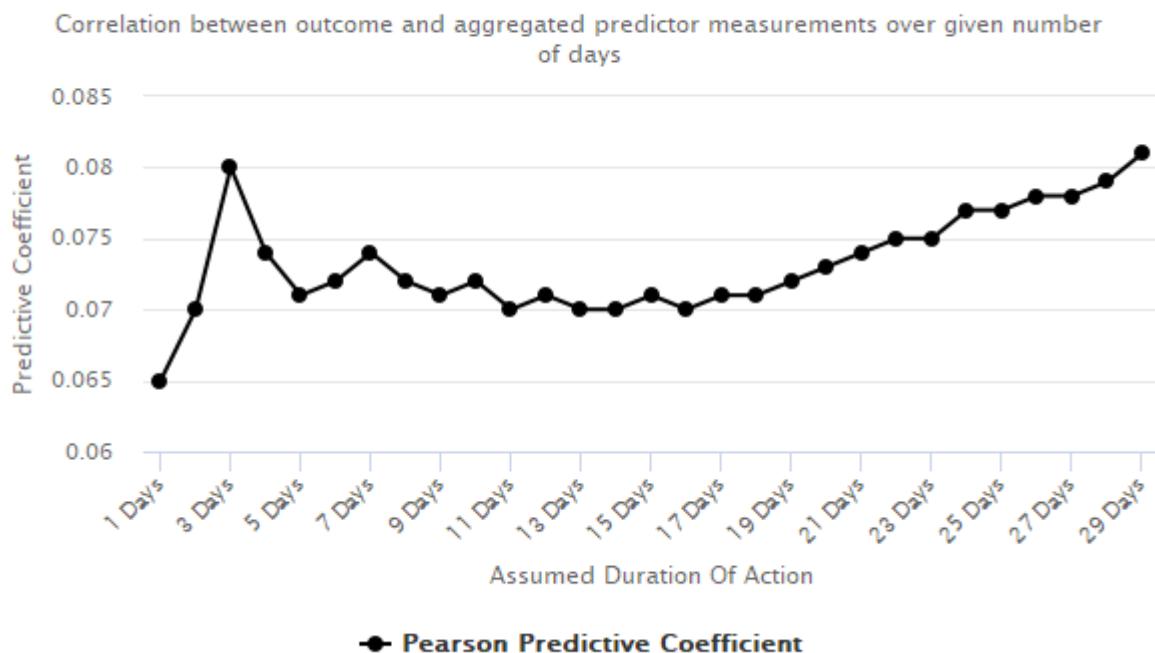


## Average Omega 3 Fatty Acids Intake Preceding Overall Mood

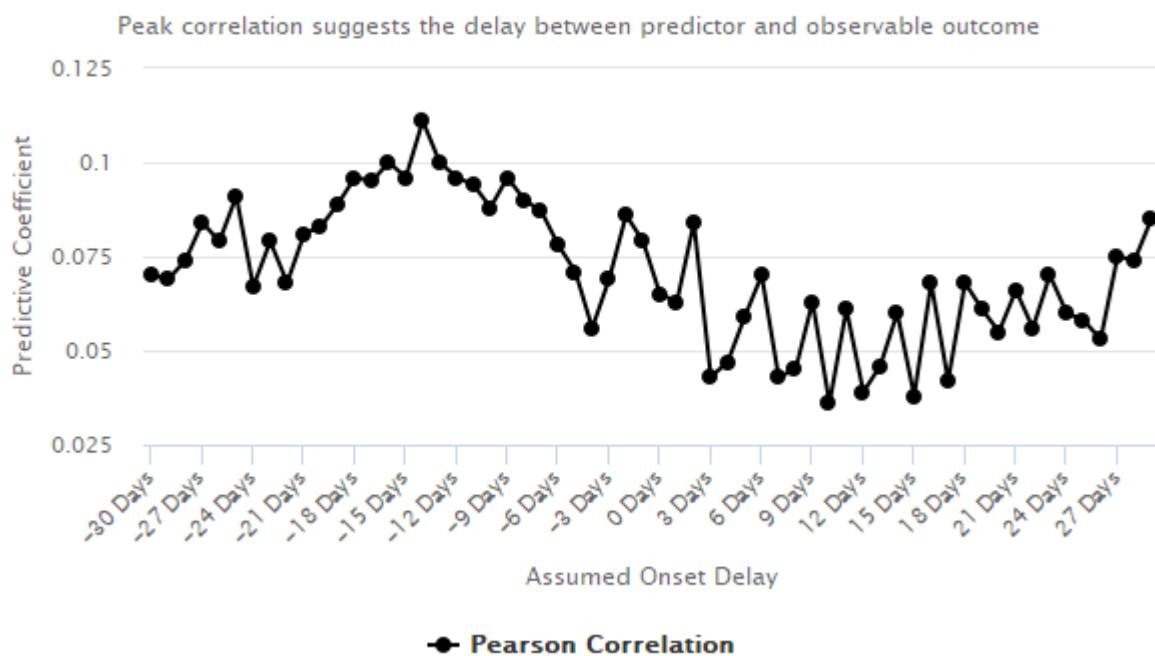
Typical Omega 3 Fatty Acids intake seen over the previous 7 days preceding the given Overall Mood value.



## Correlation Between Omega 3 Fatty Acids and Overall Mood by Duration of Action



## Correlation Between Omega 3 Fatty Acids and Overall Mood by Onset Delay



## Abstract

This individual's Overall Mood is generally 5% higher than normal after a total of 1000 milligrams Omega 3 Fatty Acids intake over

the previous 7 days. This individual's data suggests with a high degree of confidence ( $p=0.001$ , 95% CI 0.024 to 0.122) that Omega 3 Fatty Acids has a very weakly positive predictive relationship ( $R=0.07$ ) with Overall Mood. The highest quartile of Overall Mood measurements were observed following an average 2 milligrams Omega 3 Fatty Acids per day. The lowest quartile of Overall Mood measurements were observed following an average 2318.7158469945 mg Omega 3 Fatty Acids per day. Overall Mood is generally 2% lower than normal after a total of 2318.7158469945 milligrams of Omega 3 Fatty Acids intake over the previous 7 days. Overall Mood is generally 5% higher after a total of 2 milligrams of Omega 3 Fatty Acids intake over the previous 7 days.

## Objective

The objective of this study is to determine the nature of the relationship (if any) between Omega 3 Fatty Acids and Overall Mood. Additionally, we attempt to determine the Omega 3 Fatty Acids values most likely to produce optimal Overall Mood values.

## Participant Instructions

Record your Omega 3 Fatty Acids daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

Record your Overall Mood daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

# Design

This study is based on data donated by one participant. Thus, the study design is consistent with an n=1 observational natural experiment.

## Data Analysis

### **Omega 3 Fatty Acids Pre-Processing**

Omega 3 Fatty Acids measurement values below 0 milligrams were assumed erroneous and removed. No maximum allowed measurement value was defined for Omega 3 Fatty Acids. It was assumed that any gaps in Omega 3 Fatty Acids data were unrecorded 0 milligrams measurement values.

Omega 3 Fatty Acids Analysis Settings

### **Overall Mood Pre-Processing**

Overall Mood measurement values below 1 out of 5 were assumed erroneous and removed. Overall Mood measurement values above 5 out of 5 were assumed erroneous and removed. No missing data filling value was defined for Overall Mood so any gaps in data were just not analyzed instead of assuming zero values for those times.

Overall Mood Analysis Settings

### **Predictive Analytics**

It was assumed that 0.5 hours would pass before a change in

Omega 3 Fatty Acids would produce an observable change in Overall Mood. It was assumed that Omega 3 Fatty Acids could produce an observable change in Overall Mood for as much as 7 days after the stimulus event.

Predictive Analysis Settings

## Data Quantity

188 raw Omega 3 Fatty Acids measurements with 172 changes spanning 2559 days from 2012-06-14 to 2019-06-18 were used in this analysis. 14037 raw Overall Mood measurements with 1252 changes spanning 2624 days from 2012-05-06 to 2019-07-13 were used in this analysis.

## Data Sources

Omega 3 Fatty Acids data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

Overall Mood data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden

factors are most likely to be influencing your mood or symptoms.

## Limitations

As with any human experiment, it was impossible to control for all potentially confounding variables. Correlation does not necessarily imply causation. We can never know for sure if one factor is definitely the cause of an outcome. However, lack of correlation definitely implies the lack of a causal relationship. Hence, we can with great confidence rule out non-existent relationships. For instance, if we discover no relationship between mood and an antidepressant this information is just as or even more valuable than the discovery that there is a relationship.

We can also take advantage of several characteristics of time series data from many subjects to infer the likelihood of a causal relationship if we do find a correlational relationship. The criteria for causation are a group of minimal conditions necessary to provide adequate evidence of a causal relationship between an incidence and a possible consequence.

The list of the criteria is as follows:

### **Strength (A.K.A. Effect Size)**

A small association does not mean that there is not a causal effect, though the larger the association, the more likely that it is causal. There is a very weakly positive relationship between Omega 3 Fatty Acids intake and Overall Mood

### **Consistency (A.K.A. Reproducibility)**

Consistent findings observed by different persons in different

places with different samples strengthens the likelihood of an effect. Furthermore, in accordance with the law of large numbers (LLN), the predictive power and accuracy of these results will continually grow over time. 2118 paired data points were used in this analysis. Assuming that the relationship is merely coincidental, as the participant independently modifies their Omega 3 Fatty Acids intake values, the observed strength of the relationship will decline until it is below the threshold of significance. To it another way, in the case that we do find a spurious correlation, suggesting that banana intake improves mood for instance, one will likely increase their banana intake. Due to the fact that this correlation is spurious, it is unlikely that you will see a continued and persistent corresponding increase in mood. So over time, the spurious correlation will naturally dissipate.

## **Specificity**

Causation is likely if a very specific population at a specific site and disease with no other likely explanation. The more specific an association between a factor and an effect is, the bigger the probability of a causal relationship.

## **Temporality**

The effect has to occur after the cause (and if there is an expected delay between the cause and expected effect, then the effect must occur after that delay). The confidence in a causal relationship is bolstered by the fact that time-precedence was taken into account in all calculations.

## **Biological Gradient**

Greater exposure should generally lead to greater incidence of the effect. However, in some cases, the mere presence of the factor can trigger the effect. In other cases, an inverse proportion is observed: greater exposure leads to lower incidence.

## **Plausibility**

A plausible bio-chemical mechanism between cause and effect is critical. This is where human brains excel. Based on our responses so far, 15 humans feel that there is a plausible mechanism of action and 4 feel that any relationship observed between Omega 3 Fatty Acids intake and Overall Mood is coincidental.

## **Coherence**

Coherence between epidemiological and laboratory findings increases the likelihood of an effect. It will be very enlightening to aggregate this data with the data from other participants with similar genetic, diseaseomic, environmentomic, and demographic profiles.

## **Experiment**

All of human life can be considered a natural experiment. Occasionally, it is possible to appeal to experimental evidence.

## **Analogy**

The effect of similar factors may be considered.

## **Relationship Statistics**

<b>Property</b>	<b>Value</b>
Cause Variable Name	Omega 3 Fatty Acids intake
Effect Variable Name	Overall Mood

Property	Value
Sinn Predictive Coefficient	0.073
Confidence Level	high
Confidence Interval	0.049442076156596
Forward Pearson Predictive Coefficient	0.073
Critical T Value	1.646
Total Omega 3 Fatty Acids intake Over Previous 7 days Before ABOVE Average Overall Mood	2 milligrams
Total Omega 3 Fatty Acids intake Over Previous 7 days Before BELOW Average Overall Mood	2 milligrams
Duration of Action	7 days
Effect Size	very weakly positive
Number of Paired Measurements	2118
Optimal Pearson Product	0.0059118170444047
P Value	0.001
Statistical Significance	0.9994
Strength of Relationship	0.049442076156596
Study Type	individual
Analysis Performed At	2019-07-13

## Omega 3 Fatty Acids Statistics

Property	Value
Variable Name	Omega 3 Fatty Acids
Aggregation Method	SUM
Analysis Performed At	2019-07-13
Duration of Action	7 days
Kurtosis	11.922610022242
Mean	329.48 milligrams
Median	0 milligrams
Minimum Allowed Value	0 milligrams
Number of Changes	172
Number of Correlations	71
Number of Measurements	188
Onset Delay	30 minutes
Standard Deviation	824.79201502018
Unit	Milligrams
UPC	737212751177
Variable ID	1391
Variance	680281.86804106

## Overall Mood Statistics

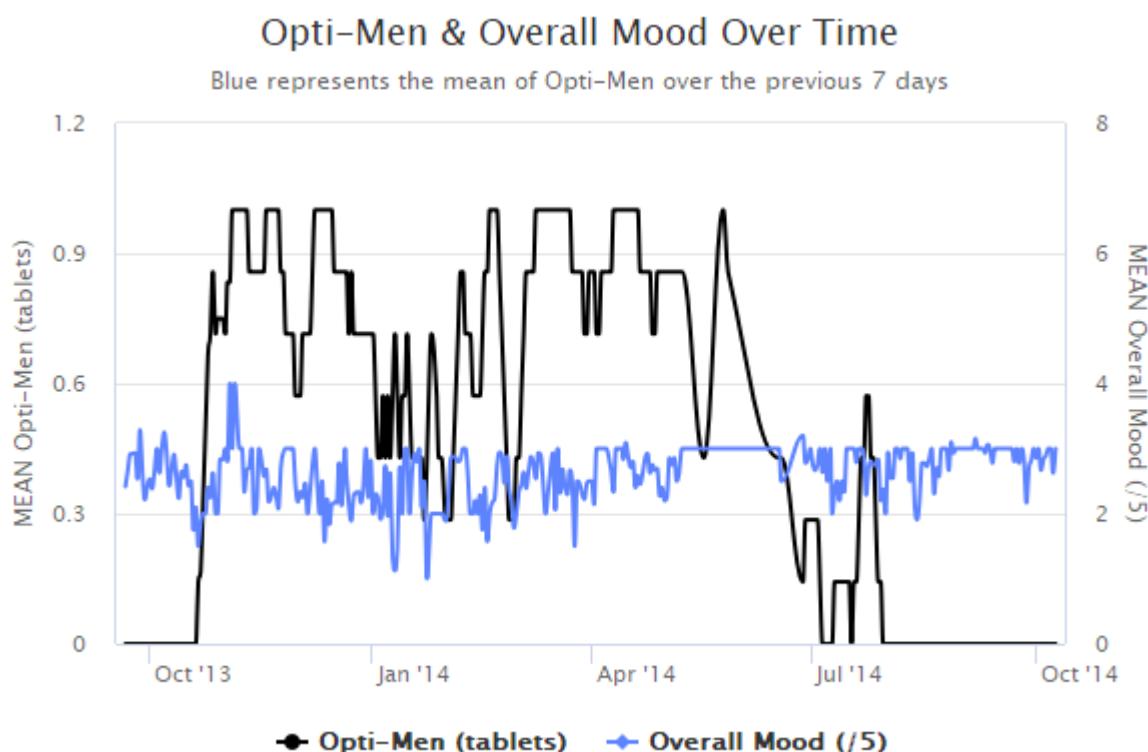
Property	Value
Variable Name	Overall Mood
Aggregation Method	MEAN
Analysis Performed At	2019-07-13
Duration of Action	24 hours
Kurtosis	6.8246574846384
Maximum Allowed Value	5 out of 5
Mean	2.907 out of 5
Median	3 out of 5
Minimum Allowed Value	1 out of 5
Number of Changes	1252
Number of Correlations	4770
Number of Measurements	14037
Onset Delay	0 seconds
Standard Deviation	0.52324971016491
Unit	1 to 5 Rating
UPC	767674073845
Variable ID	1398
Variance	0.27379025918766

