

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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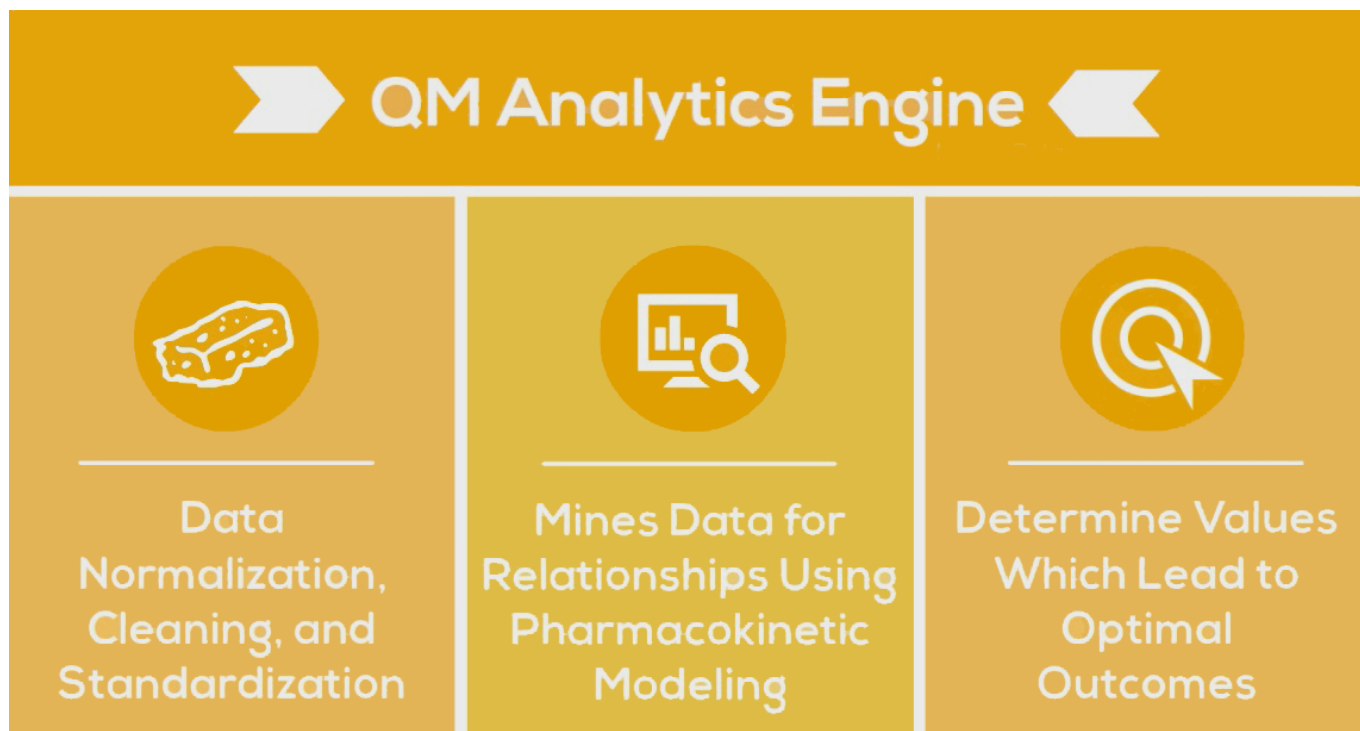
Introduction

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.

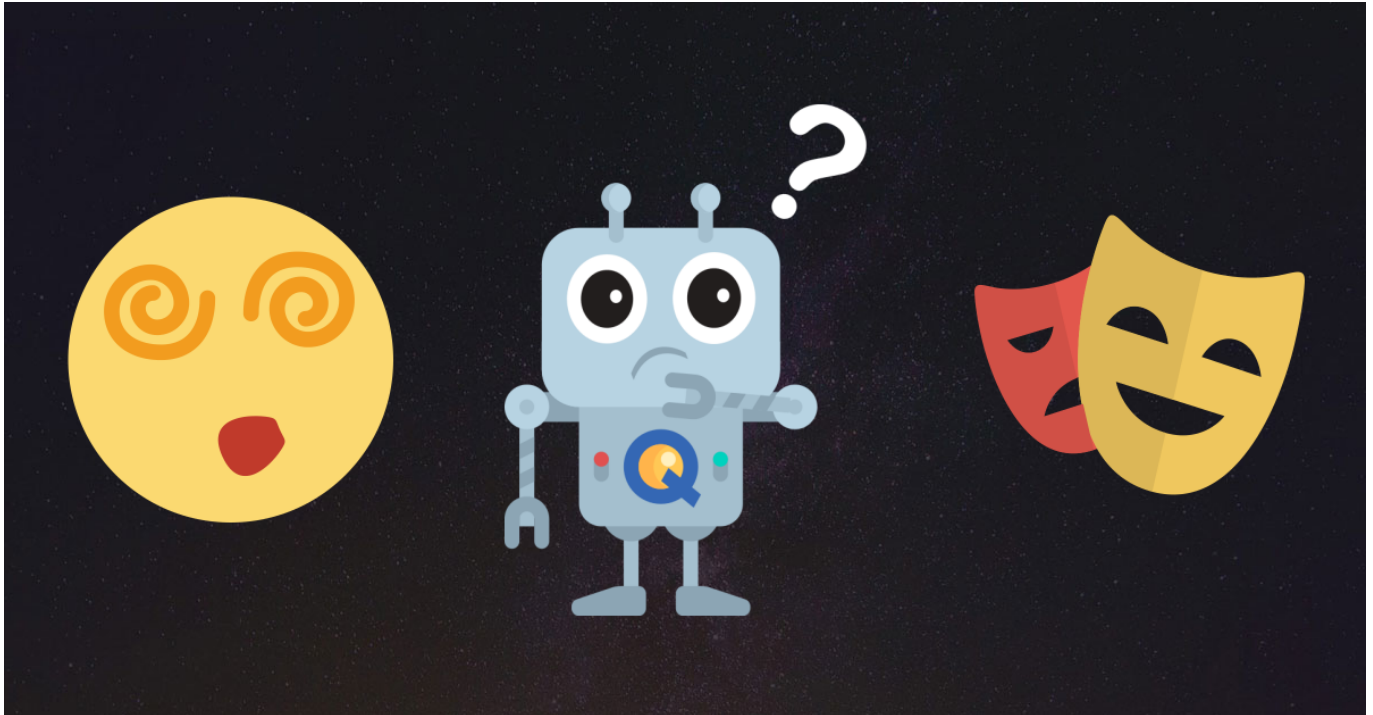
Association Column

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	Verified
Sinus Inflammation	↓ 2.3%	-0.239	500	Verified
Fecal Size Rating	↓ 4.4%	-0.239	75	Verified
Knee Swelling	↓ 1.2%	-0.205	195	Verified
Sinus Congestion	↓ 1.9%	-0.163	574	Verified
Irritability/restlessness	↓ 8.8%	-0.309	71	Verified
Back Pain	↓ 3.3%	-0.16	824	Verified
Psoriasis Severity	↓ 1.4%	-0.144	787	Verified
Inflammation	↓ 3.2%	-0.14	201	Verified

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

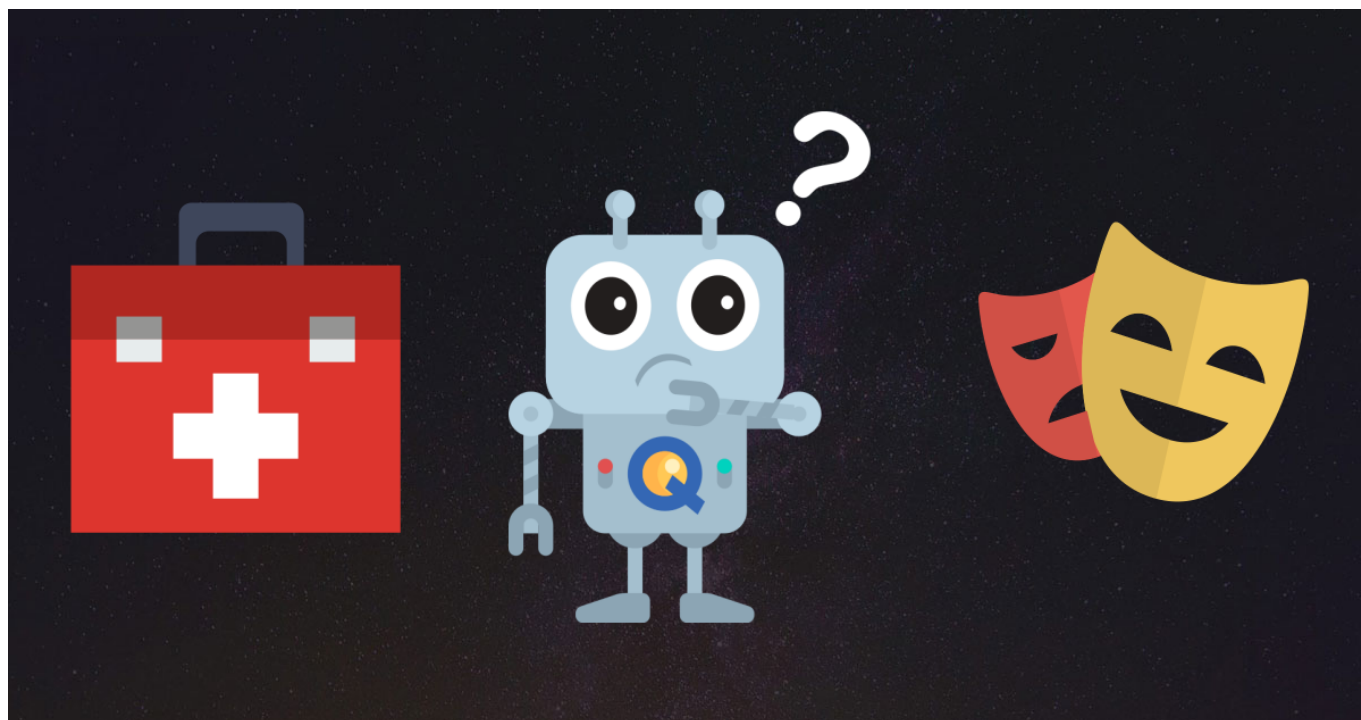
? Unreviewed Studies of Correlated Symptoms

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	Unverified
Sickness Severity	↓ 0.8%	0.254	28	Unverified
Steatorrhea	↓ 0.9%	-0.037	837	Unverified
Burps	↓ 1.2%	0.046	753	Unverified
Pain (yes/no)	↑ 1.4%	0.015	328	Unverified
Number Of Farts	↓ 2.3%	0.017	907	Unverified
Hair Loss Severity	↑ 4.1%	0.083	22	Unverified
Nausea Severity	↓ 0.2%	0.007	717	Unverified
Tooth Pain	↑ 1.9%	0.013	226	Unverified
Headache Severity	↑ 0%	0.01	764	Unverified
Swollen Feet	↑ 0.2%	-0.019	300	Unverified
Clarity Of Urine Rating	↓ 0.5%	-0.082	26	Unverified
Bloody Stool	↑ 2.9%	0.026	792	Unverified
Bowel Movements Count	↓ 1.6%	-0.063	1516	Unverified

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	Verified
Memantine	↓ 3.8%	0.28	823	Verified
Sundown Naturals Garlic	↑ 8.5%	0.249	224	Verified
Probiotic Plus	↑ 12.2%	0.392	126	Verified
Berberine Plus By Nova Nutrition	↑ 4.2%	0.184	354	Verified
Iberogast (mL)	↑ 3.5%	0.197	232	Verified
Optimum Nutrition Micronized Creatine Monohydrate Powder	↑ 4.2%	0.144	157	Verified
Jdtic	↑ 10.7%	0.225	138	Verified
B-Complex With Folic Acid Plus Vitamin C	↑ 7.9%	0.168	187	Verified
Vitamin D3 By NatureMade	↑ 6.1%	0.125	253	Verified
Reservatrol Plus	↑ 6.5%	0.229	112	Verified
Nature's Bounty Zinc	↑ 2.1%	0.112	438	Verified