# Higher Opti-Men Predicts Slightly Lower Overall Mood



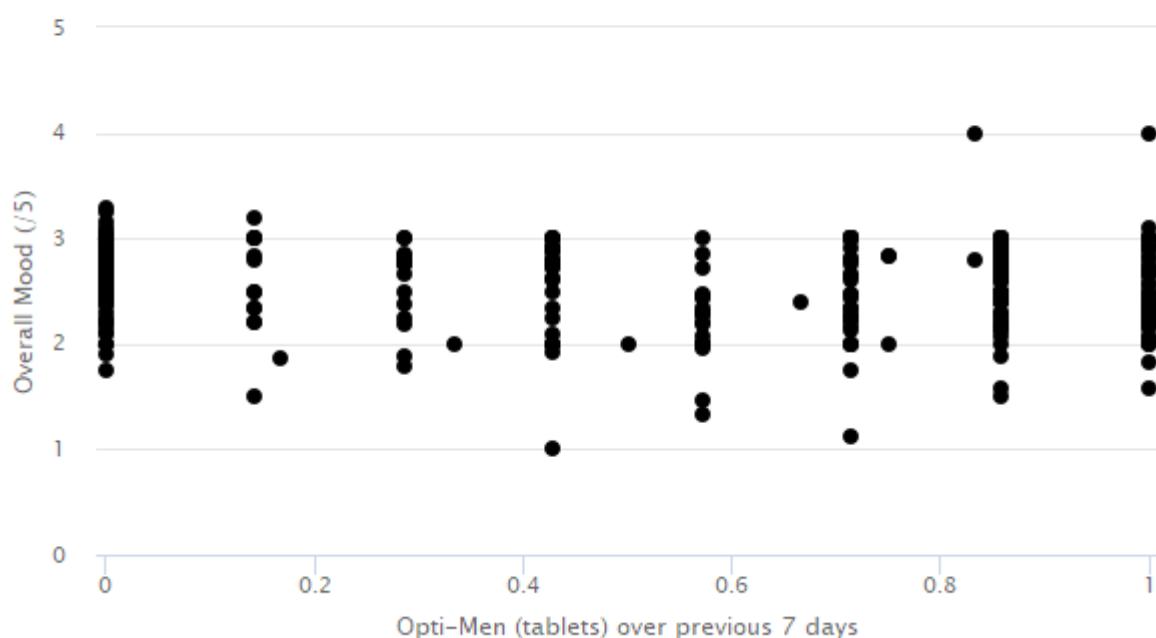
This individual's Overall Mood is generally highest after an average of 0.4 tablets of Opti-Men over the previous 7 days.

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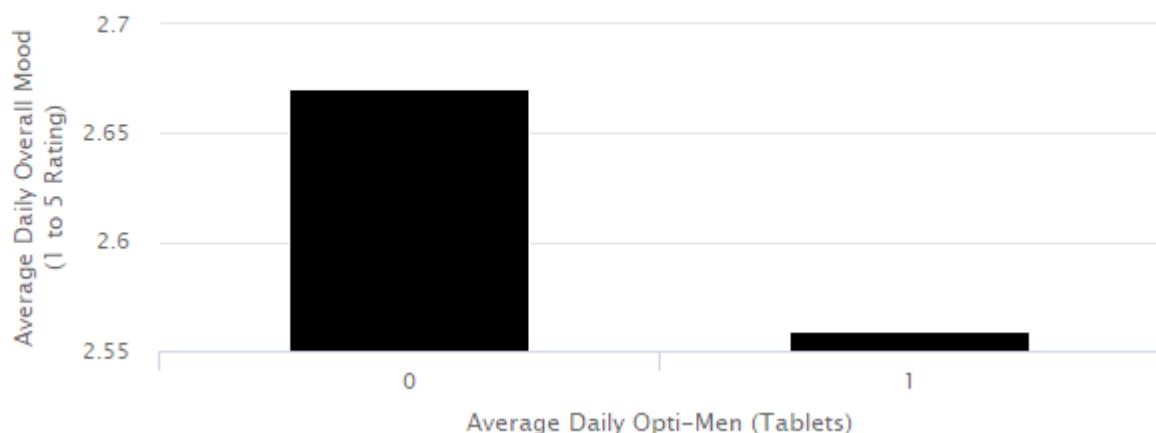
## Overall Mood Following Opti-Men

An increase in 7 days cumulative Opti-Men is usually followed by an decrease in Overall Mood. ( $R = -0.2$ )



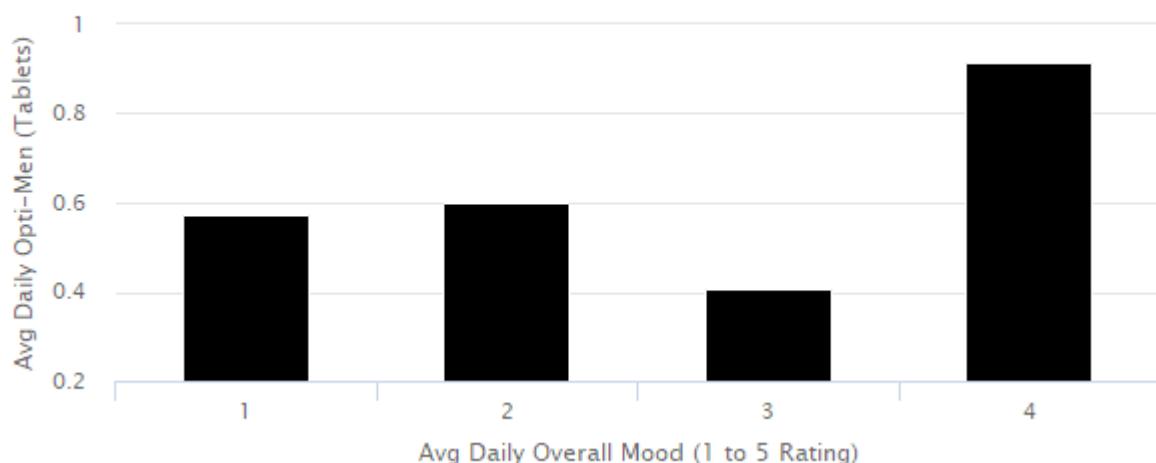
## Average Overall Mood by Previous Opti-Men

Typical values for Overall Mood following a given amount of Opti-Men over the previous 7 days.



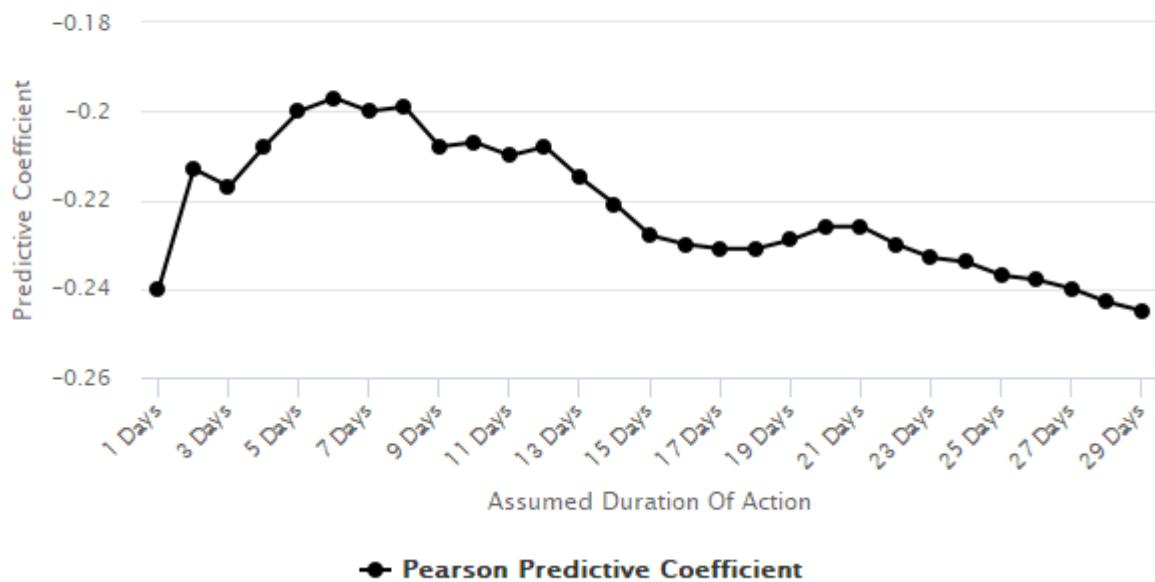
## Average Opti-Men Preceding Overall Mood

Typical Opti-Men seen over the previous 7 days preceding the given Overall Mood value.



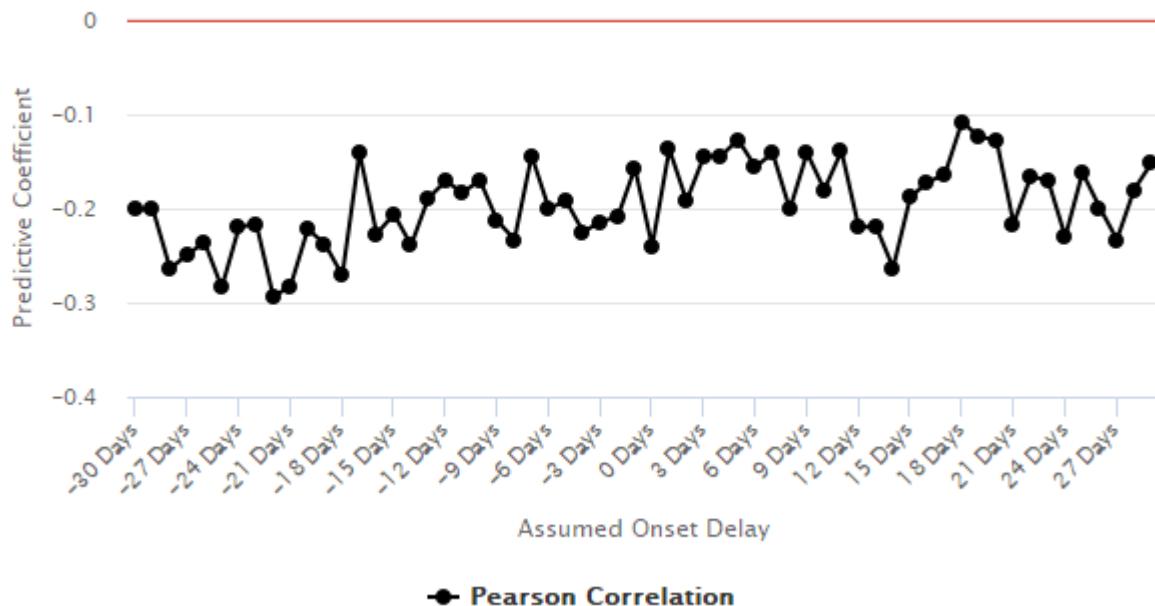
## Correlation Between Opti-Men and Overall Mood by Duration of Action

Correlation between outcome and aggregated predictor measurements over given number of days



## Correlation Between Opti-Men and Overall Mood by Onset Delay

Peak correlation suggests the delay between predictor and observable outcome



## Abstract

This individual's Overall Mood is generally 3% higher than normal after an average of 0.4 tablets Opti-Men over the previous 7 days.

This individual's data suggests with a high degree of confidence ( $p=0.00016913564860718$ , 95% CI -0.273 to -0.127) that Opti-Men has a weakly negative predictive relationship ( $R=-0.2$ ) with Overall Mood. The highest quartile of Overall Mood measurements were observed following an average 0.41 tablets Opti-Men. The lowest quartile of Overall Mood measurements were observed following an average 0.5683908045977 tablets Opti-Men. Overall Mood is generally 3% lower than normal after an average of 0.5683908045977 tablets of Opti-Men over the previous 7 days. Overall Mood is generally 3% higher after an average of 0.41 tablets of Opti-Men over the previous 7 days.

## Objective

The objective of this study is to determine the nature of the relationship (if any) between Opti-Men and Overall Mood. Additionally, we attempt to determine the Opti-Men values most likely to produce optimal Overall Mood values.

## Participant Instructions

Record your Opti-Men daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

Record your Overall Mood daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

## Design

This study is based on data donated by one participant. Thus, the

study design is consistent with an n=1 observational natural experiment.

# Data Analysis

## Opti-Men Pre-Processing

Opti-Men measurement values below 0 tablets were assumed erroneous and removed. Opti-Men measurement values above 20 tablets were assumed erroneous and removed. It was assumed that any gaps in Opti-Men data were unrecorded 0 tablets measurement values.

Opti-Men Analysis Settings

## Overall Mood Pre-Processing

Overall Mood measurement values below 1 out of 5 were assumed erroneous and removed. Overall Mood measurement values above 5 out of 5 were assumed erroneous and removed. No missing data filling value was defined for Overall Mood so any gaps in data were just not analyzed instead of assuming zero values for those times.

Overall Mood Analysis Settings

## Predictive Analytics

It was assumed that 0.5 hours would pass before a change in Opti-Men would produce an observable change in Overall Mood. It was assumed that Opti-Men could produce an observable change in Overall Mood for as much as 7 days after the stimulus event.

## Predictive Analysis Settings

### Data Quantity

245 raw Opti-Men measurements with 80 changes spanning 317 days from 2013-10-20 to 2014-09-02 were used in this analysis.

14037 raw Overall Mood measurements with 1252 changes spanning 2624 days from 2012-05-06 to 2019-07-13 were used in this analysis.

### Data Sources

Opti-Men data was primarily collected using [QuantiModo](#).

[QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices.

[QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

Overall Mood data was primarily collected using [QuantiModo](#).

[QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices.

[QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

### Limitations

As with any human experiment, it was impossible to control for all

potentially confounding variables. Correlation does not necessarily imply causation. We can never know for sure if one factor is definitely the cause of an outcome. However, lack of correlation definitely implies the lack of a causal relationship. Hence, we can with great confidence rule out non-existent relationships. For instance, if we discover no relationship between mood and an antidepressant this information is just as or even more valuable than the discovery that there is a relationship.

We can also take advantage of several characteristics of time series data from many subjects to infer the likelihood of a causal relationship if we do find a correlational relationship. The criteria for causation are a group of minimal conditions necessary to provide adequate evidence of a causal relationship between an incidence and a possible consequence.

The list of the criteria is as follows:

### **Strength (A.K.A. Effect Size)**

A small association does not mean that there is not a causal effect, though the larger the association, the more likely that it is causal. There is a weakly negative relationship between Opti-Men and Overall Mood

### **Consistency (A.K.A. Reproducibility)**

Consistent findings observed by different persons in different places with different samples strengthens the likelihood of an effect. Furthermore, in accordance with the law of large numbers (LLN), the predictive power and accuracy of these results will continually grow over time. 335 paired data points were used in this analysis. Assuming that the relationship is merely coincidental, as the participant independently modifies their Opti-

Men values, the observed strength of the relationship will decline until it is below the threshold of significance. To it another way, in the case that we do find a spurious correlation, suggesting that banana intake improves mood for instance, one will likely increase their banana intake. Due to the fact that this correlation is spurious, it is unlikely that you will see a continued and persistent corresponding increase in mood. So over time, the spurious correlation will naturally dissipate.

## Specificity

Causation is likely if a very specific population at a specific site and disease with no other likely explanation. The more specific an association between a factor and an effect is, the bigger the probability of a causal relationship.

## Temporality

The effect has to occur after the cause (and if there is an expected delay between the cause and expected effect, then the effect must occur after that delay). The confidence in a causal relationship is bolstered by the fact that time-precedence was taken into account in all calculations.

## Biological Gradient

Greater exposure should generally lead to greater incidence of the effect. However, in some cases, the mere presence of the factor can trigger the effect. In other cases, an inverse proportion is observed: greater exposure leads to lower incidence.

## Plausibility

A plausible bio-chemical mechanism between cause and effect is

critical. This is where human brains excel. Based on our responses so far, 2 humans feel that there is a plausible mechanism of action and 3 feel that any relationship observed between Opti-Men and Overall Mood is coincidental.

## Coherence

Coherence between epidemiological and laboratory findings increases the likelihood of an effect. It will be very enlightening to aggregate this data with the data from other participants with similar genetic, diseasesomic, environmentomic, and demographic profiles.

## Experiment

All of human life can be considered a natural experiment. Occasionally, it is possible to appeal to experimental evidence.

## Analogy

The effect of similar factors may be considered.

## Relationship Statistics

Property	Value
Cause Variable Name	Opti-Men
Effect Variable Name	Overall Mood
Sinn Predictive Coefficient	0.2156
Confidence Level	high
Confidence Interval	0.073246854765483
Forward Pearson Predictive Coefficient	-0.2
Critical T Value	1.646
Average Opti- Men Over Previous 7 days Before ABOVE Average Overall Mood	0.41 tablets
Average Opti- Men Over Previous 7 days Before BELOW Average Overall Mood	0.568 tablets
Duration of Action	7 days

Property	Value
Effect Size	weakly negative
Number of Paired Measurements	335
Optimal Pearson Product	0.082038548432497
P Value	0.00016913564860718
Statistical Significance	0.9499
Strength of Relationship	0.073246854765483
Study Type	individual
Analysis Performed At	2019-07-11

## Opti-Men Statistics

Property	Value
Variable Name	Opti-Men
Aggregation Method	MEAN
Analysis Performed At	2018-12-22
Duration of Action	7 days
Kurtosis	10.091686232948
Maximum Allowed Value	20 tablets
Mean	0.083298 tablets
Median	0 tablets
Minimum Allowed Value	0 tablets
Number of Changes	80
Number of Correlations	208
Number of Measurements	245
Onset Delay	30 minutes
Standard Deviation	0.27639079329251
Unit	Tablets
UPC	785923187747
Variable ID	1394
Variance	0.076391870616861

## Overall Mood Statistics

Property	Value
Variable Name	Overall Mood
Aggregation Method	MEAN
Analysis Performed At	2019-07-13
Duration of Action	24 hours
Kurtosis	6.8246574846384
Maximum Allowed Value	5 out of 5
Mean	2.907 out of 5

<b>Property</b>	<b>Value</b>
Median	3 out of 5
Minimum Allowed Value	1 out of 5
Number of Changes	1252
Number of Correlations	4770
Number of Measurements	14037
Onset Delay	0 seconds
Standard Deviation	0.52324971016491
Unit	1 to 5 Rating
UPC	767674073845
Variable ID	1398
Variance	0.27379025918766

# Higher Purchases Of Life Extension Optimized Folate (l-methylfolate) Predicts Very Slightly Lower Overall Mood

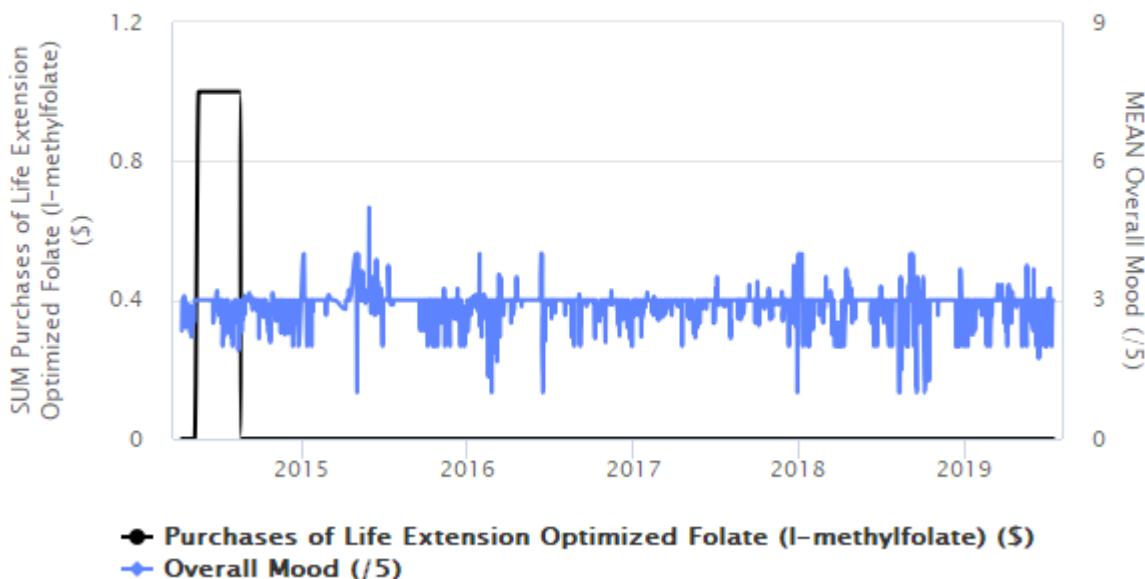


This individual's Overall Mood is generally 5.1% lower after \$1 Purchases of Life Extension Optimized Folate (l-methylfolate) over the previous 3 months.

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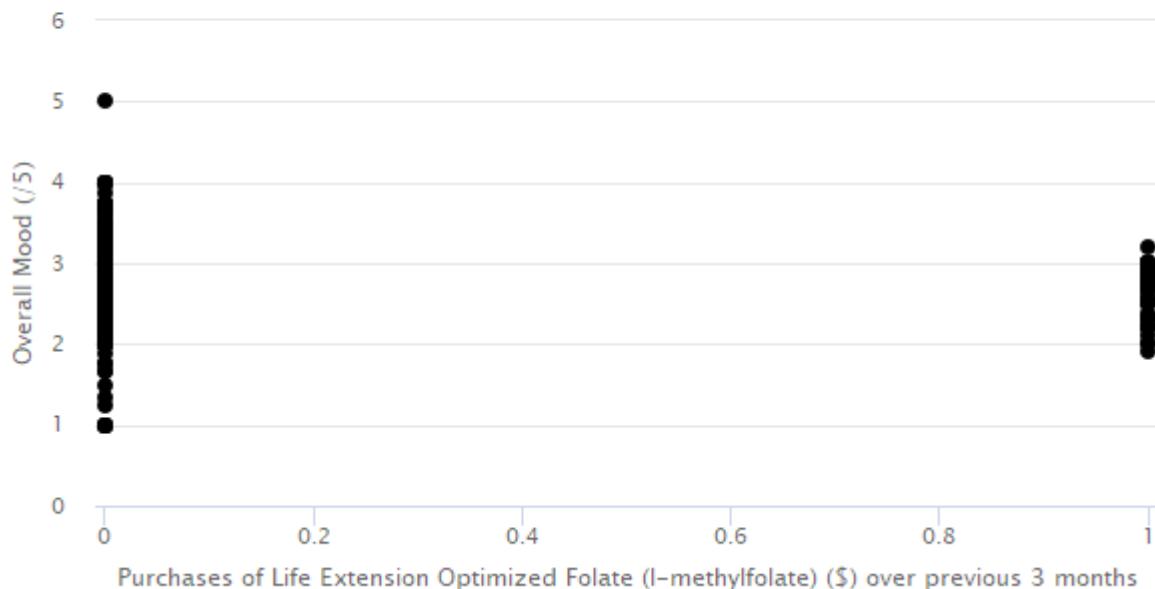
## Purchases of Life Extension Optimized Folate (l-methylfolate) & Overall Mood Over Time

Blue represents the sum of Purchases of Life Extension Optimized Folate (l-methylfolate) over the previous 3 months



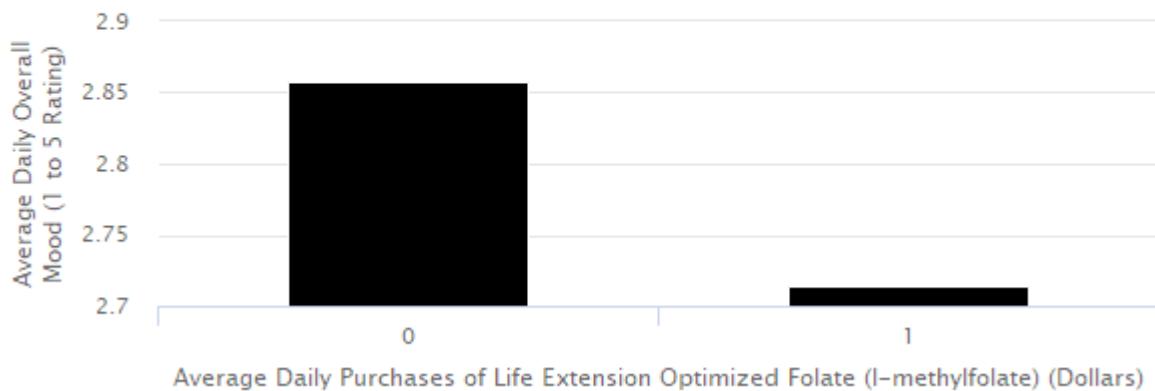
## Overall Mood following Purchases of Life Extension Optimized Folate (l-methylfolate)

An increase in 3 months cumulative Purchases of Life Extension Optimized Folate (l-methylfolate) is usually followed by an decrease in Overall Mood. ( $R = -0.077$ )



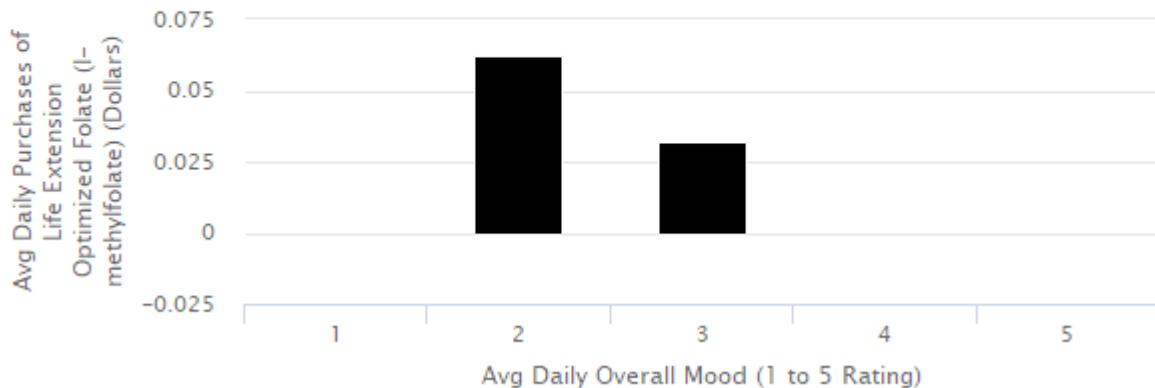
## Average Overall Mood by Previous Purchases of Life Extension Optimized Folate (l-methylfolate)

Typical values for Overall Mood following a given amount of Purchases of Life Extension Optimized Folate (l-methylfolate) over the previous 3 months.

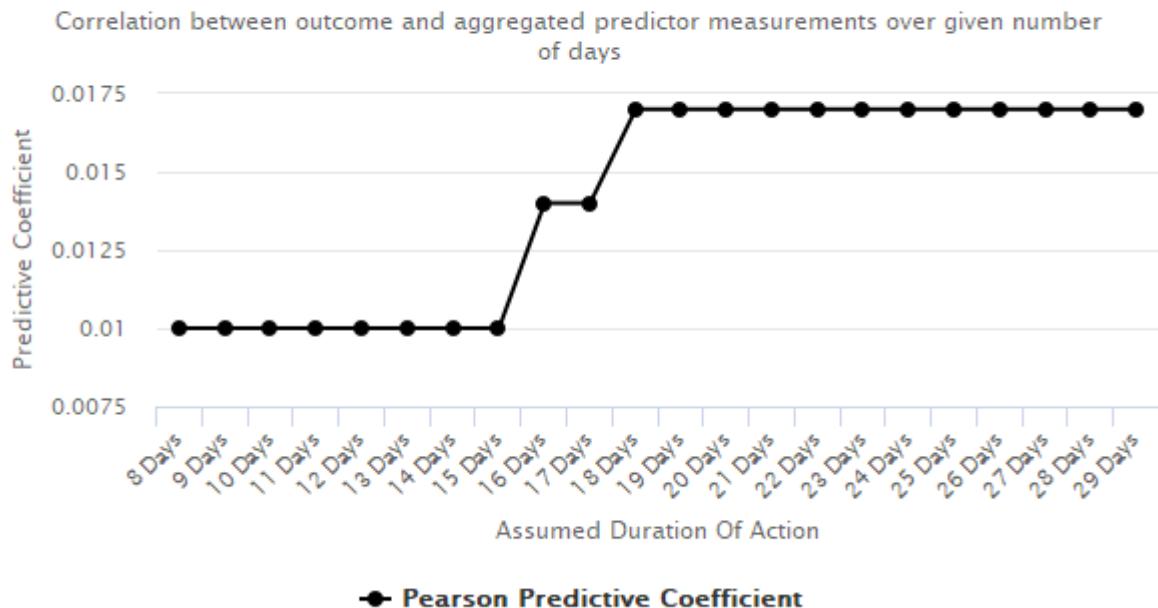


## Average Purchases of Life Extension Optimized Folate (l-methylfolate) Preceding Overall Mood

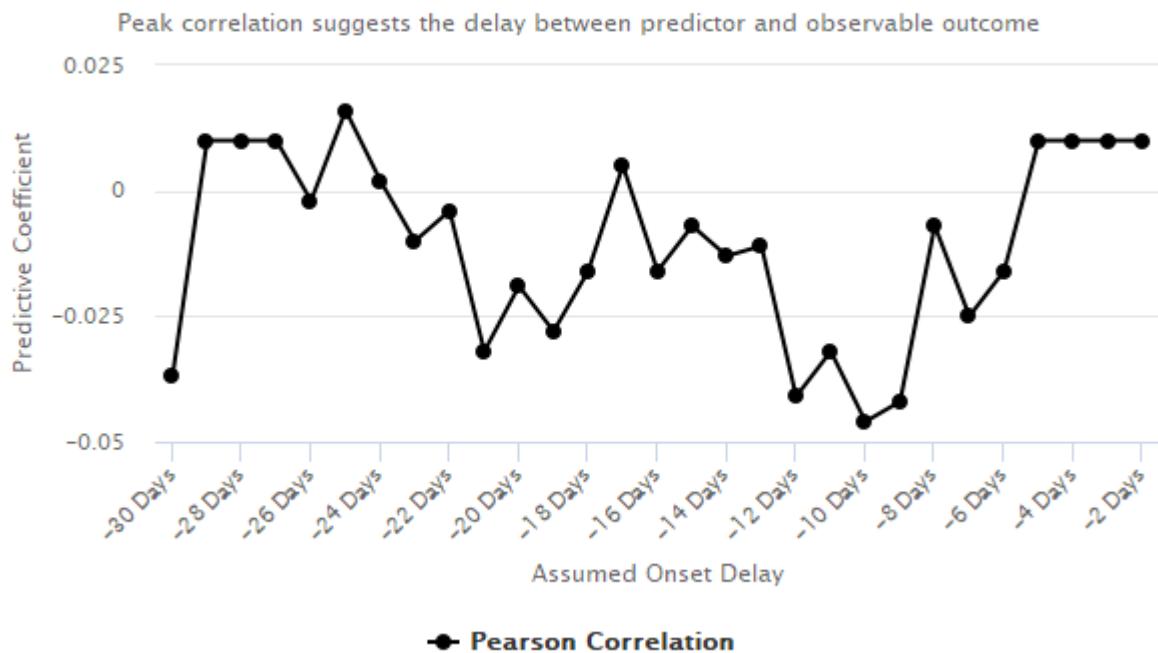
Typical Purchases of Life Extension Optimized Folate (l-methylfolate) seen over the previous 3 months preceding the given Overall Mood value.