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

Predictor	Change	Predictive Coefficient	Data Points	Review
UVB	↑ 7.8%	0.083	356	Verified
Inositol & Choline By Source Naturals	↑ 5.4%	0.107	67	Verified

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

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

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

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

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

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

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

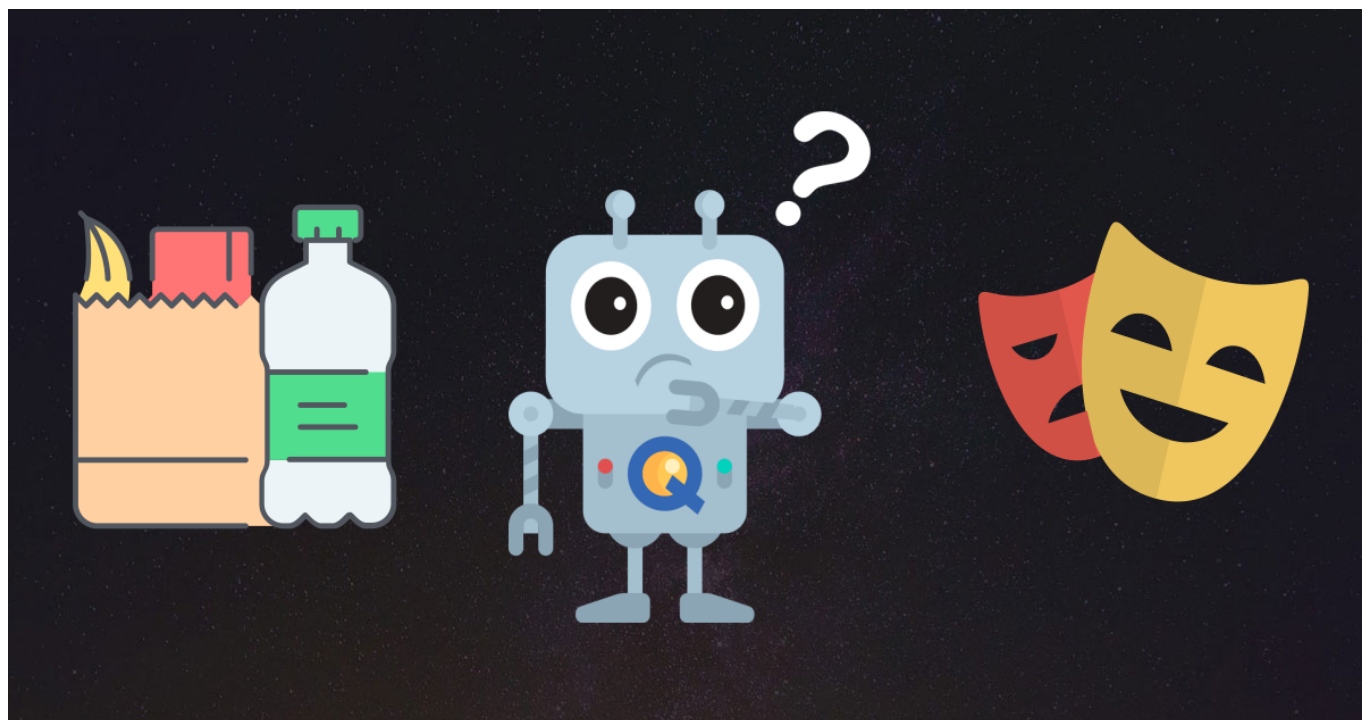
Predictor	Change	Predictive Coefficient	Data Points	Review
DMT	↓ 22.9%	-0.24	49	Unverified
L-Tryptophan	↑ 2.9%	0.093	162	Unverified
CoQ10	↓ 2.6%	-0.196	70	Unverified
Melatonin By Sundown Naturals	↓ 0.6%	0.014	510	Unverified
Magnesium Citrate By Now (count)	↑ 3.7%	0.066	35	Unverified
N-Acetyl Cysteine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

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

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

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

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	Verified
Gluten Free Pasta With Olive Oil	↑ 15.6%	0.414	2064	Verified
Ciabatta Parbaked Gluten-Free Bread Rolls	↑ 22.4%	0.258	2064	Verified
Protein Shake	↑ 20.1%	0.061	420	Verified
Orange	↑ 26.3%	0.315	410	Verified
Gluten Free Pasta With Olive Oil (serving)	↑ 12.6%	0.23	314	Verified
Butter Microwave Popcorn	↑ 27.4%	0.287	365	Verified
Cinnamon Toasted Almonds	↑ 7.1%	0.217	96	Verified
Butter Toffee Peanuts	↑ 11.5%	0.213	149	Verified
Mesquite Bar-B-Que Kettle Cooked Potato Chips	↑ 12.6%	0.247	100	Verified
Coke 20 Fl Oz. Bottle	↑ 5.6%	0.058	138	Verified
Oil - Olive	↑ 0.8%	0.023	130	Verified

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

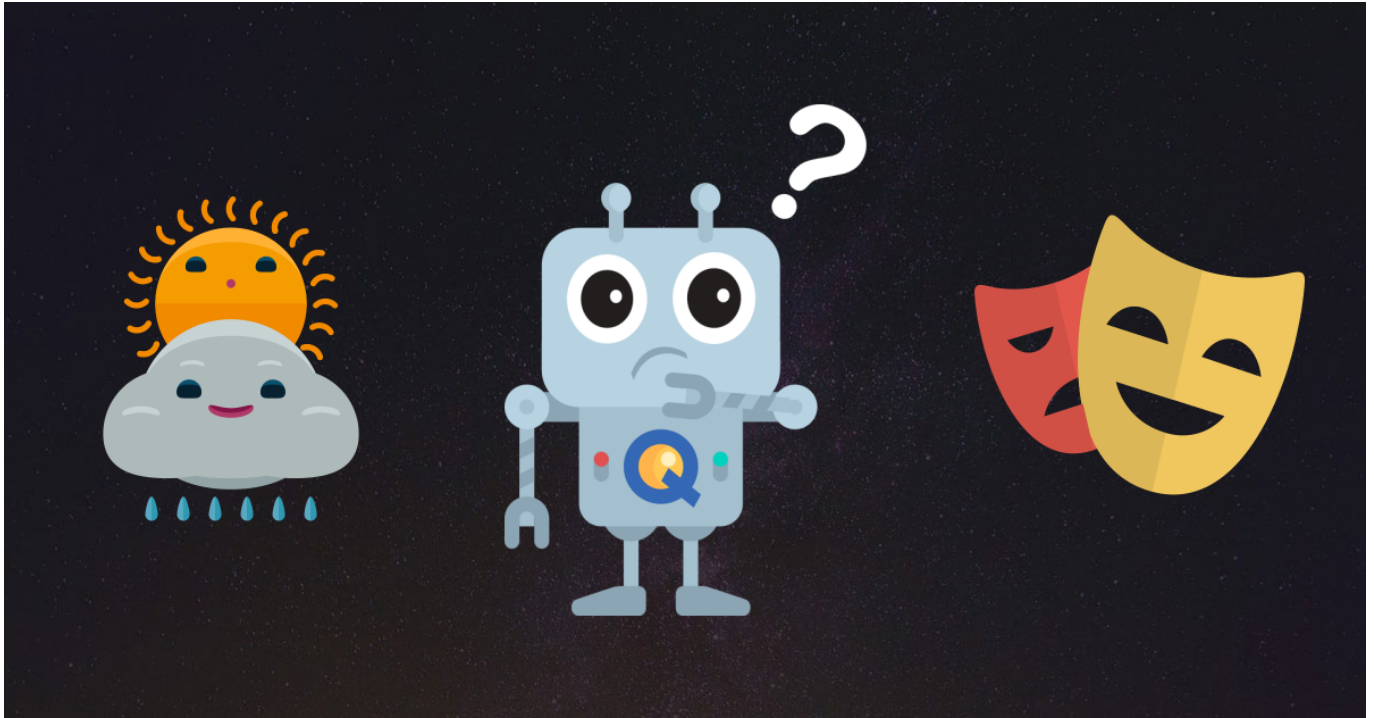
Predictor	Change	Predictive Coefficient	Data Points	Review
Milk Chocolate Hot Cocoa Mix (With 6 Oz Water)	↑ 1%	0.027	96	Unverified
Brussel Sprouts	↓ 5.2%	-0.094	95	Unverified
Cafe Mocha - Tall, Whole Milk, Whipped Cream	↓ 5.2%	-0.094	95	Unverified
Tostito Bitesz Rounds	↓ 3.4%	-0.088	592	Unverified
Tamale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

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

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

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

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	Verified

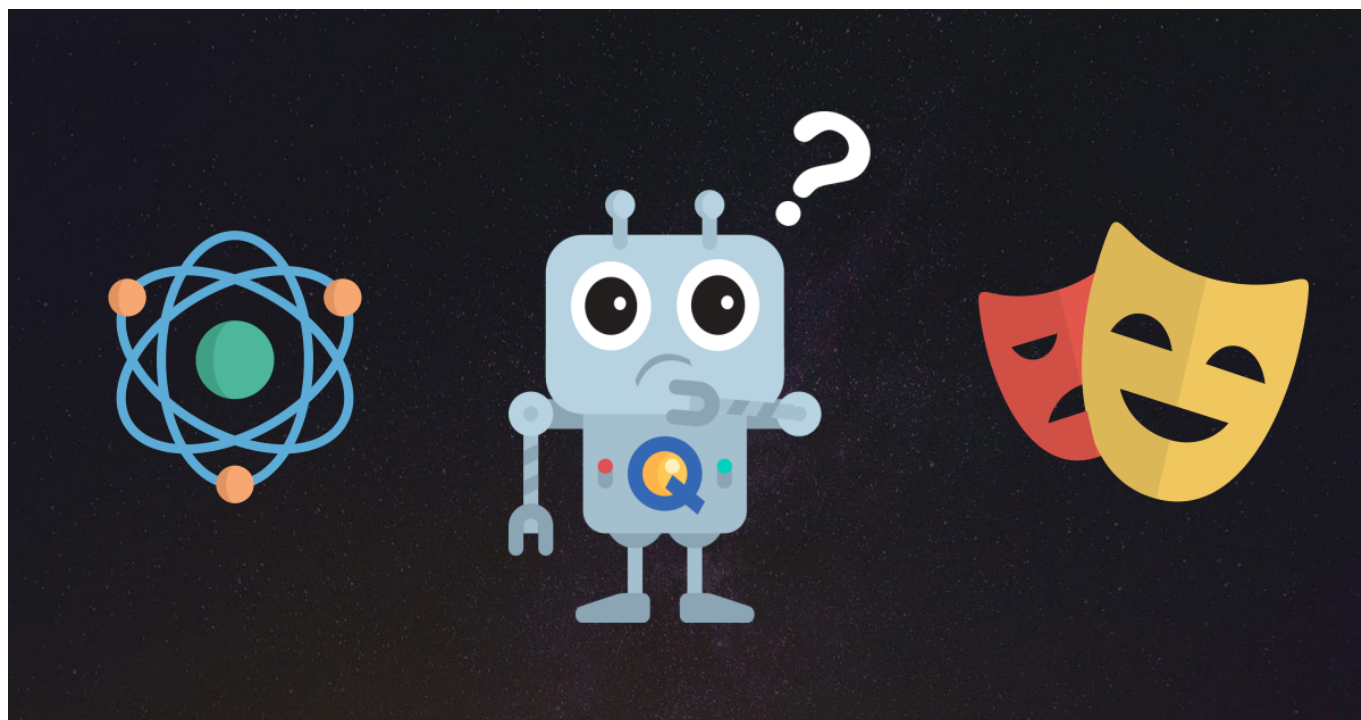
? Unreviewed Studies of Environmental Factors

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

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	Verified
Net Caloric Intake	↑ 3.4%	0.071	142	Verified



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	Verified
Carbs	↓ 5.7%	-0.257	632	Verified
Saturated Fat	↑ 1%	-0.226	1833	Verified
Protein	↑ 0%	-0.2	1833	Verified
Iron	↓ 7.7%	-0.199	621	Verified
Sodium	↓ 4.9%	-0.161	625	Verified

? Unreviewed Studies of Nutritional Factors

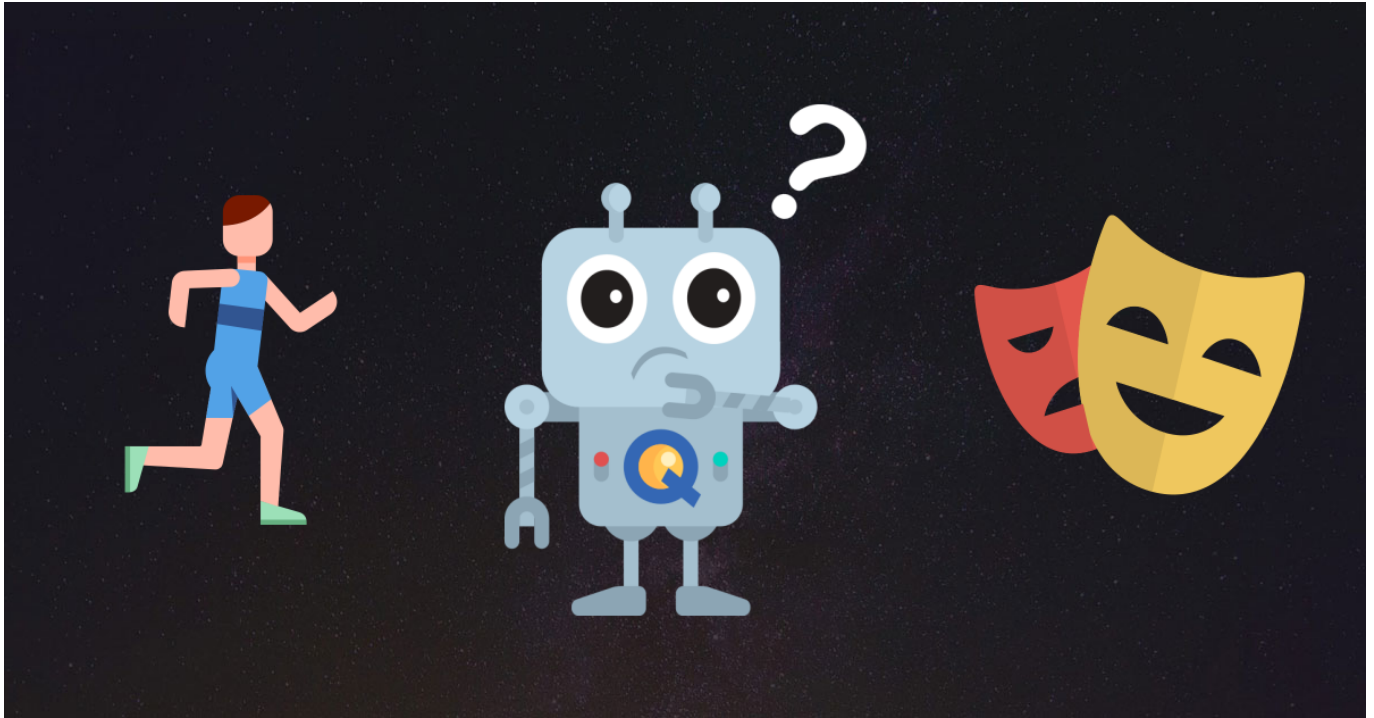
Please click the Unverified link to view these studies to view and then click:

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

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

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	Verified

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	Verified
Walk Or Run Distance	↓ 3%	-0.091	1980	Verified
Peak Heart Rate Zone Minutes	↓ 0.9%	-0.027	1403	Verified

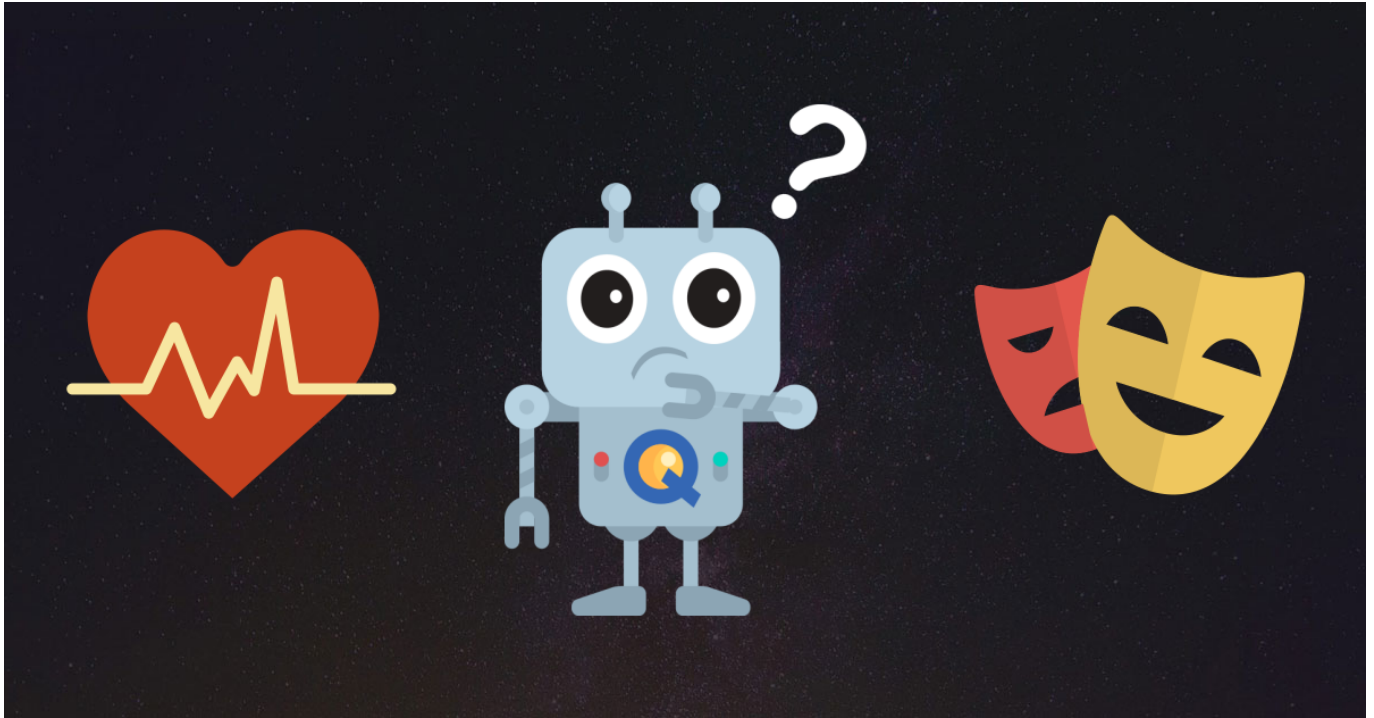
? Unreviewed Studies of Factors Related to Physical Activity

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	Unverified
Aerobic Exercise	↑ 0.5%	-0.016	923	Unverified
CaloriesBurnt	↑ 3.4%	0.286	58	Unverified
ExerciseMins	↑ 11.5%	0.184	79	Unverified
Fat Burn Heart Rate Zone Minutes	↑ 0.8%	0.035	1415	Unverified
Fat Burn Heart Rate Zone Calories Out	↑ 0.3%	0.029	1369	Unverified
Active Time	↑ 6.6%	0.192	21	Unverified
Peak Heart Rate Zone Calories Out	↓ 0.4%	-0.036	478	Unverified
CaloriesBurned	↑ 6.9%	0.088	53	Unverified
Cardio Heart Rate Zone Calories Out	↓ 0.2%	0.002	1218	Unverified
Walk Or Run Distance (miles)	↓ 3%	0.007	455	Unverified
Planet Fitness	↑ 3.5%	0.142	37	Unverified

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	Verified
Blood Pressure (Diastolic - Bottom Number)	↑ 10.7%	0.358	348	Verified

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	Unverified
Resting Heart Rate (Pulse)	↓ 0.6%	-0.025	1462	Unverified

➤ 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	Flawed
Pieces Of Feces	↓ 4.1%	-0.071	311	Flawed
Painful Urination	↓ 5%	-0.128	40	Flawed

➤ 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	Flawed
Adderall	↓ 3.7%	-0.062	2106	Flawed
Adderall Xr	↓ 4.8%	-0.106	2066	Flawed
Toothpastes	↓ 5.2%	-0.099	2123	Flawed
Dove Men+Care Deodorant Stick	↑ 4.8%	0.226	109	Flawed
Adderall (mg)	↓ 3.4%	-0.057	2121	Flawed
Hand Lotion	↑ 2.7%	-0.064	159	Flawed
Bupropion Sr (pills)	↓ 0.3%	-0.042	171	Flawed
Wearing Makeup	↓ 13.5%	-0.223	20	Flawed
Aaa Test Treatment	↓ 5.1%	-0.249	136	Flawed
Purchases Of Laundry Supplies	↓ 3.9%	-0.065	791	Flawed
Stelara	↓ 8.7%	-0.133	282	Flawed

➤ 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	Flawed
Coffee - Brewed From Grounds	↓ 6.2%	-0.108	2068	Flawed

Predictor	Change	Predictive Coefficient	Data Points	Review
Coffee	↓ 5.8%	-0.1	2068	Flawed
Can	↓ 7.9%	-0.134	129	Flawed

👉 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	Flawed

👉 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	Flawed
Calories Expended	↑ 0%	-0.073	242	Flawed

👉 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

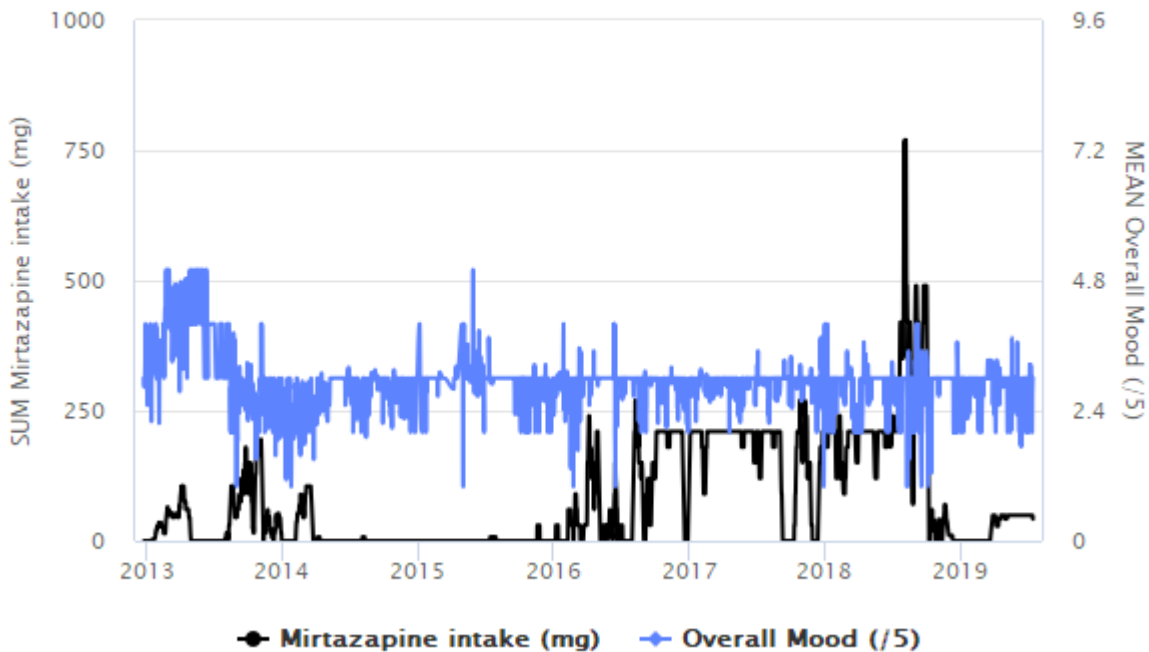


This individual's Overall Mood is generally highest after a daily total of 75 milligrams of Mirtazapine intake over the previous 7 days.