## Correlation Between Purchases of Life Extension Optimized Folate (L-Methylfolate) and Overall Mood by Duration of Action



## Correlation Between Purchases of Life Extension Optimized Folate (L-Methylfolate) and Overall Mood by Onset Delay



## Abstract

This individual's Overall Mood is generally 0% higher than normal after a total of \$0 Purchases of Life Extension Optimized Folate (l-

methylfolate) over the previous 3 months. This individual's data suggests with a high degree of confidence ( $p=0.001174933639686$ , 95% CI -0.148 to -0.006) that Purchases Of Life Extension Optimized Folate (l-methylfolate) has a very weakly negative predictive relationship ( $R=-0.08$ ) with Overall Mood. The highest quartile of Overall Mood measurements were observed following an average \$0.02 Purchases Of Life Extension Optimized Folate (l-methylfolate) per day. The lowest quartile of Overall Mood measurements were observed following an average 0.073593073593074 \$ Purchases Of Life Extension Optimized Folate (l-methylfolate) per day. Overall Mood is generally 5% lower than normal after a total of \$0.073593073593074 of Purchases of Life Extension Optimized Folate (l-methylfolate) over the previous 3 months. Overall Mood is generally 0% higher after a total of \$0.02 of Purchases of Life Extension Optimized Folate (l-methylfolate) over the previous 3 months.

## Objective

The objective of this study is to determine the nature of the relationship (if any) between Purchases of Life Extension Optimized Folate and Overall Mood. Additionally, we attempt to determine the Purchases of Life Extension Optimized Folate (l-methylfolate) values most likely to produce optimal Overall Mood values.

## Participant Instructions

Get [Amazon here](#) and use it to record your Purchases of Life

Extension Optimized Folate (l-methylfolate). Once you have a [Amazon](#) account, you can import your data from the [Import Data page](#). Your data will automatically be imported and analyzed. Record your Overall Mood daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

## Design

This study is based on data donated by one participant. Thus, the study design is consistent with an n=1 observational natural experiment.

## Data Analysis

### **Purchases of Life Extension Optimized Folate (l-methylfolate) Pre-Processing**

No minimum allowed measurement value was defined for Purchases of Life Extension Optimized Folate (l-methylfolate). No maximum allowed measurement value was defined for Purchases of Life Extension Optimized Folate (l-methylfolate). It was assumed that any gaps in Purchases of Life Extension Optimized Folate (l-methylfolate) data were unrecorded \$0 measurement values.

Purchases of Life Extension Optimized Folate (l-methylfolate) Analysis Settings

### **Overall Mood Pre-Processing**

Overall Mood measurement values below 1 out of 5 were assumed erroneous and removed. Overall Mood measurement values above

5 out of 5 were assumed erroneous and removed. No missing data filling value was defined for Overall Mood so any gaps in data were just not analyzed instead of assuming zero values for those times.

Overall Mood Analysis Settings

## Predictive Analytics

It was assumed that 0 hours would pass before a change in Purchases Of Life Extension Optimized Folate (l-methylfolate) would produce an observable change in Overall Mood. It was assumed that Purchases Of Life Extension Optimized Folate (l-methylfolate) could produce an observable change in Overall Mood for as much as 100 days after the stimulus event.

Predictive Analysis Settings

## Data Quantity

2 raw Purchases of Life Extension Optimized Folate (l-methylfolate) measurements with 1 changes spanning 1879 days from 2014-05-10 to 2019-07-01 were used in this analysis. 14044 raw Overall Mood measurements with 1253 changes spanning 2626 days from 2012-05-06 to 2019-07-15 were used in this analysis.

## Statistical Significance

Using a two-tailed t-test with alpha = 0.05, it was determined that the change in Overall Mood is statistically significant at 95%

confidence interval. After treatment, a -5.1% change from the mean baseline 2.8613642909357 1 to 5 Rating was observed. The relative standard deviation at baseline was 12.3%. The observed change was 0.41817602535647 times the standard deviation. A common rule of thumb considers a change greater than twice the baseline standard deviation on two separate pre-post experiments may be considered significant. This occurrence would have only a 5% likelihood of resulting from random fluctuation (a p-value

## Data Sources

Purchases Of Life Extension Optimized Folate (l-methylfolate) data was primarily collected using [Amazon](#). Automatically import your foods and nutritional supplements. You can also enjoy QuantiModo Plus and support us for free by allowing our Chrome extension to automatically add our affiliate code at checkout.

Overall Mood data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

## Limitations

As with any human experiment, it was impossible to control for all potentially confounding variables. Correlation does not necessarily

imply causation. We can never know for sure if one factor is definitely the cause of an outcome. However, lack of correlation definitely implies the lack of a causal relationship. Hence, we can with great confidence rule out non-existent relationships. For instance, if we discover no relationship between mood and an antidepressant this information is just as or even more valuable than the discovery that there is a relationship.

We can also take advantage of several characteristics of time series data from many subjects to infer the likelihood of a causal relationship if we do find a correlational relationship. The criteria for causation are a group of minimal conditions necessary to provide adequate evidence of a causal relationship between an incidence and a possible consequence.

The list of the criteria is as follows:

### **Strength (A.K.A. Effect Size)**

A small association does not mean that there is not a causal effect, though the larger the association, the more likely that it is causal. There is a very weakly negative relationship between Purchases of Life Extension Optimized Folate (l-methylfolate) and Overall Mood

### **Consistency (A.K.A. Reproducibility)**

Consistent findings observed by different persons in different places with different samples strengthens the likelihood of an effect. Furthermore, in accordance with the law of large numbers (LLN), the predictive power and accuracy of these results will continually grow over time. 1650 paired data points were used in this analysis. Assuming that the relationship is merely coincidental, as the participant independently modifies their Purchases of Life Extension Optimized Folate (l-methylfolate)

values, the observed strength of the relationship will decline until it is below the threshold of significance. To it another way, in the case that we do find a spurious correlation, suggesting that banana intake improves mood for instance, one will likely increase their banana intake. Due to the fact that this correlation is spurious, it is unlikely that you will see a continued and persistent corresponding increase in mood. So over time, the spurious correlation will naturally dissipate.

## **Specificity**

Causation is likely if a very specific population at a specific site and disease with no other likely explanation. The more specific an association between a factor and an effect is, the bigger the probability of a causal relationship.

## **Temporality**

The effect has to occur after the cause (and if there is an expected delay between the cause and expected effect, then the effect must occur after that delay). The confidence in a causal relationship is bolstered by the fact that time-precedence was taken into account in all calculations.

## **Biological Gradient**

Greater exposure should generally lead to greater incidence of the effect. However, in some cases, the mere presence of the factor can trigger the effect. In other cases, an inverse proportion is observed: greater exposure leads to lower incidence.

## **Plausibility**

A plausible bio-chemical mechanism between cause and effect is

critical. This is where human brains excel. Based on our responses so far, 0 humans feel that there is a plausible mechanism of action and 0 feel that any relationship observed between Purchases of Life Extension Optimized Folate (l-methylfolate) and Overall Mood is coincidental.

## **Coherence**

Coherence between epidemiological and laboratory findings increases the likelihood of an effect. It will be very enlightening to aggregate this data with the data from other participants with similar genetic, diseaseomic, environmentomic, and demographic profiles.

## **Experiment**

All of human life can be considered a natural experiment. Occasionally, it is possible to appeal to experimental evidence.

## **Analogy**

The effect of similar factors may be considered.

## **Relationship Statistics**

<b>Property</b>	<b>Value</b>
Cause Variable Name	Purchases of Life Extension Optimized Folate (l-methylfolate)
Effect Variable Name	Overall Mood
Sinn Predictive Coefficient	0.0003
Confidence Level	high
Confidence Interval	0.071129404681878
Forward Pearson Predictive Coefficient	-0.077
Critical T Value	1.646

<b>Property</b>	<b>Value</b>
Total Purchases of Life Extension Optimized Folate (l-methylfolate) Over Previous 3 months Before ABOVE Average Overall Mood	\$0.02
Total Purchases of Life Extension Optimized Folate (l-methylfolate) Over Previous 3 months Before BELOW Average Overall Mood	\$0.074
Duration of Action	3 months
Effect Size	very weakly negative
Number of Paired Measurements	1650
Optimal Pearson Product	0.022668462230173
P Value	0.001174933639686
Statistical Significance	0.0042
Strength of Relationship	0.071129404681878
Study Type	individual
Analysis Performed At	2019-07-01
Outcome Relative Standard Deviation at Baseline	12.3
Outcome Standard Deviation at Baseline	0.35156789741733/5
Outcome Mean at Baseline	2.8613642909357/5
Average Followup Change From Baseline	-5.1&
Average Absolute Followup Change From Baseline	2.7143470249507/5
Z- Score	0.41817602535647
Average Predictor Treatment Value	1\$ over 3 months

## **Purchases of Life Extension Optimized Folate (l-methylfolate) Statistics**

<b>Property</b>	<b>Value</b>
Variable Name	Purchases of Life Extension Optimized Folate (l-methylfolate)
Aggregation Method	SUM
Analysis Performed At	2019-07-01
Duration of Action	3 months
Kurtosis	2546.0011769326
Mean	\$0
Median	\$0
Number of Changes	1
Number of Measurements	2
Onset Delay	0 seconds
Unit	Dollars
Variable ID	5996936

## Overall Mood Statistics

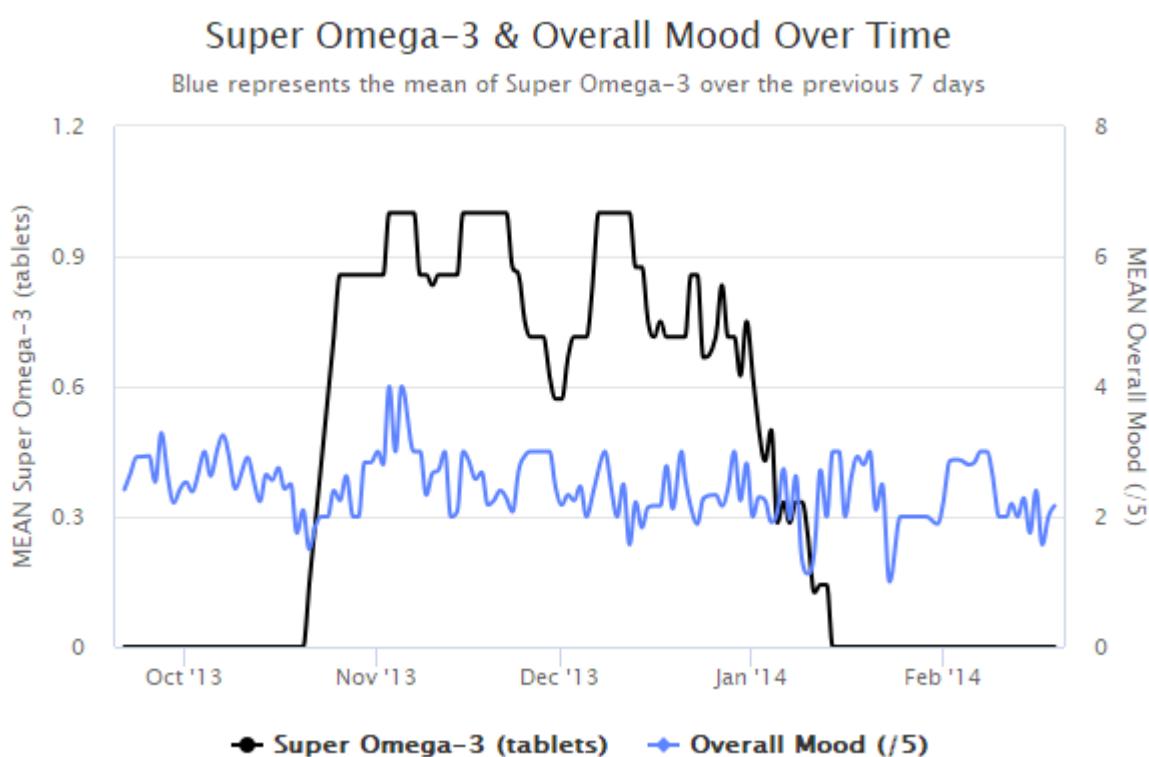
Property	Value
Variable Name	Overall Mood
Aggregation Method	MEAN
Analysis Performed At	2019-07-15
Duration of Action	24 hours
Kurtosis	6.8302870429713
Maximum Allowed Value	5 out of 5
Mean	2.9071 out of 5
Median	3 out of 5
Minimum Allowed Value	1 out of 5
Number of Changes	1253
Number of Correlations	4770
Number of Measurements	14044
Onset Delay	0 seconds
Standard Deviation	0.52301063533222
Unit	1 to 5 Rating
UPC	767674073845
Variable ID	1398
Variance	0.27354012467062

# Higher Super Omega-3 Predicts Very Slightly Higher Overall Mood



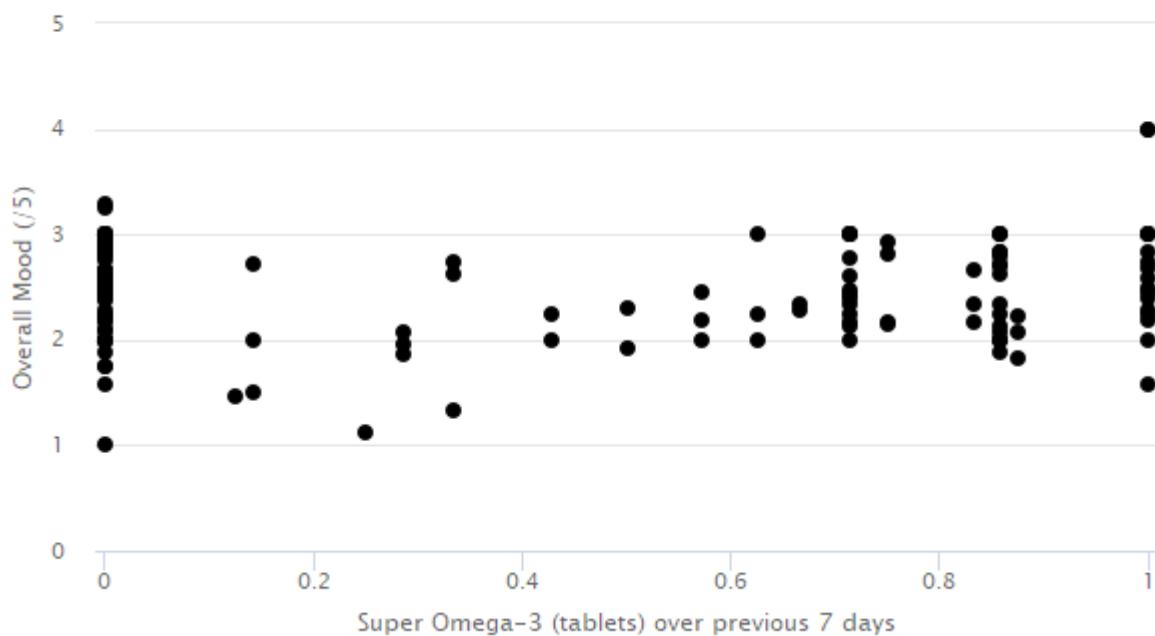
This individual's Overall Mood is generally highest after an average of 0.88 tablets of Super Omega-3 over the previous 7 days.