[Go To Interactive Study](#)

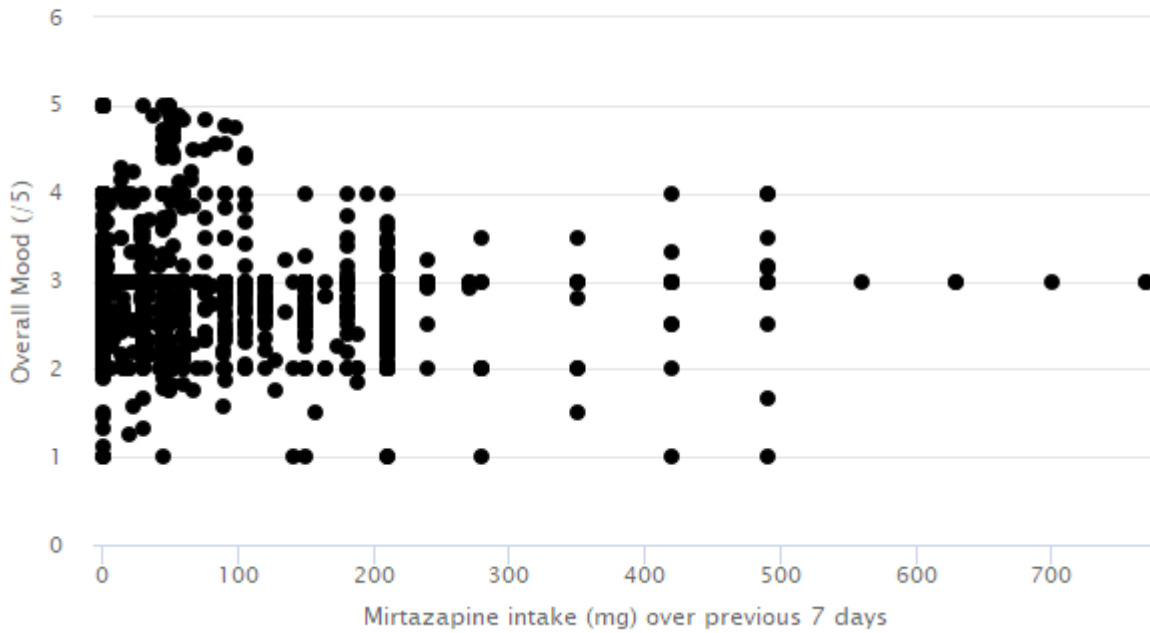
Mirtazapine Intake & Overall Mood Over Time

Blue represents the sum of Mirtazapine intake over the previous 7 days



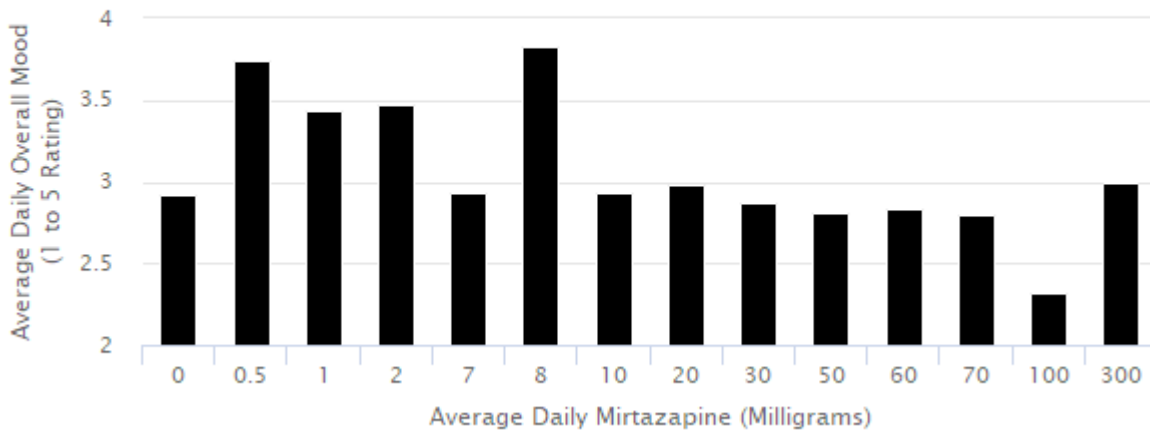
Overall Mood Following Mirtazapine Intake

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



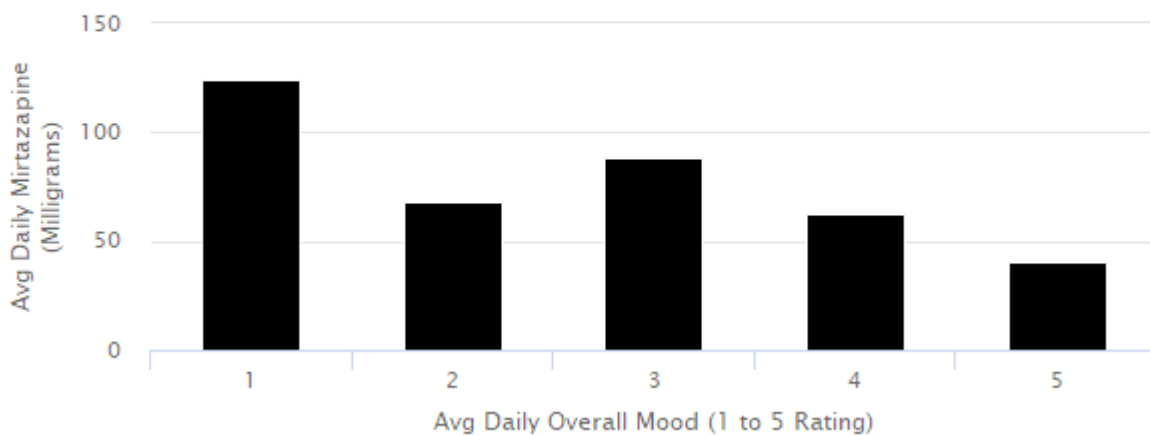
Average Overall Mood by Previous Mirtazapine Intake

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



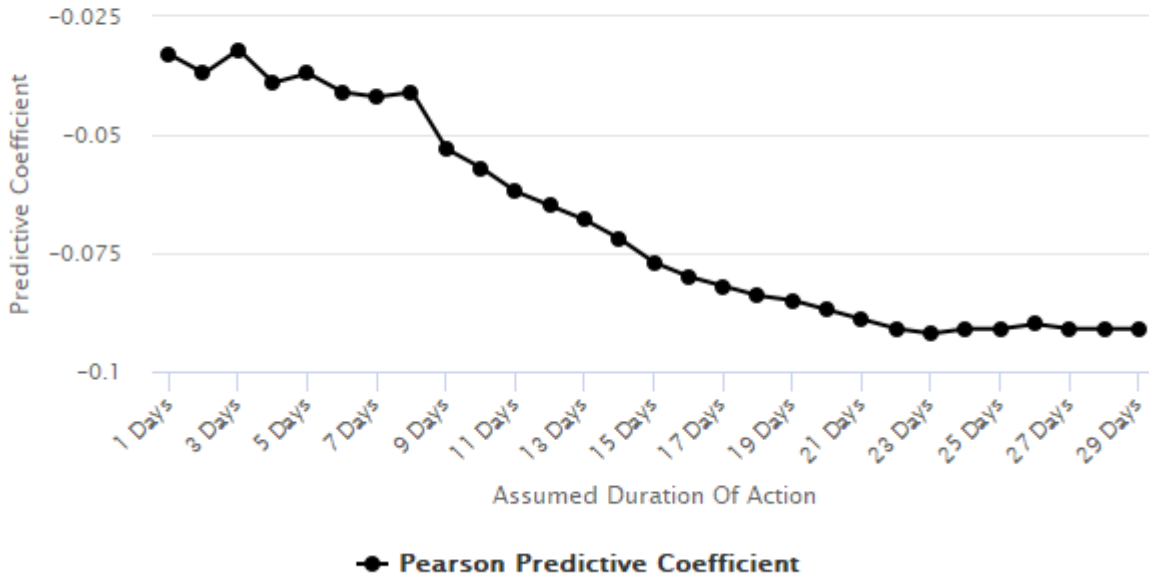
Average Mirtazapine Intake Preceding Overall Mood

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



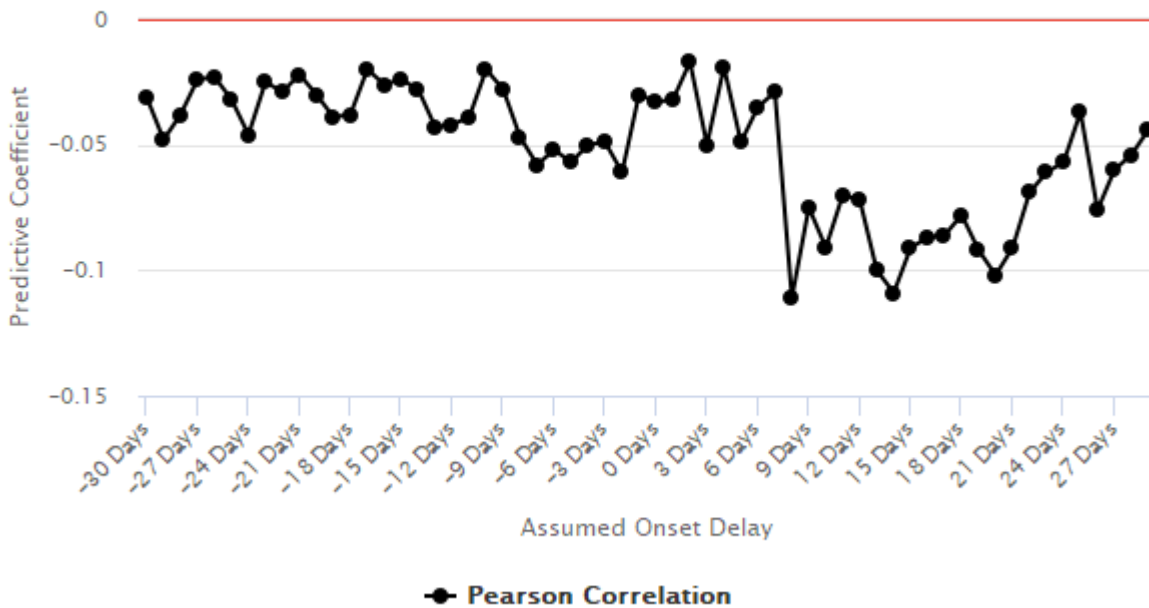
Correlation Between Mirtazapine and Overall Mood by Duration of Action

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



Correlation Between Mirtazapine and Overall Mood by Onset Delay

Peak correlation suggests the delay between predictor and observable outcome



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, 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

	Property	Value
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

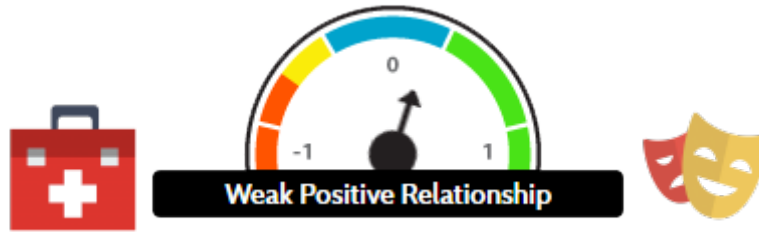
Property	Value
Variable Name	Mirtazapine
Aggregation Method	SUM
Analysis Performed At	2019-07-14
Duration of Action	7 days
Kurtosis	29.71228019946
Mean	11.229 milligrams
Median	0 milligrams
Minimum Allowed Value	0 milligrams
Number of Changes	299
Number of Correlations	38
Number of Measurements	171
Onset 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