[Go To Interactive Study](#)



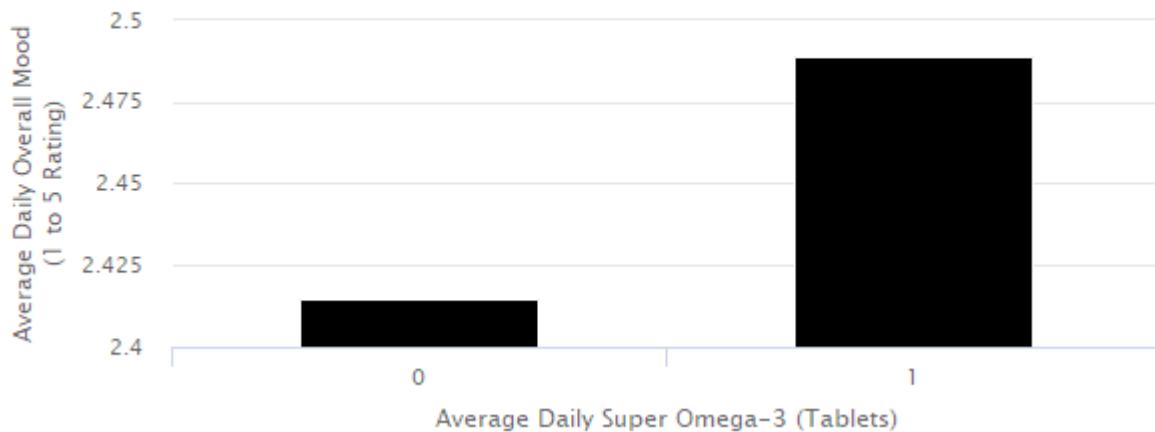
## Overall Mood Following Super Omega-3

An increase in 7 days cumulative Super Omega-3 is usually followed by an increase in Overall Mood. ( $R = 0.092$ )



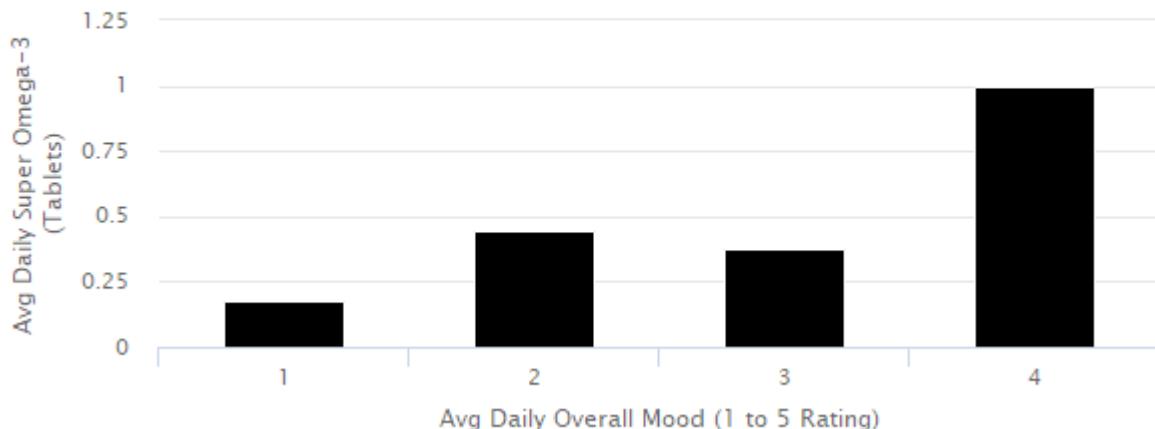
## Average Overall Mood by Previous Super Omega-3

Typical values for Overall Mood following a given amount of Super Omega-3 over the previous 7 days.

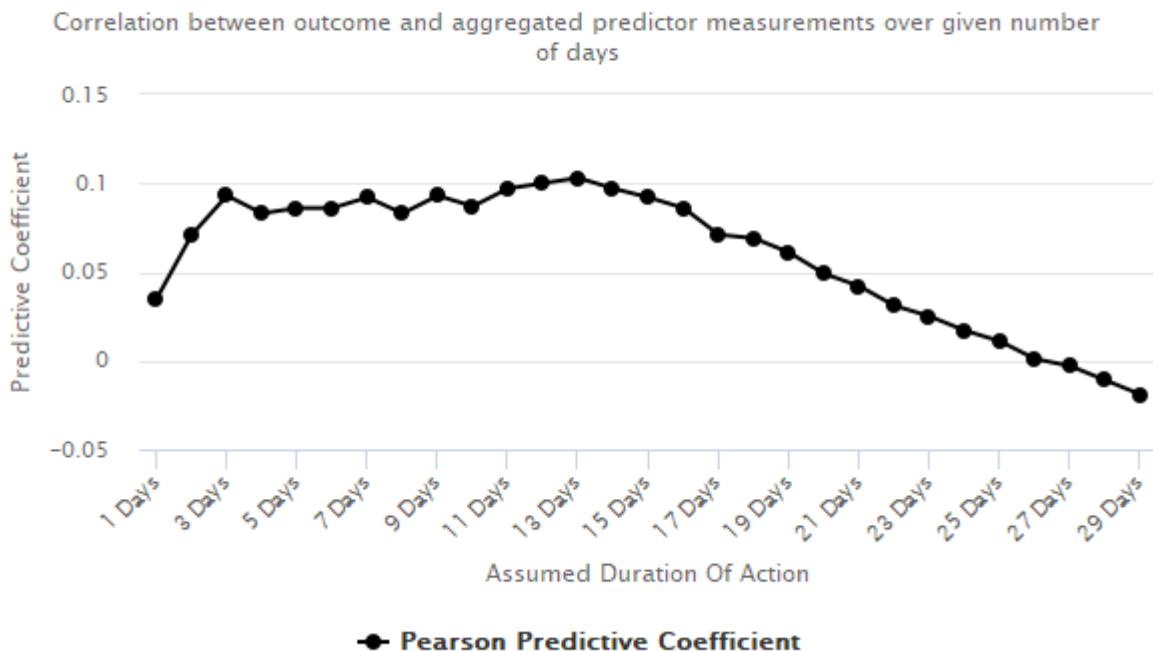


## Average Super Omega-3 Preceding Overall Mood

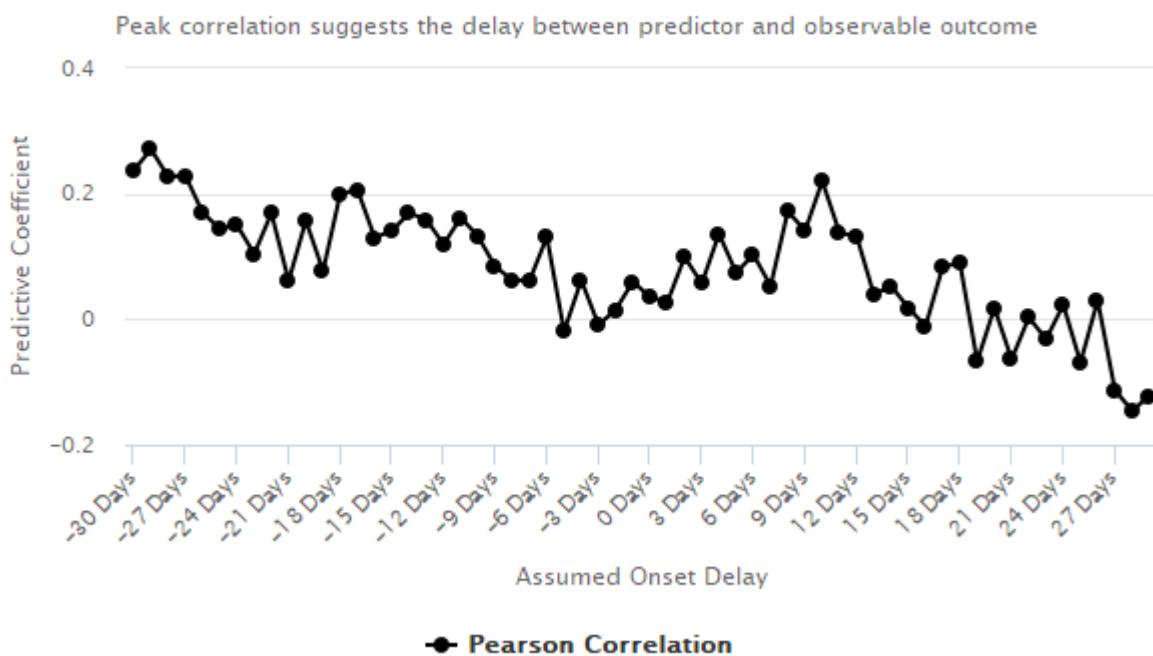
Typical Super Omega-3 seen over the previous 7 days preceding the given Overall Mood value.



## Correlation Between Super Omega-3 and Overall Mood by Duration of Action



## Correlation Between Super Omega-3 and Overall Mood by Onset Delay



## Abstract

This individual's Overall Mood is generally 2% higher than normal after an average of 0.875 tablets Super Omega-3 over the previous

7 days. This individual's data suggests with a medium degree of confidence ( $p=0.21730501137092$ , 95% CI -0.038 to 0.222) that Super Omega-3 has a very weakly positive predictive relationship ( $R=0.09$ ) with Overall Mood. The highest quartile of Overall Mood measurements were observed following an average 0.41 tablets Super Omega-3. The lowest quartile of Overall Mood measurements were observed following an average 0.42206349206349 tablets Super Omega-3. Overall Mood is generally 2% lower than normal after an average of 0.42206349206349 tablets of Super Omega-3 over the previous 7 days. Overall Mood is generally 2% higher after an average of 0.41 tablets of Super Omega-3 over the previous 7 days.

## Objective

The objective of this study is to determine the nature of the relationship (if any) between Super Omega-3 and Overall Mood. Additionally, we attempt to determine the Super Omega-3 values most likely to produce optimal Overall Mood values.

## Participant Instructions

Record your Super Omega-3 daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

Record your Overall Mood daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

# Design

This study is based on data donated by one participant. Thus, the study design is consistent with an n=1 observational natural experiment.

## Data Analysis

### **Super Omega-3 Pre-Processing**

Super Omega-3 measurement values below 0 tablets were assumed erroneous and removed. Super Omega-3 measurement values above 20 tablets were assumed erroneous and removed. It was assumed that any gaps in Super Omega-3 data were unrecorded 0 tablets measurement values.

Super Omega-3 Analysis Settings

### **Overall Mood Pre-Processing**

Overall Mood measurement values below 1 out of 5 were assumed erroneous and removed. Overall Mood measurement values above 5 out of 5 were assumed erroneous and removed. No missing data filling value was defined for Overall Mood so any gaps in data were just not analyzed instead of assuming zero values for those times.

Overall Mood Analysis Settings

### **Predictive Analytics**

It was assumed that 0.5 hours would pass before a change in

Super Omega-3 would produce an observable change in Overall Mood. It was assumed that Super Omega-3 could produce an observable change in Overall Mood for as much as 7 days after the stimulus event.

### Predictive Analysis Settings

## Data Quantity

76 raw Super Omega-3 measurements with 27 changes spanning 85 days from 2013-10-20 to 2014-01-13 were used in this analysis. 14037 raw Overall Mood measurements with 1252 changes spanning 2624 days from 2012-05-06 to 2019-07-13 were used in this analysis.

## Data Sources

Super Omega-3 data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

Overall Mood data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

# Limitations

As with any human experiment, it was impossible to control for all potentially confounding variables. Correlation does not necessarily imply causation. We can never know for sure if one factor is definitely the cause of an outcome. However, lack of correlation definitely implies the lack of a causal relationship. Hence, we can with great confidence rule out non-existent relationships. For instance, if we discover no relationship between mood and an antidepressant this information is just as or even more valuable than the discovery that there is a relationship.

We can also take advantage of several characteristics of time series data from many subjects to infer the likelihood of a causal relationship if we do find a correlational relationship. The criteria for causation are a group of minimal conditions necessary to provide adequate evidence of a causal relationship between an incidence and a possible consequence.

The list of the criteria is as follows:

## **Strength (A.K.A. Effect Size)**

A small association does not mean that there is not a causal effect, though the larger the association, the more likely that it is causal. There is a very weakly positive relationship between Super Omega-3 and Overall Mood

## **Consistency (A.K.A. Reproducibility)**

Consistent findings observed by different persons in different places with different samples strengthens the likelihood of an effect. Furthermore, in accordance with the law of large numbers (LLN), the predictive power and accuracy of these results will

continually grow over time. 147 paired data points were used in this analysis. Assuming that the relationship is merely coincidental, as the participant independently modifies their Super Omega-3 values, the observed strength of the relationship will decline until it is below the threshold of significance. To it another way, in the case that we do find a spurious correlation, suggesting that banana intake improves mood for instance, one will likely increase their banana intake. Due to the fact that this correlation is spurious, it is unlikely that you will see a continued and persistent corresponding increase in mood. So over time, the spurious correlation will naturally dissipate.

## **Specificity**

Causation is likely if a very specific population at a specific site and disease with no other likely explanation. The more specific an association between a factor and an effect is, the bigger the probability of a causal relationship.

## **Temporality**

The effect has to occur after the cause (and if there is an expected delay between the cause and expected effect, then the effect must occur after that delay). The confidence in a causal relationship is bolstered by the fact that time-precedence was taken into account in all calculations.

## **Biological Gradient**

Greater exposure should generally lead to greater incidence of the effect. However, in some cases, the mere presence of the factor can trigger the effect. In other cases, an inverse proportion is observed: greater exposure leads to lower incidence.

## **Plausibility**

A plausible bio-chemical mechanism between cause and effect is critical. This is where human brains excel. Based on our responses so far, 2 humans feel that there is a plausible mechanism of action and 2 feel that any relationship observed between Super Omega-3 and Overall Mood is coincidental.

## **Coherence**

Coherence between epidemiological and laboratory findings increases the likelihood of an effect. It will be very enlightening to aggregate this data with the data from other participants with similar genetic, diseasesomic, environmentomic, and demographic profiles.