Property	Value
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

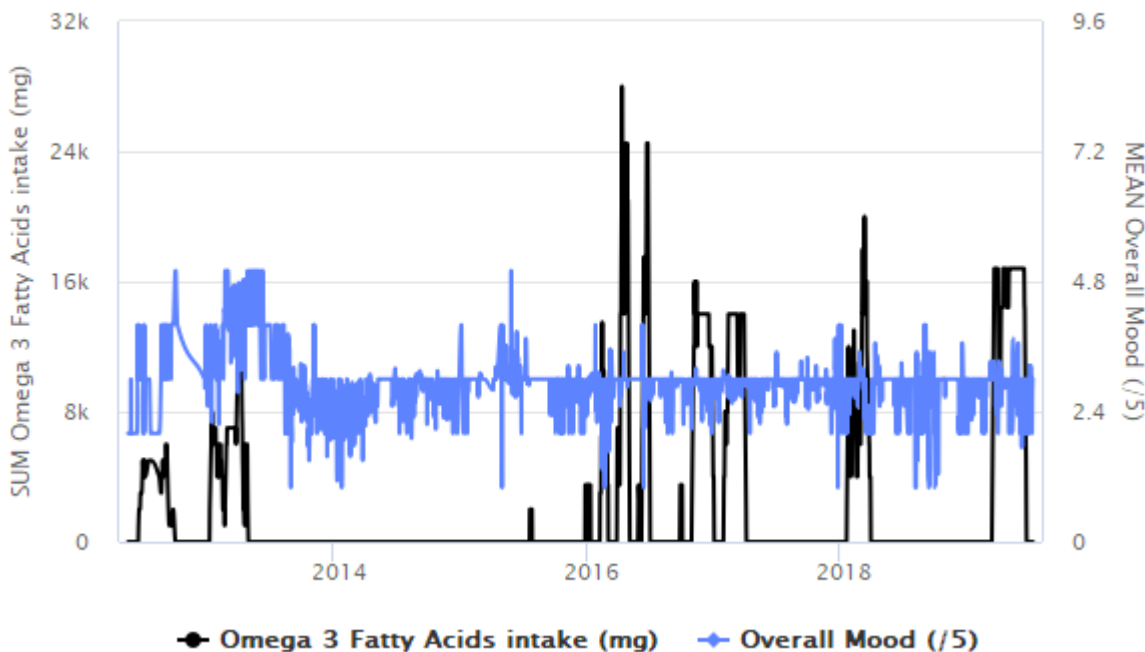


This individual's Overall Mood is generally highest after a daily total of 1000 milligrams of Omega 3 Fatty Acids intake over the previous 7 days.

[Go To Interactive Study](#)

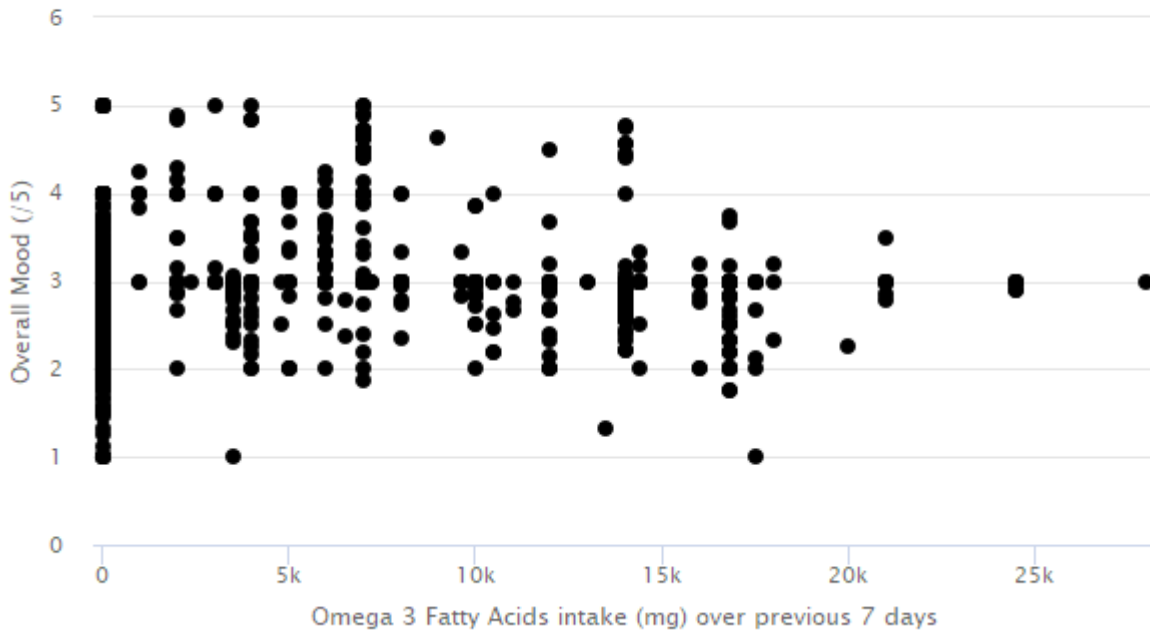
Omega 3 Fatty Acids Intake & Overall Mood Over Time

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



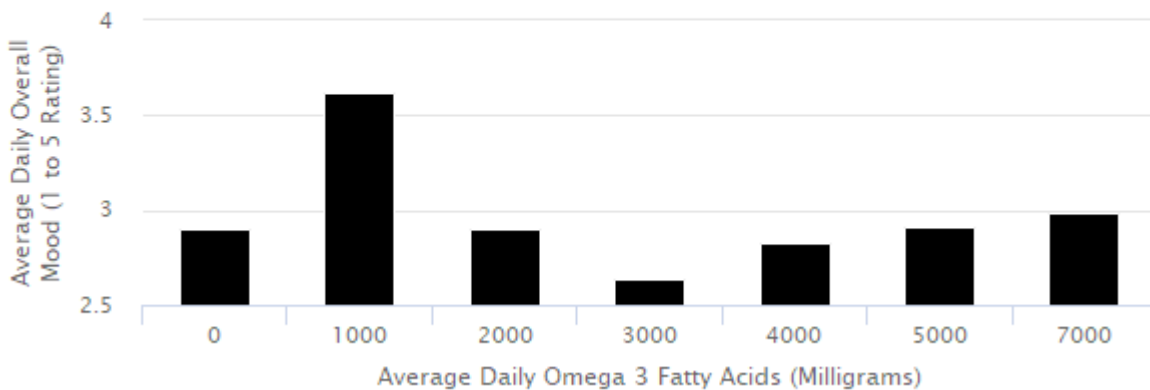
Overall Mood Following Omega 3 Fatty Acids Intake

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



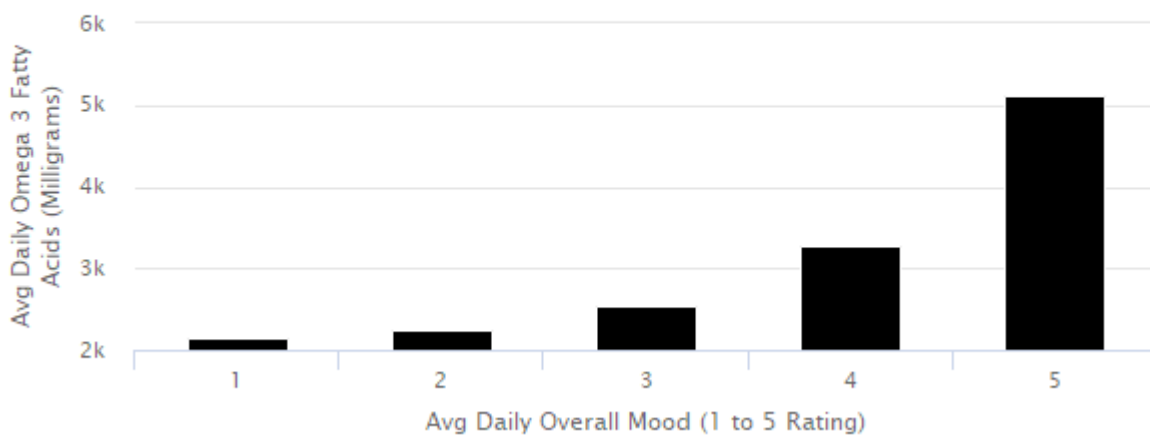
Average Overall Mood by Previous Omega 3 Fatty Acids Intake

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



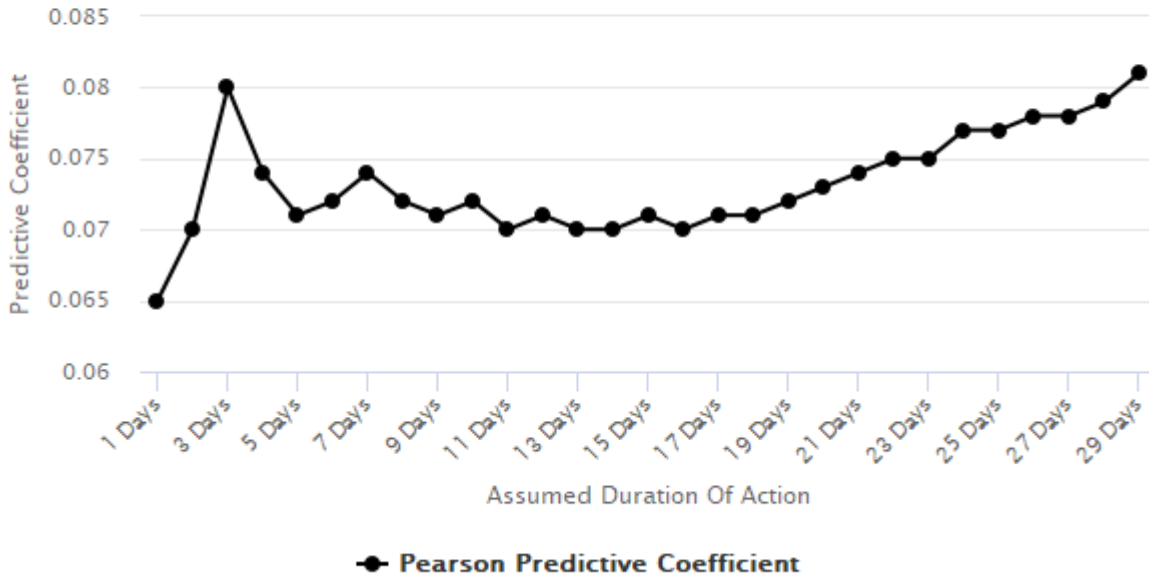
Average Omega 3 Fatty Acids Intake Preceding Overall Mood

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



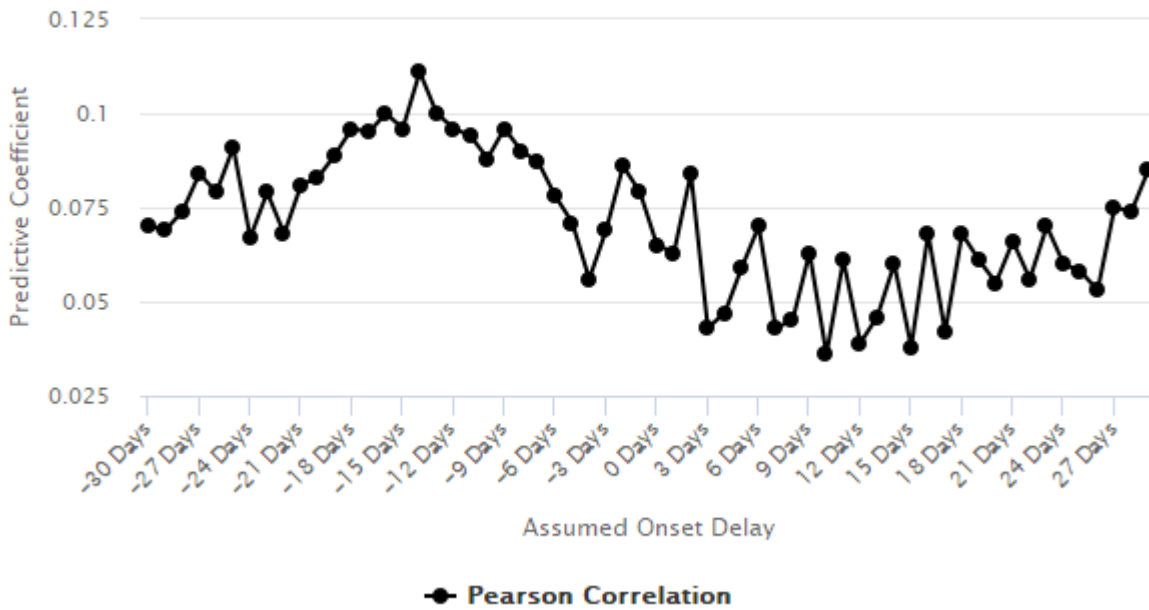
Correlation Between Omega 3 Fatty Acids and Overall Mood by Duration of Action

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



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

Peak correlation suggests the delay between predictor and observable outcome



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, diseasomic, 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		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

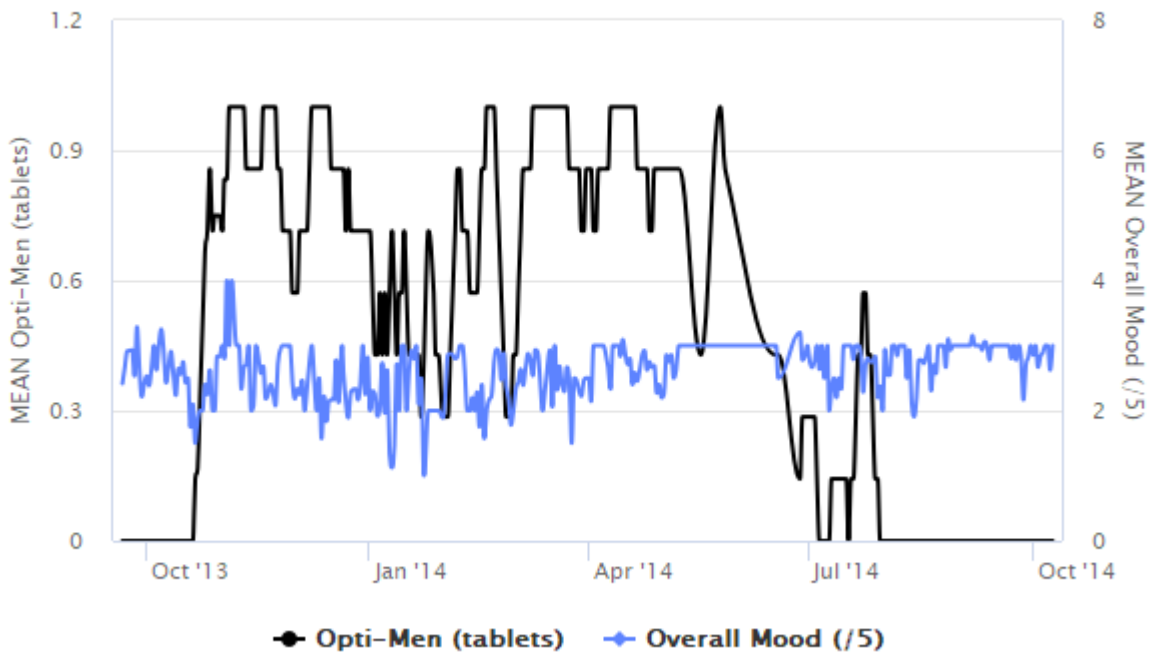


This individual's Overall Mood is generally highest after an average of 0.4 tablets of Opti-Men over the previous 7 days.

[Go To Interactive Study](#)

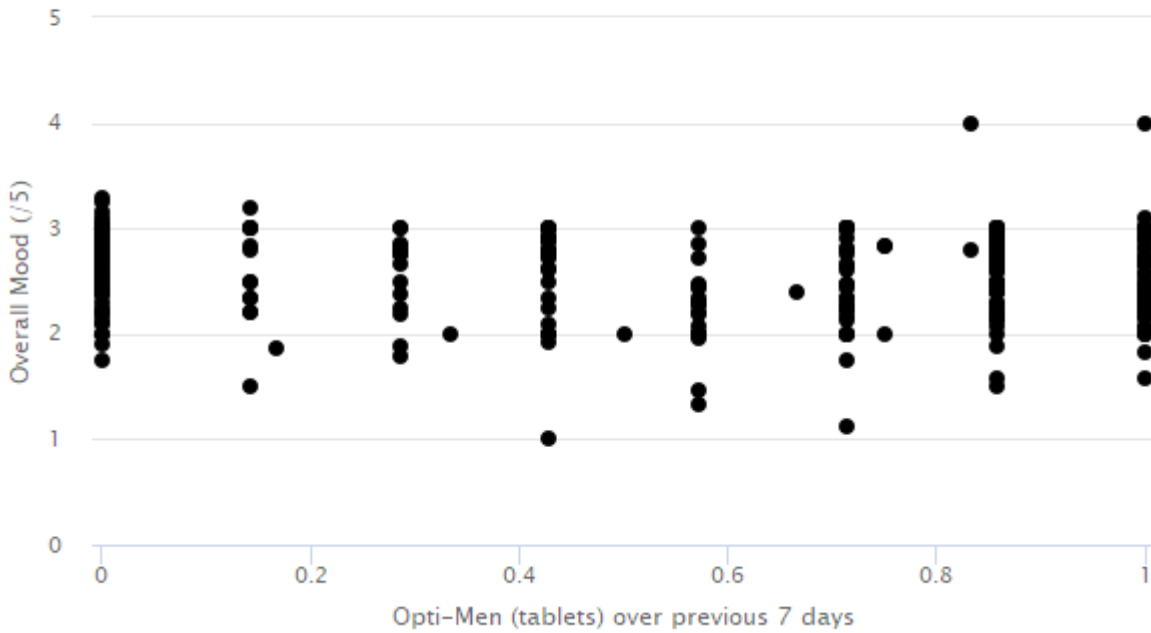
Opti-Men & Overall Mood Over Time

Blue represents the mean of Opti-Men over the previous 7 days



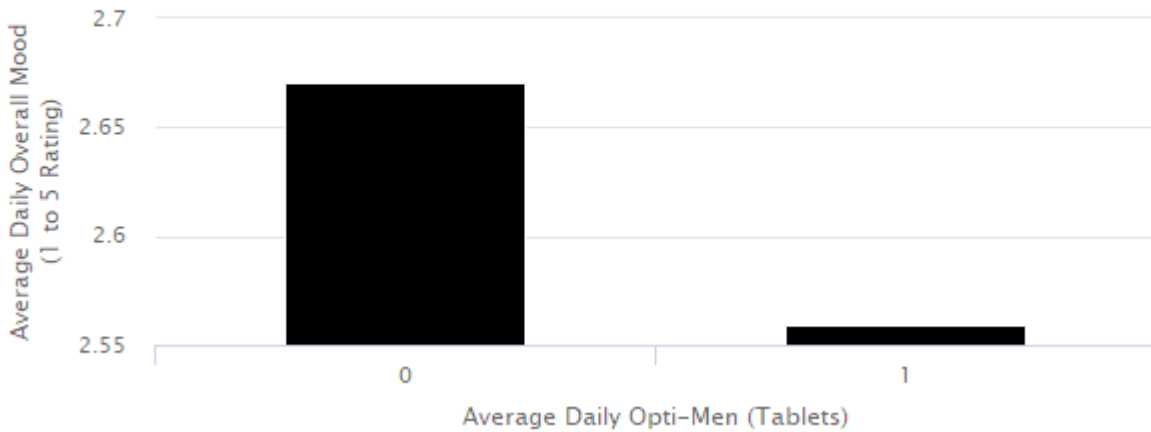
Overall Mood Following Opti-Men

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



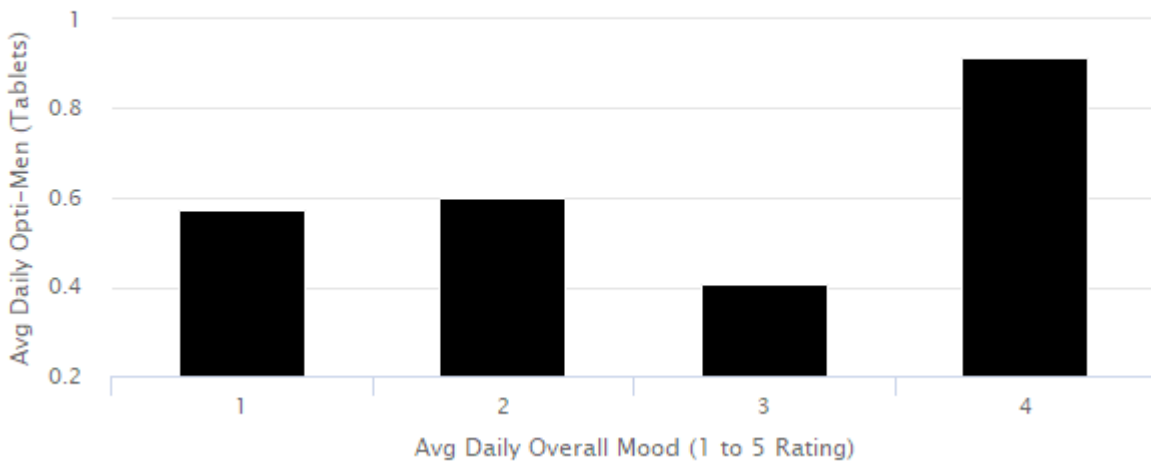
Average Overall Mood by Previous Opti-Men