## **Experiment**

All of human life can be considered a natural experiment. Occasionally, it is possible to appeal to experimental evidence.

## **Analogy**

The effect of similar factors may be considered.

## **Relationship Statistics**

<b>Property</b>	<b>Value</b>
Cause Variable Name	Super Omega-3
Effect Variable Name	Overall Mood
Sinn Predictive Coefficient	0.0861
Confidence Level	medium
Confidence Interval	0.12988200031966
Forward Pearson Predictive Coefficient	0.092
Critical T Value	1.646
Average Super Omega-3 Over Previous 7 days Before ABOVE Average	0.41 tablets
Overall Mood	

<b>Property</b>	<b>Value</b>
Average Super Omega-3 Over Previous 7 days Before BELOW Average Overall Mood	0.422 tablets
Duration of Action	7 days
Effect Size	very weakly positive
Number of Paired Measurements	147
Optimal Pearson Product	-0.0037408789372658
P Value	0.21730501137092
Statistical Significance	0.7052
Strength of Relationship	0.12988200031966
Study Type	individual
Analysis Performed At	2019-07-12

## Super Omega-3 Statistics

<b>Property</b>	<b>Value</b>
Variable Name	Super Omega-3
Aggregation Method	MEAN
Analysis Performed At	2019-04-05
Duration of Action	7 days
Kurtosis	2.042306740368
Maximum Allowed Value	20 tablets
Mean	0.72941 tablets
Median	1 tablets
Minimum Allowed Value	0 tablets
Number of Changes	27
Number of Correlations	170
Number of Measurements	76
Onset Delay	30 minutes
Standard Deviation	0.4469003109813
Unit	Tablets
UPC	737870198628
Variable ID	1455
Variance	0.19971988795518

## Overall Mood Statistics

<b>Property</b>	<b>Value</b>
Variable Name	Overall Mood
Aggregation Method	MEAN
Analysis Performed At	2019-07-13
Duration of Action	24 hours
Kurtosis	6.8246574846384

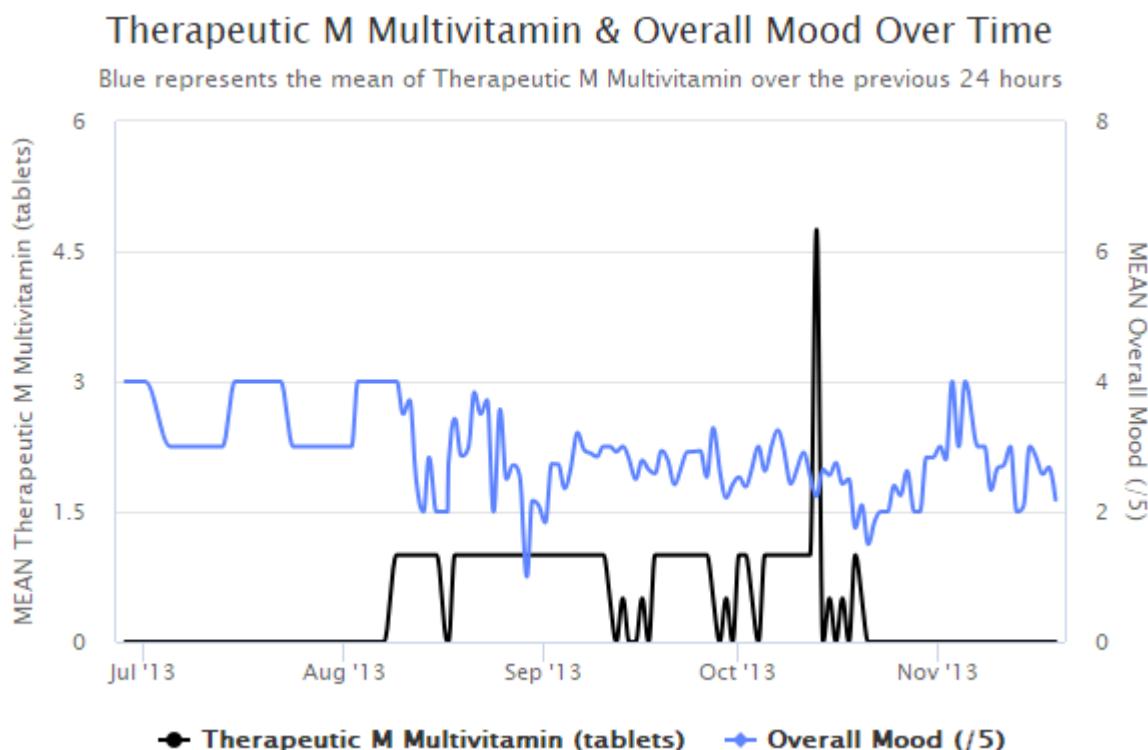
<b>Property</b>	<b>Value</b>
Maximum Allowed Value	5 out of 5
Mean	2.907 out of 5
Median	3 out of 5
Minimum Allowed Value	1 out of 5
Number of Changes	1252
Number of Correlations	4770
Number of Measurements	14037
Onset Delay	0 seconds
Standard Deviation	0.52324971016491
Unit	1 to 5 Rating
UPC	767674073845
Variable ID	1398
Variance	0.27379025918766

# Higher Therapeutic M Multivitamin Predicts Slightly Lower Overall Mood



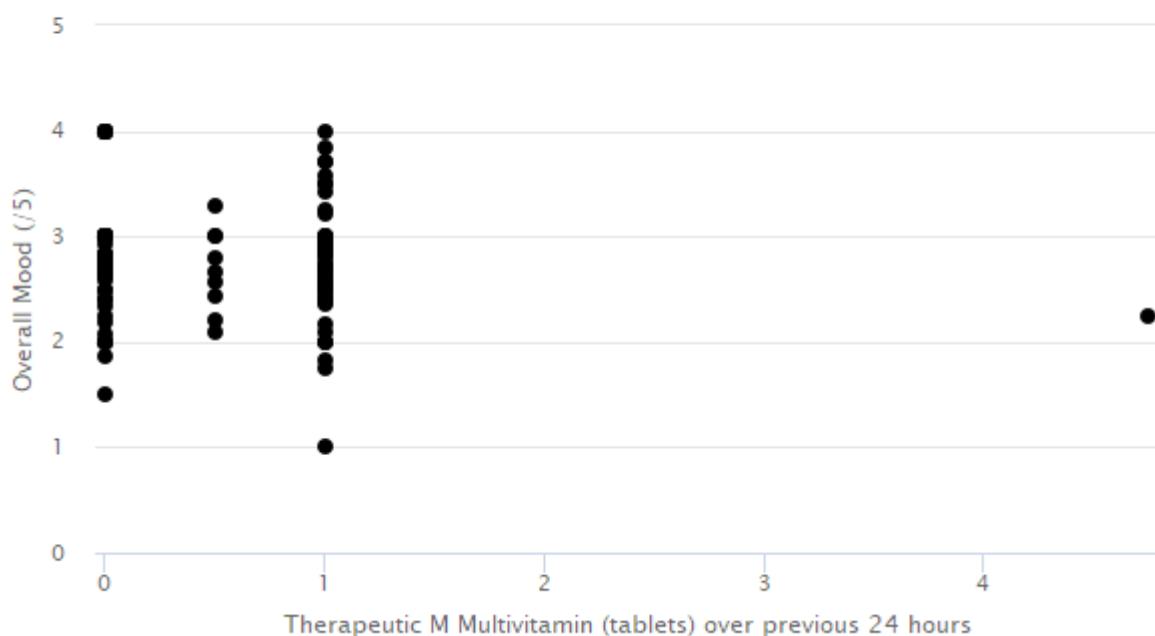
This individual's Overall Mood is generally highest after an average of 0 tablets of Therapeutic M Multivitamin over the previous 24 hours.

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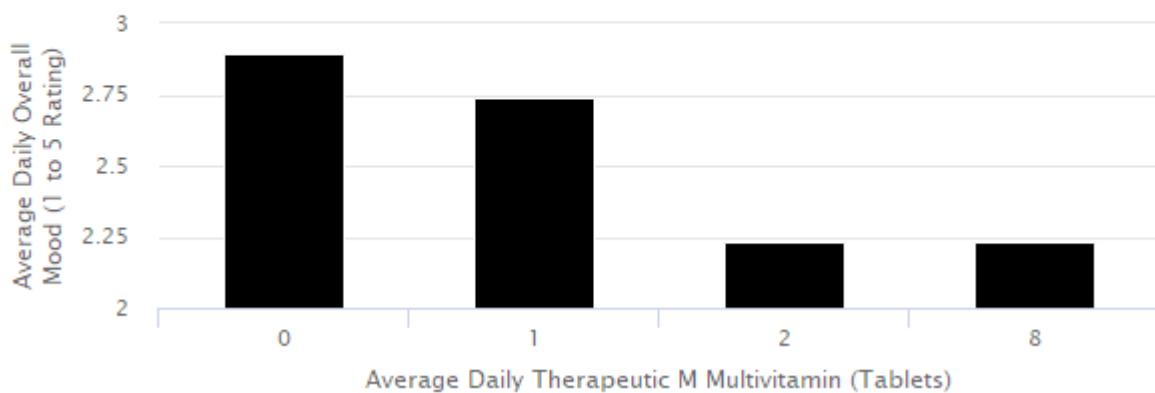
## Overall Mood Following Therapeutic M Multivitamin

An increase in 24 hours cumulative Therapeutic M Multivitamin is usually followed by an decrease in Overall Mood. ( $R = -0.135$ )



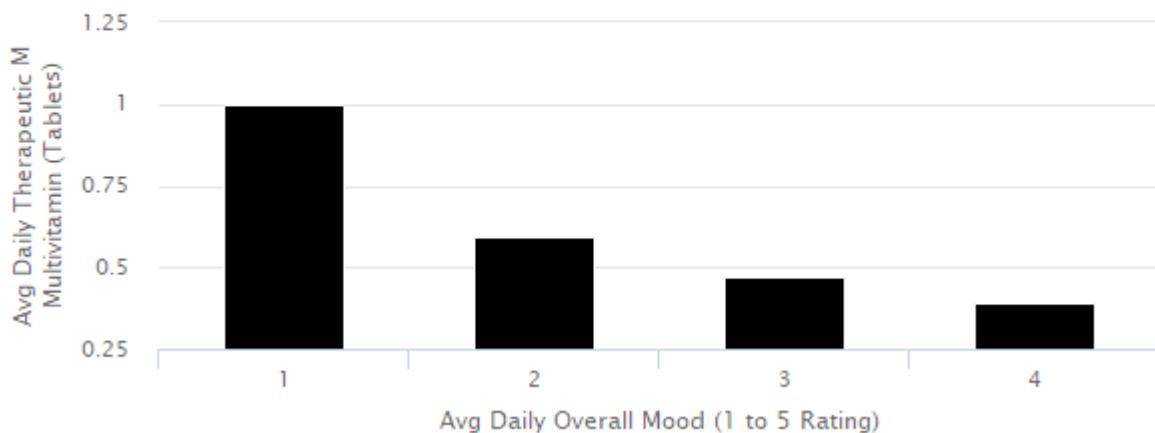
## Average Overall Mood by Previous Therapeutic M Multivitamin

Typical values for Overall Mood following a given amount of Therapeutic M Multivitamin over the previous 24 hours.

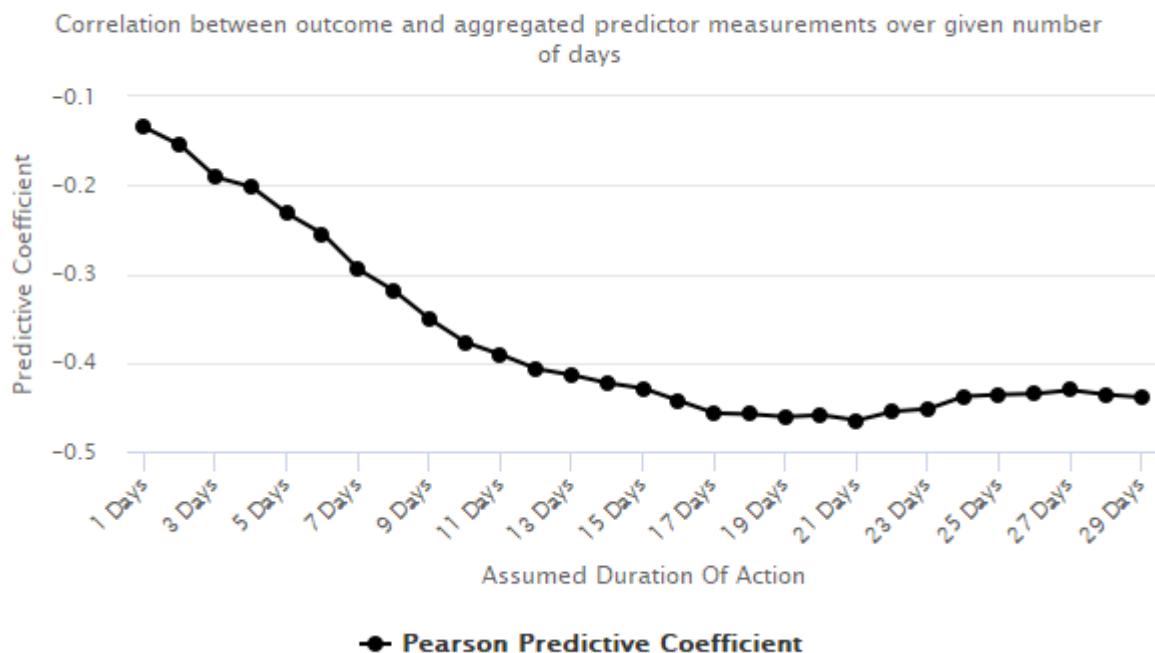


## Average Therapeutic M Multivitamin Preceding Overall Mood

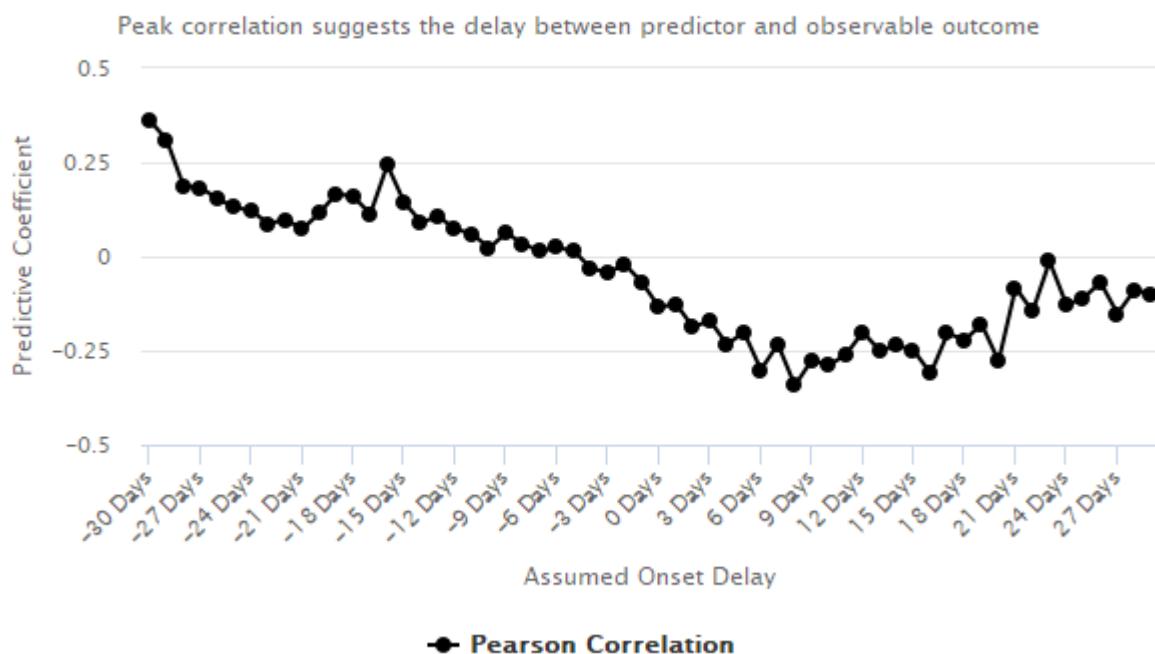
Typical Therapeutic M Multivitamin seen over the previous 24 hours preceding the given Overall Mood value.