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



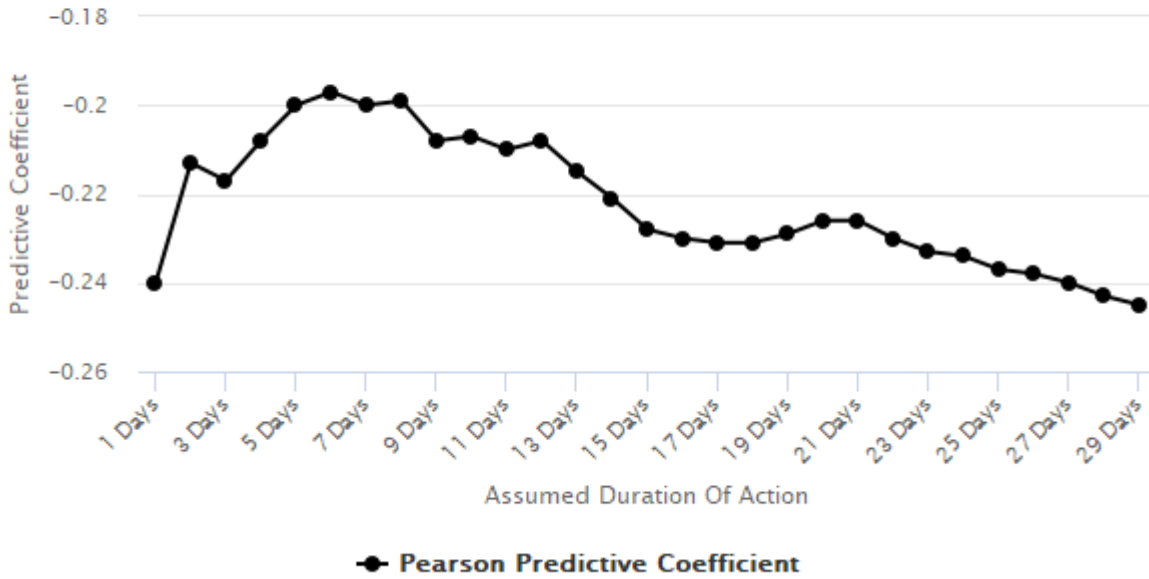
Average Opti-Men Preceding Overall Mood

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



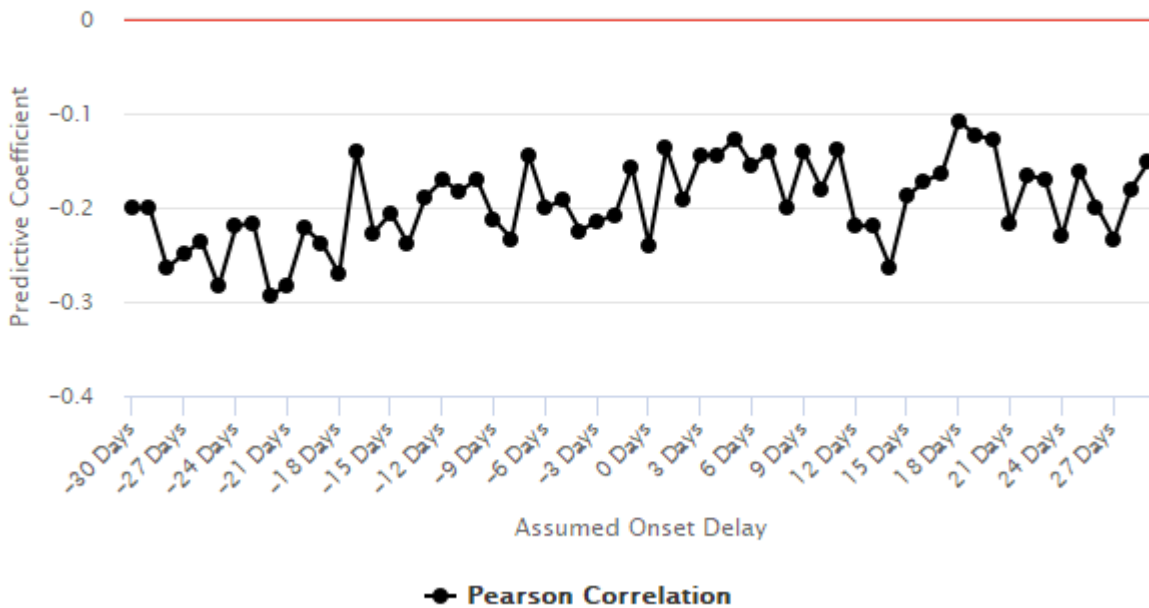
Correlation Between Opti-Men and Overall Mood by Duration of Action

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, 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

	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

Property	Value
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

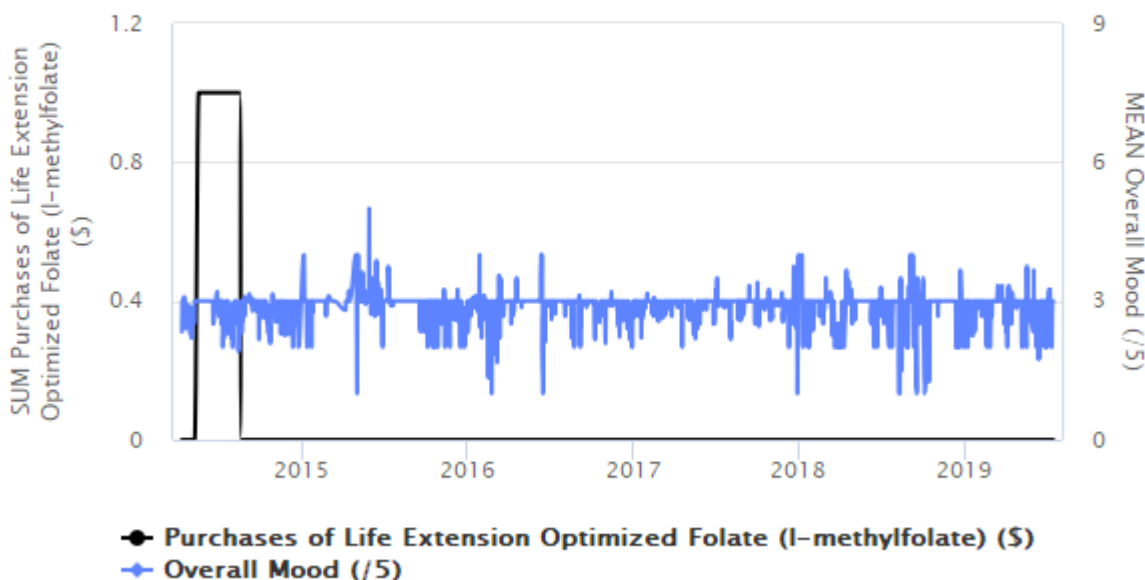


This individual's Overall Mood is generally 5.1% lower after \$1 Purchases of Life Extension Optimized Folate (l-methylfolate) over the previous 3 months.

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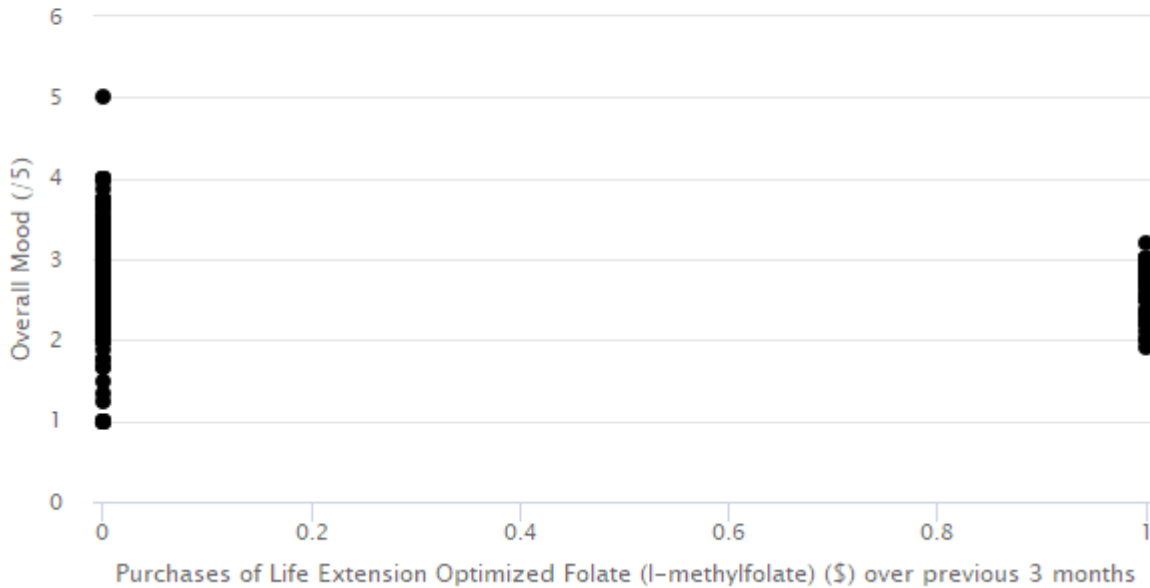
Purchases of Life Extension Optimized Folate (l-methylfolate) & Overall Mood Over Time

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



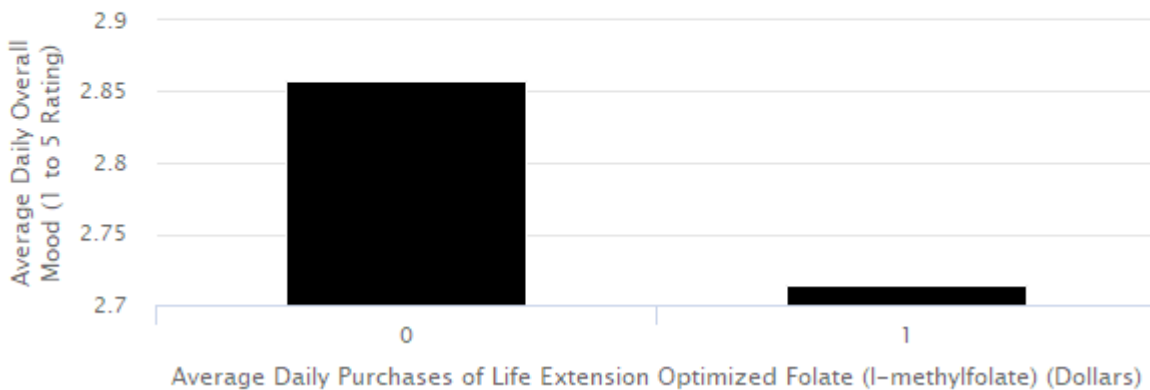
Overall Mood following Purchases of Life Extension Optimized Folate (l-methylfolate)

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



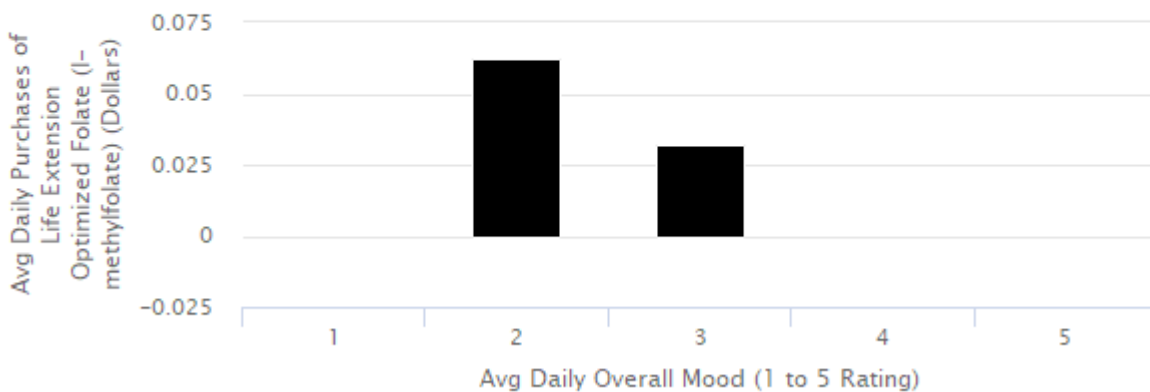
Average Overall Mood by Previous Purchases of Life Extension Optimized Folate (l-methylfolate)

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



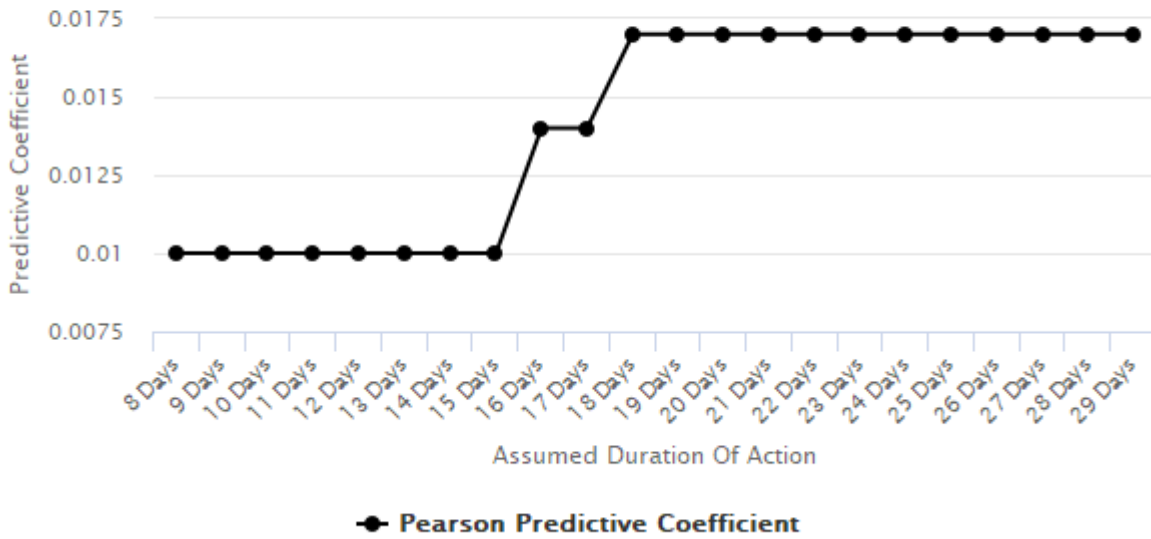
Average Purchases of Life Extension Optimized Folate (l-methylfolate) Preceding Overall Mood