## Correlation Between Therapeutic M Multivitamin and Overall Mood by Duration of Action



## Correlation Between Therapeutic M Multivitamin and Overall Mood by Onset Delay



## Abstract

This individual's Overall Mood is generally 3% higher than normal after an average of 0 tablets Therapeutic M Multivitamin over the

previous 24 hours. This individual's data suggests with a medium degree of confidence ( $p=0.15682891491171$ , 95% CI -0.312 to 0.042) that Therapeutic M Multivitamin has a weakly negative predictive relationship ( $R=-0.14$ ) with Overall Mood. The highest quartile of Overall Mood measurements were observed following an average 0.43 tablets Therapeutic M Multivitamin. The lowest quartile of Overall Mood measurements were observed following an average 0.56048387096774 tablets Therapeutic M Multivitamin. Overall Mood is generally 3% lower than normal after an average of 0.56048387096774 tablets of Therapeutic M Multivitamin over the previous 24 hours. Overall Mood is generally 3% higher after an average of 0.43 tablets of Therapeutic M Multivitamin over the previous 24 hours.

## Objective

The objective of this study is to determine the nature of the relationship (if any) between Therapeutic M Multivitamin and Overall Mood. Additionally, we attempt to determine the Therapeutic M Multivitamin values most likely to produce optimal Overall Mood values.

## Participant Instructions

Record your Therapeutic M Multivitamin daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

Record your Overall Mood daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

# Design

This study is based on data donated by one participant. Thus, the study design is consistent with an n=1 observational natural experiment.

## Data Analysis

### **Therapeutic M Multivitamin Pre-Processing**

Therapeutic M Multivitamin measurement values below 0 tablets were assumed erroneous and removed. Therapeutic M Multivitamin measurement values above 20 tablets were assumed erroneous and removed. It was assumed that any gaps in Therapeutic M Multivitamin data were unrecorded 0 tablets measurement values.

Therapeutic M Multivitamin Analysis Settings

### **Overall Mood Pre-Processing**

Overall Mood measurement values below 1 out of 5 were assumed erroneous and removed. Overall Mood measurement values above 5 out of 5 were assumed erroneous and removed. No missing data filling value was defined for Overall Mood so any gaps in data were just not analyzed instead of assuming zero values for those times.

Overall Mood Analysis Settings

## Predictive Analytics

It was assumed that 0.5 hours would pass before a change in Therapeutic M Multivitamin would produce an observable change in Overall Mood. It was assumed that Therapeutic M Multivitamin could produce an observable change in Overall Mood for as much as 1 days after the stimulus event.

#### Predictive Analysis Settings

## Data Quantity

66 raw Therapeutic M Multivitamin measurements with 25 changes spanning 88 days from 2013-07-22 to 2013-10-19 were used in this analysis. 14037 raw Overall Mood measurements with 1252 changes spanning 2624 days from 2012-05-06 to 2019-07-13 were used in this analysis.

## Data Sources

Therapeutic M Multivitamin data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

Overall Mood data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices.

[QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

## Limitations

As with any human experiment, it was impossible to control for all potentially confounding variables. Correlation does not necessarily imply causation. We can never know for sure if one factor is definitely the cause of an outcome. However, lack of correlation definitely implies the lack of a causal relationship. Hence, we can with great confidence rule out non-existent relationships. For instance, if we discover no relationship between mood and an antidepressant this information is just as or even more valuable than the discovery that there is a relationship.

We can also take advantage of several characteristics of time series data from many subjects to infer the likelihood of a causal relationship if we do find a correlational relationship. The criteria for causation are a group of minimal conditions necessary to provide adequate evidence of a causal relationship between an incidence and a possible consequence.

The list of the criteria is as follows:

### **Strength (A.K.A. Effect Size)**

A small association does not mean that there is not a causal effect, though the larger the association, the more likely that it is causal. There is a weakly negative relationship between Therapeutic M Multivitamin and Overall Mood

### **Consistency (A.K.A. Reproducibility)**

Consistent findings observed by different persons in different places with different samples strengthens the likelihood of an effect. Furthermore, in accordance with the law of large numbers (LLN), the predictive power and accuracy of these results will continually grow over time. 122 paired data points were used in this analysis. Assuming that the relationship is merely coincidental, as the participant independently modifies their Therapeutic M Multivitamin values, the observed strength of the relationship will decline until it is below the threshold of significance. To it another way, in the case that we do find a spurious correlation, suggesting that banana intake improves mood for instance, one will likely increase their banana intake. Due to the fact that this correlation is spurious, it is unlikely that you will see a continued and persistent corresponding increase in mood. So over time, the spurious correlation will naturally dissipate.

## **Specificity**

Causation is likely if a very specific population at a specific site and disease with no other likely explanation. The more specific an association between a factor and an effect is, the bigger the probability of a causal relationship.

## **Temporality**

The effect has to occur after the cause (and if there is an expected delay between the cause and expected effect, then the effect must occur after that delay). The confidence in a causal relationship is bolstered by the fact that time-precedence was taken into account in all calculations.

## **Biological Gradient**

Greater exposure should generally lead to greater incidence of the effect. However, in some cases, the mere presence of the factor can trigger the effect. In other cases, an inverse proportion is observed: greater exposure leads to lower incidence.

## **Plausibility**

A plausible bio-chemical mechanism between cause and effect is critical. This is where human brains excel. Based on our responses so far, 2 humans feel that there is a plausible mechanism of action and 2 feel that any relationship observed between Therapeutic M Multivitamin and Overall Mood is coincidental.

## **Coherence**

Coherence between epidemiological and laboratory findings increases the likelihood of an effect. It will be very enlightening to aggregate this data with the data from other participants with similar genetic, diseasesomic, environmentomic, and demographic profiles.

## **Experiment**

All of human life can be considered a natural experiment. Occasionally, it is possible to appeal to experimental evidence.

## **Analogy**

The effect of similar factors may be considered.

## **Relationship Statistics**

Property	Value
Cause Variable Name	Therapeutic M Multivitamin
Effect Variable Name	Overall Mood
Sinn Predictive Coefficient	0.1036
Confidence Level	medium
Confidence Interval	0.17684467416037
Forward Pearson Predictive Coefficient	-0.135
Critical T Value	1.646
Average Therapeutic M Multivitamin Over Previous 24 hours Before ABOVE Average Overall Mood	0.43 tablets
Average Therapeutic M Multivitamin Over Previous 24 hours Before BELOW Average Overall Mood	0.56 tablets
Duration of Action	24 hours
Effect Size	weakly negative
Number of Paired Measurements	122
Optimal Pearson Product	0.029645722167971
P Value	0.15682891491171
Statistical Significance	0.5144
Strength of Relationship	0.17684467416037
Study Type	individual
Analysis Performed At	2019-07-11

## Therapeutic M Multivitamin Statistics

Property	Value
Variable Name	Therapeutic M Multivitamin
Aggregation Method	MEAN
Analysis Performed At	2019-04-05
Duration of Action	24 hours
Kurtosis	42.931545345957
Maximum Allowed Value	20 tablets
Mean	0.81461 tablets
Median	1 tablets
Minimum Allowed Value	0 tablets
Number of Changes	25
Number of Correlations	134
Number of Measurements	66
Onset Delay	30 minutes
Standard Deviation	0.85407453392517
Unit	Tablets
UPC	740985223680
Variable ID	1469
Variance	0.72944330949949

## Overall Mood Statistics

Property	Value
Variable Name	Overall Mood
Aggregation Method	MEAN
Analysis Performed At	2019-07-13
Duration of Action	24 hours
Kurtosis	6.8246574846384
Maximum Allowed Value	5 out of 5
Mean	2.907 out of 5
Median	3 out of 5
Minimum Allowed Value	1 out of 5
Number of Changes	1252
Number of Correlations	4770
Number of Measurements	14037
Onset Delay	0 seconds
Standard Deviation	0.52324971016491
Unit	1 to 5 Rating
UPC	767674073845
Variable ID	1398
Variance	0.27379025918766

# Higher Vinpocetine Intake Predicts Very Slightly Lower Overall Mood

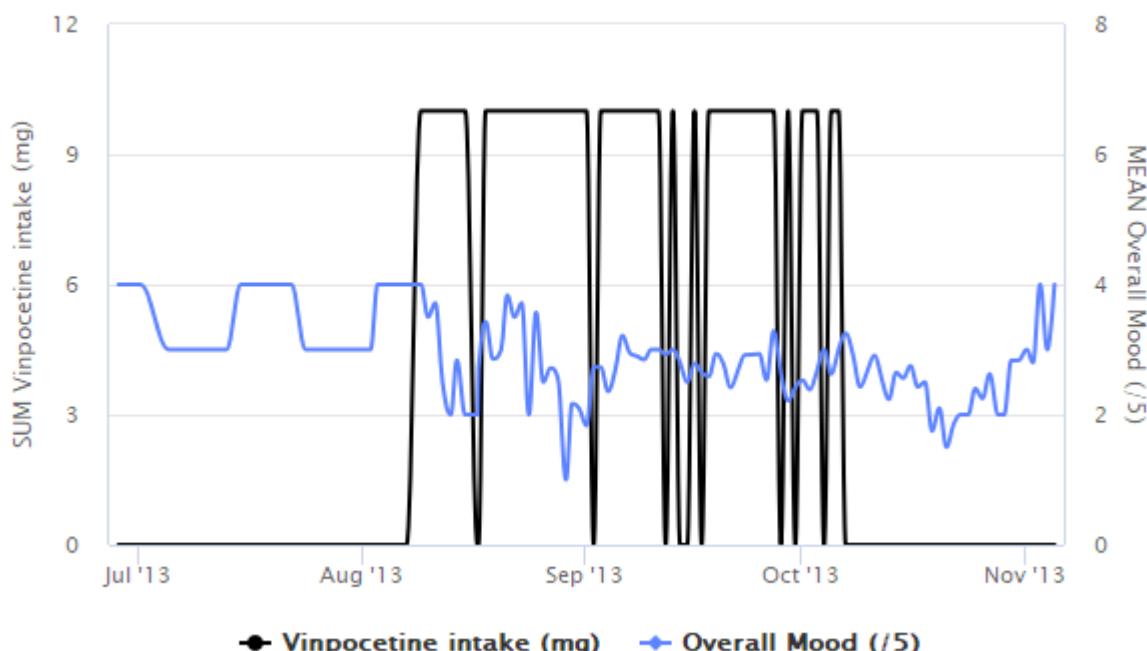


This individual's Overall Mood is generally highest after a daily total of 1 milligrams of Vinpocetine intake over the previous 24 hours.

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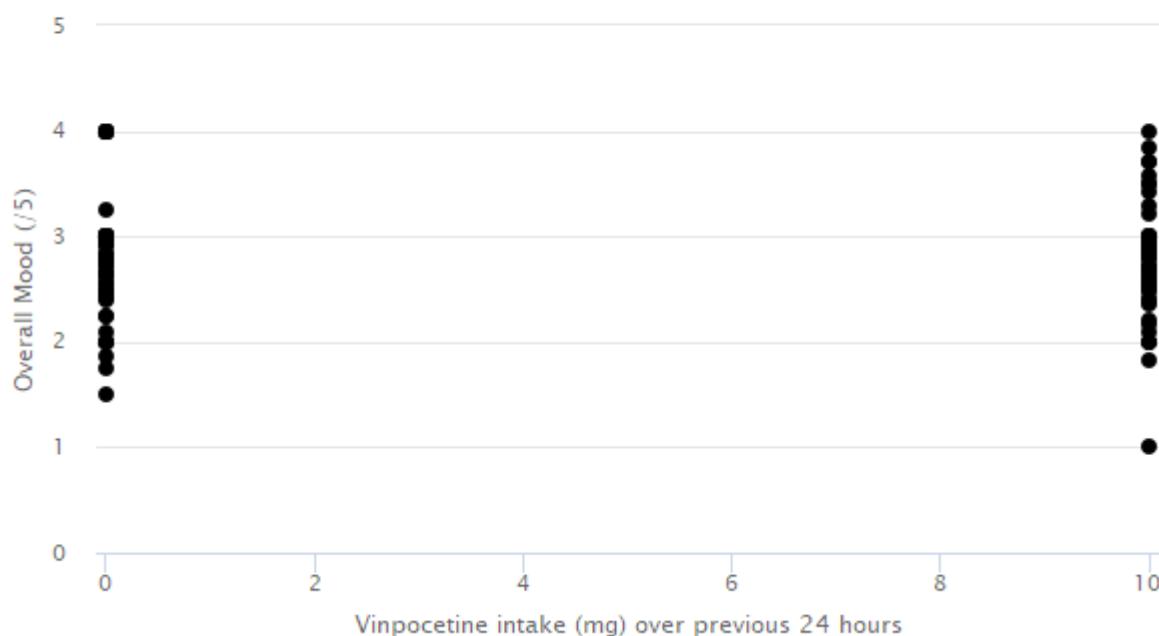
## Vinpocetine Intake & Overall Mood Over Time

Blue represents the sum of Vinpocetine intake over the previous 24 hours



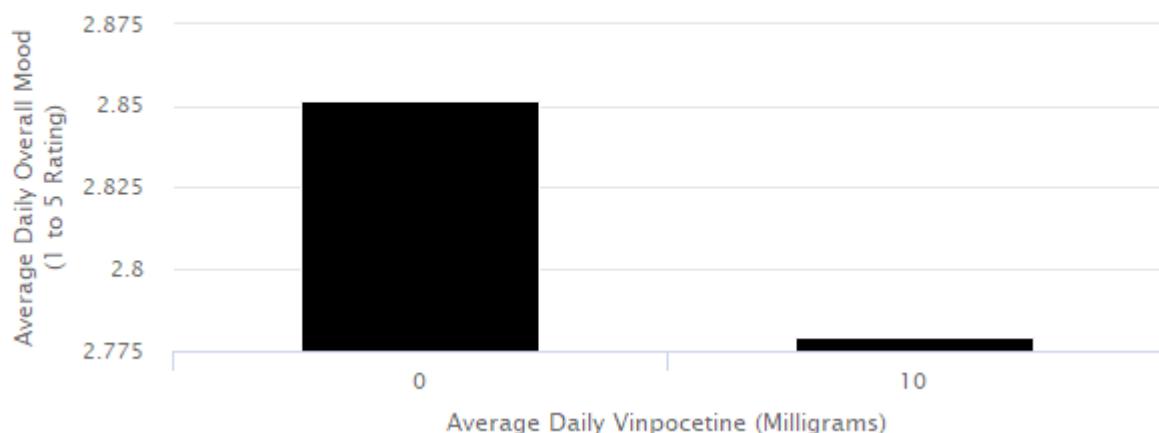
## Overall Mood Following Vinpocetine Intake

An increase in 24 hours cumulative Vinpocetine intake is usually followed by an decrease in Overall Mood. ( $R = -0.073$ )



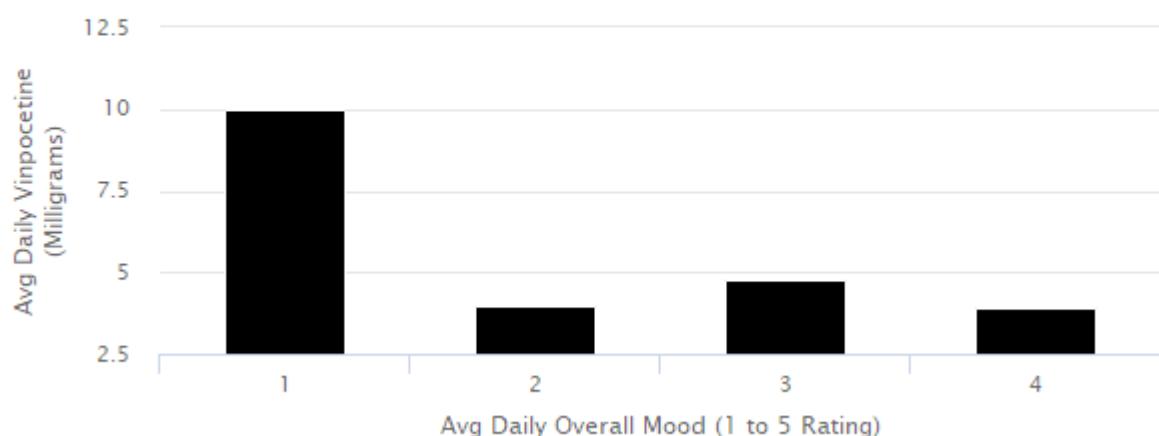
## Average Overall Mood by Previous Vinpocetine Intake

Typical values for Overall Mood following a given amount of Vinpocetine intake over the previous 24 hours.

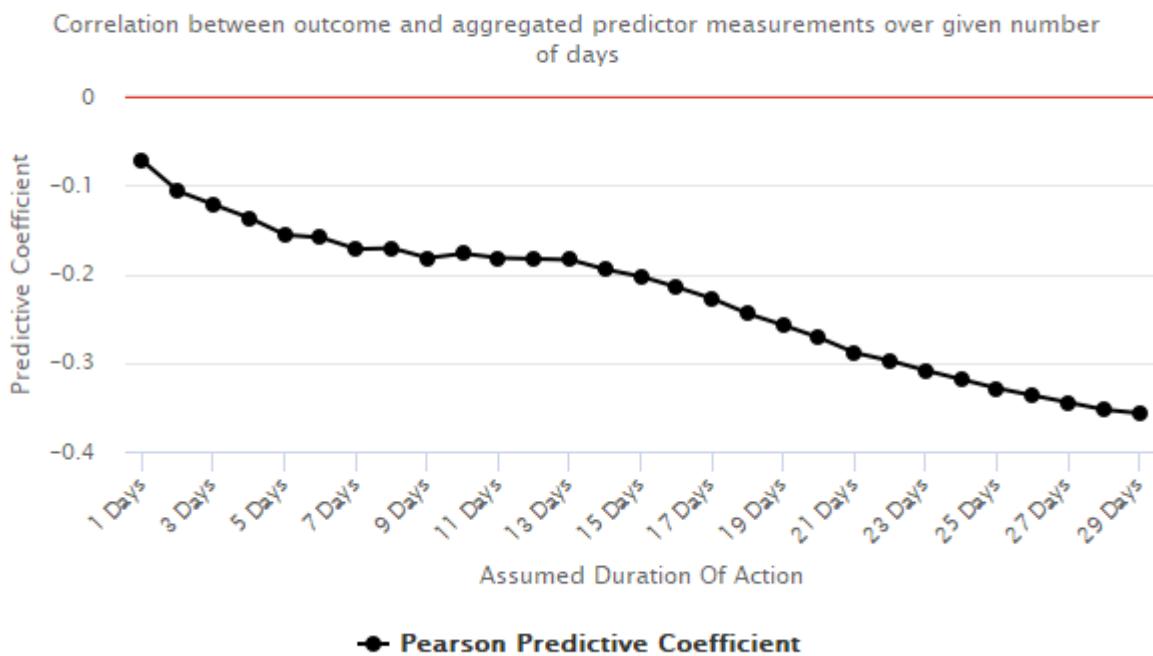


## Average Vinpocetine Intake Preceding Overall Mood

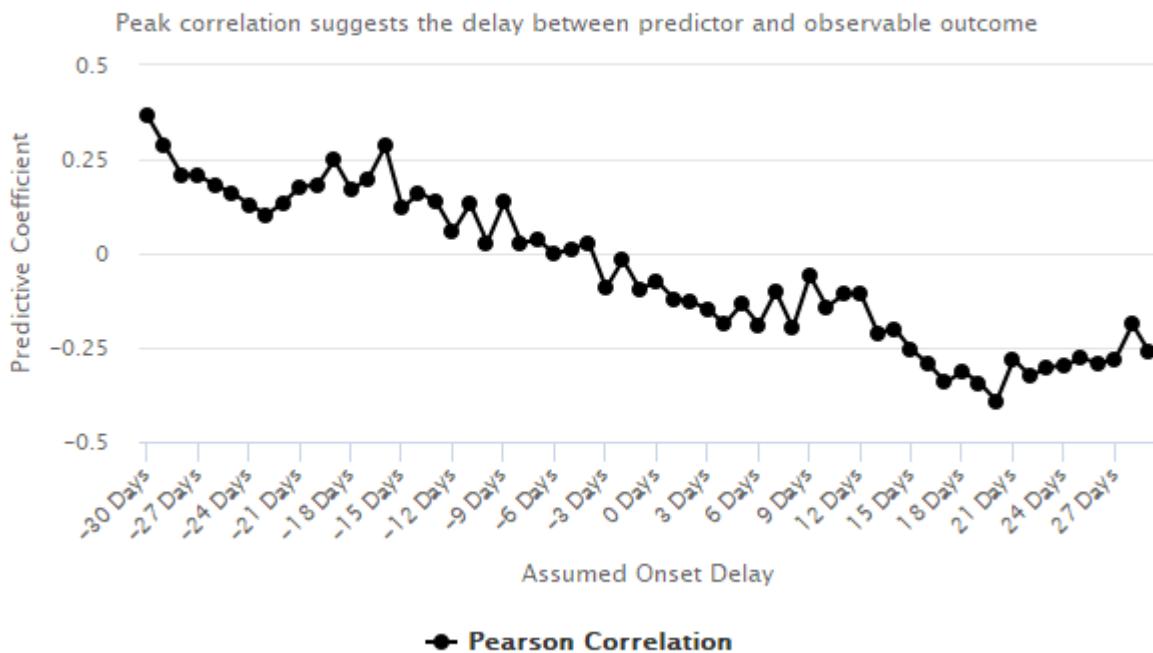
Typical Vinpocetine intake seen over the previous 24 hours preceding the given Overall Mood value.



## Correlation Between Vinpocetine and Overall Mood by Duration of Action



## Correlation Between Vinpocetine and Overall Mood by Onset Delay



## Abstract

This individual's Overall Mood is generally 1% higher than normal after a total of 1 milligrams Vinpocetine intake over the previous

24 hours. This individual's data suggests with a medium degree of confidence ( $p=0.29668656902829$ , 95% CI -0.265 to 0.119) that Vinpocetine has a very weakly negative predictive relationship ( $R=-0.07$ ) with Overall Mood. The highest quartile of Overall Mood measurements were observed following an average 4.36 milligrams Vinpocetine per day. The lowest quartile of Overall Mood measurements were observed following an average 4.6296296296296 mg Vinpocetine per day. Overall Mood is generally 2% lower than normal after a total of 4.6296296296296 milligrams of Vinpocetine intake over the previous 24 hours. Overall Mood is generally 1% higher after a total of 4.36 milligrams of Vinpocetine intake over the previous 24 hours.

## Objective

The objective of this study is to determine the nature of the relationship (if any) between Vinpocetine and Overall Mood. Additionally, we attempt to determine the Vinpocetine values most likely to produce optimal Overall Mood values.

## Participant Instructions

Record your Vinpocetine daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

Record your Overall Mood daily in the [reminder inbox](#) or using the [interactive web or mobile notifications](#).

# Design

This study is based on data donated by one participant. Thus, the study design is consistent with an n=1 observational natural experiment.

## Data Analysis

### Vinpocetine Pre-Processing

Vinpocetine measurement values below 0 milligrams were assumed erroneous and removed. No maximum allowed measurement value was defined for Vinpocetine. It was assumed that any gaps in Vinpocetine data were unrecorded 0 milligrams measurement values.

Vinpocetine Analysis Settings

### Overall Mood Pre-Processing

Overall Mood measurement values below 1 out of 5 were assumed erroneous and removed. Overall Mood measurement values above 5 out of 5 were assumed erroneous and removed. No missing data filling value was defined for Overall Mood so any gaps in data were just not analyzed instead of assuming zero values for those times.

Overall Mood Analysis Settings

### Predictive Analytics

It was assumed that 0.5 hours would pass before a change in

Vinpocetine would produce an observable change in Overall Mood. It was assumed that Vinpocetine could produce an observable change in Overall Mood for as much as 1 days after the stimulus event.

### Predictive Analysis Settings

## Data Quantity

52 raw Vinpocetine measurements with 20 changes spanning 74 days from 2013-07-22 to 2013-10-05 were used in this analysis.  
14037 raw Overall Mood measurements with 1252 changes spanning 2624 days from 2012-05-06 to 2019-07-13 were used in this analysis.

## Data Sources

Vinpocetine data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

Overall Mood data was primarily collected using [QuantiModo](#). [QuantiModo](#) allows you to easily track mood, symptoms, or any outcome you want to optimize in a fraction of a second. You can also import your data from over 30 other apps and devices. [QuantiModo](#) then analyzes your data to identify which hidden factors are most likely to be influencing your mood or symptoms.

# Limitations

As with any human experiment, it was impossible to control for all potentially confounding variables. Correlation does not necessarily imply causation. We can never know for sure if one factor is definitely the cause of an outcome. However, lack of correlation definitely implies the lack of a causal relationship. Hence, we can with great confidence rule out non-existent relationships. For instance, if we discover no relationship between mood and an antidepressant this information is just as or even more valuable than the discovery that there is a relationship.

We can also take advantage of several characteristics of time series data from many subjects to infer the likelihood of a causal relationship if we do find a correlational relationship. The criteria for causation are a group of minimal conditions necessary to provide adequate evidence of a causal relationship between an incidence and a possible consequence.

The list of the criteria is as follows:

## **Strength (A.K.A. Effect Size)**

A small association does not mean that there is not a causal effect, though the larger the association, the more likely that it is causal. There is a very weakly negative relationship between Vinpocetine intake and Overall Mood

## **Consistency (A.K.A. Reproducibility)**

Consistent findings observed by different persons in different places with different samples strengthens the likelihood of an effect. Furthermore, in accordance with the law of large numbers (LLN), the predictive power and accuracy of these results will

continually grow over time. 109 paired data points were used in this analysis. Assuming that the relationship is merely coincidental, as the participant independently modifies their Vinpocetine intake values, the observed strength of the relationship will decline until it is below the threshold of significance. To it another way, in the case that we do find a spurious correlation, suggesting that banana intake improves mood for instance, one will likely increase their banana intake. Due to the fact that this correlation is spurious, it is unlikely that you will see a continued and persistent corresponding increase in mood. So over time, the spurious correlation will naturally dissipate.

## **Specificity**

Causation is likely if a very specific population at a specific site and disease with no other likely explanation. The more specific an association between a factor and an effect is, the bigger the probability of a causal relationship.

## **Temporality**

The effect has to occur after the cause (and if there is an expected delay between the cause and expected effect, then the effect must occur after that delay). The confidence in a causal relationship is bolstered by the fact that time-precedence was taken into account in all calculations.

## **Biological Gradient**

Greater exposure should generally lead to greater incidence of the effect. However, in some cases, the mere presence of the factor can trigger the effect. In other cases, an inverse proportion is

observed: greater exposure leads to lower incidence.

## **Plausibility**

A plausible bio-chemical mechanism between cause and effect is critical. This is where human brains excel. Based on our responses so far, 2 humans feel that there is a plausible mechanism of action and 2 feel that any relationship observed between Vinpocetine intake and Overall Mood is coincidental.

## **Coherence**

Coherence between epidemiological and laboratory findings increases the likelihood of an effect. It will be very enlightening to aggregate this data with the data from other participants with similar genetic, diseasesomic, environmentomic, and demographic profiles.

## **Experiment**

All of human life can be considered a natural experiment. Occasionally, it is possible to appeal to experimental evidence.

## **Analogy**

The effect of similar factors may be considered.

## **Relationship Statistics**

<b>Property</b>	<b>Value</b>
Cause Variable Name	Vinpocetine intake
Effect Variable Name	Overall Mood
Sinn Predictive Coefficient	0.0737
Confidence Level	medium
Confidence Interval	0.19219270491117
Forward Pearson Predictive Coefficient	-0.073

Property	Value
Critical T Value	1.646
Total Vinpocetine intake Over Previous 24 hours Before ABOVE Average Overall Mood	4.36 milligrams
Total Vinpocetine intake Over Previous 24 hours Before BELOW Average Overall Mood	4.63 milligrams
Duration of Action	24 hours
Effect Size	very weakly negative
Number of Paired Measurements	109
Optimal Pearson Product	0.0038854825567157
P Value	0.29668656902829
Statistical Significance	0.3569
Strength of Relationship	0.19219270491117
Study Type	individual
Analysis Performed At	2019-07-11

## Vinpocetine Statistics

Property	Value
Variable Name	Vinpocetine
Aggregation Method	SUM
Analysis Performed At	2019-04-05
Duration of Action	24 hours
Kurtosis	1.5792435949713
Mean	6.8133 milligrams
Median	10 milligrams
Minimum Allowed Value	0 milligrams
Number of Changes	20
Number of Correlations	133
Number of Measurements	52
Onset Delay	30 minutes
Standard Deviation	4.6779914069613
Unit	Milligrams
UPC	021078013990
Variable ID	1476
Variance	21.883603603604

## Overall Mood Statistics

Property	Value
Variable Name	Overall Mood
Aggregation Method	MEAN
Analysis Performed At	2019-07-13

<b>Property</b>	<b>Value</b>
Duration of Action	24 hours
Kurtosis	6.8246574846384
Maximum Allowed Value	5 out of 5
Mean	2.907 out of 5
Median	3 out of 5
Minimum Allowed Value	1 out of 5
Number of Changes	1252
Number of Correlations	4770
Number of Measurements	14037
Onset Delay	0 seconds
Standard Deviation	0.52324971016491
Unit	1 to 5 Rating
UPC	767674073845
Variable ID	1398
Variance	0.27379025918766

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