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



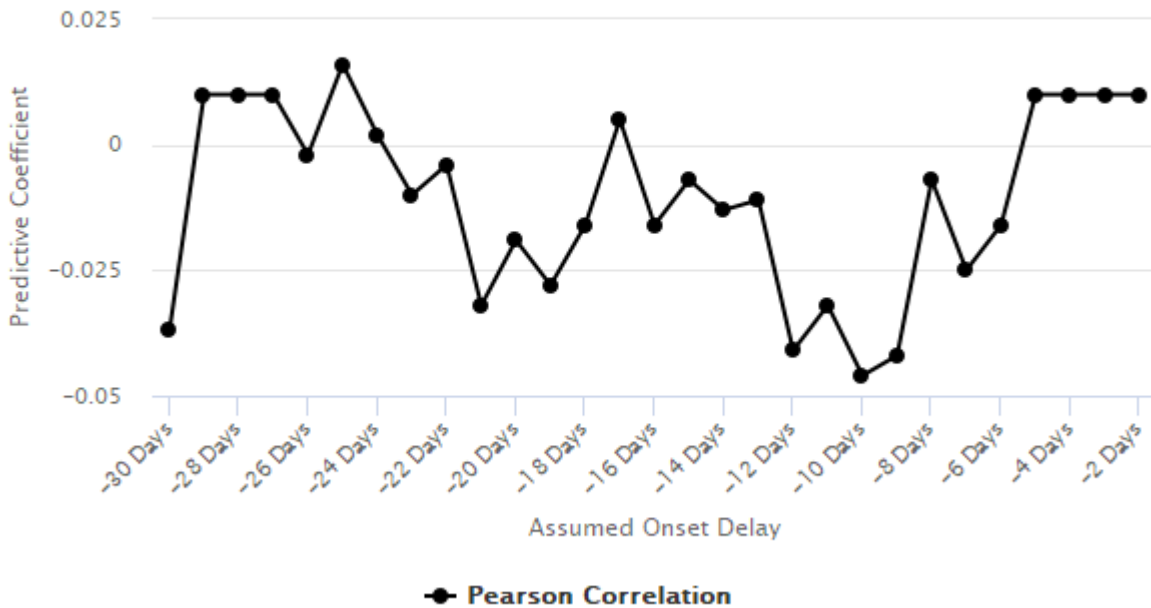
Correlation Between Purchases of Life Extension Optimized Folate (L-Methylfolate) and Overall Mood by Duration of Action

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



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

Peak correlation suggests the delay between predictor and observable outcome



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 may 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

Property	Value
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

Property	Value
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

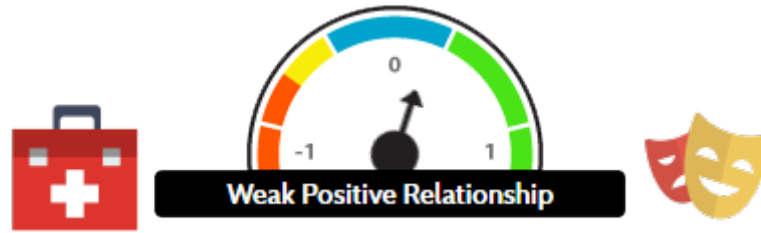
Purchases of Life Extension Optimized Folate (l-methylfolate) Statistics

Property	Value
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

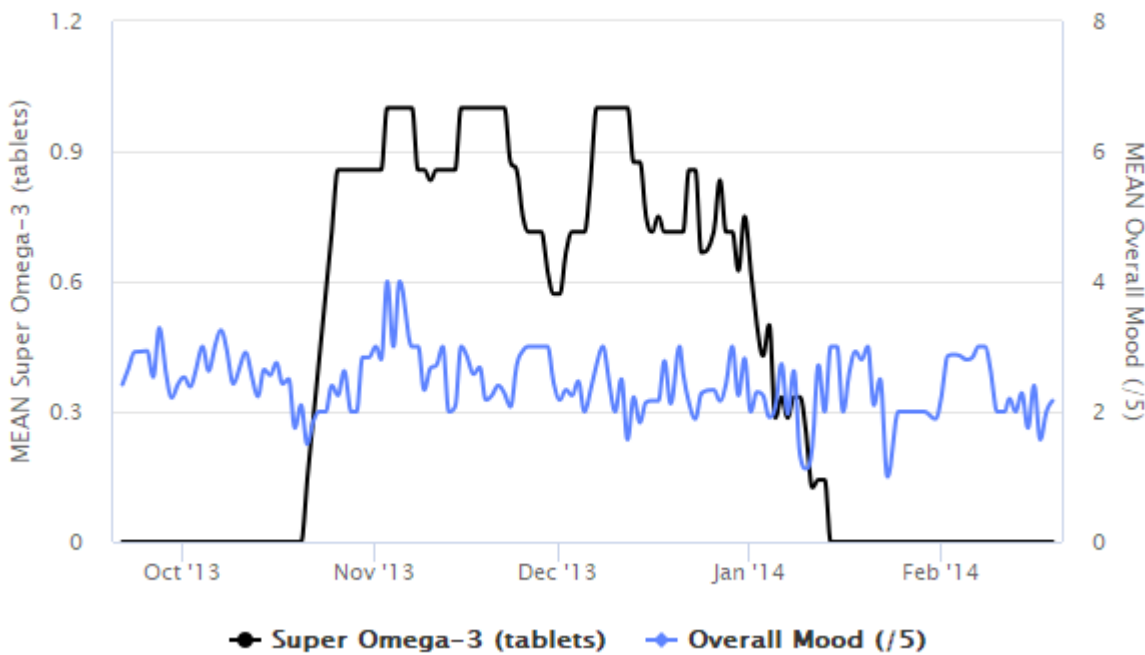


This individual's Overall Mood is generally highest after an average of 0.88 tablets of Super Omega-3 over the previous 7 days.

[Go To Interactive Study](#)

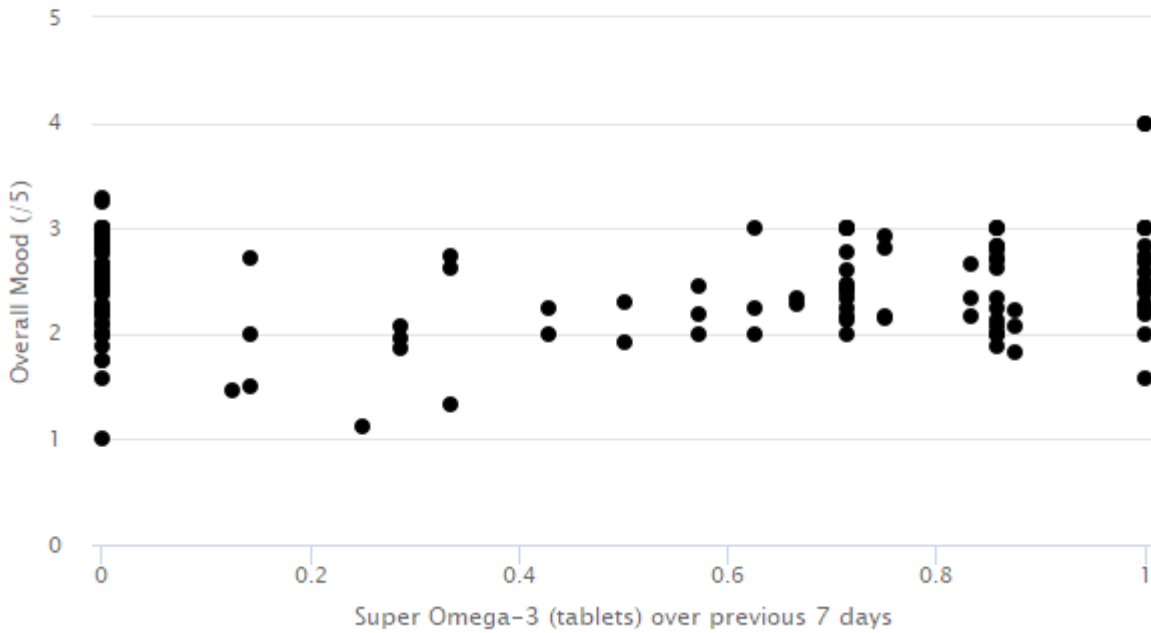
Super Omega-3 & Overall Mood Over Time

Blue represents the mean of Super Omega-3 over the previous 7 days



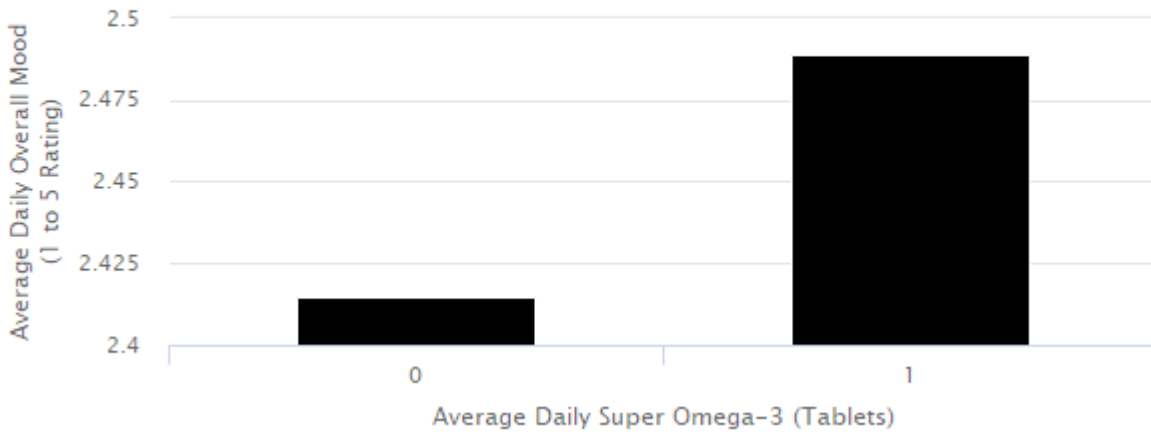
Overall Mood Following Super Omega-3

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



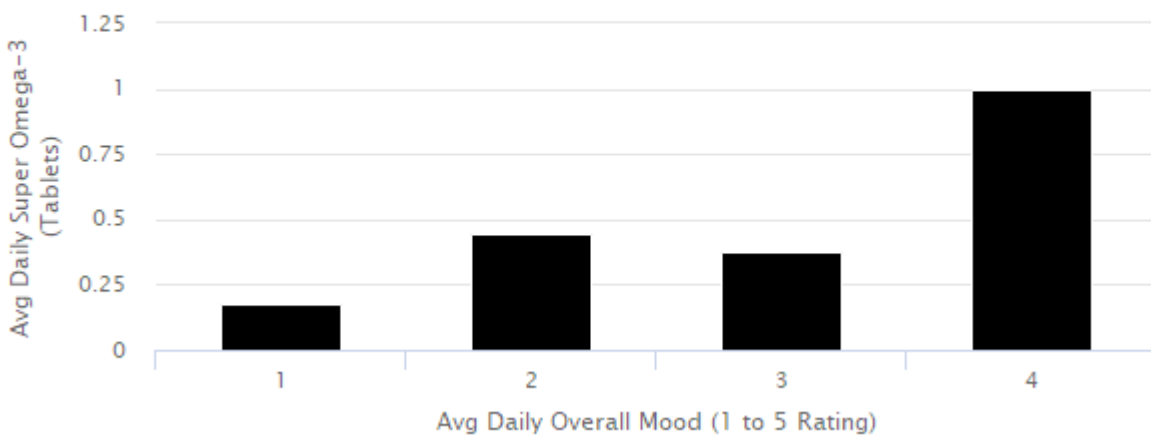
Average Overall Mood by Previous Super Omega-3

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



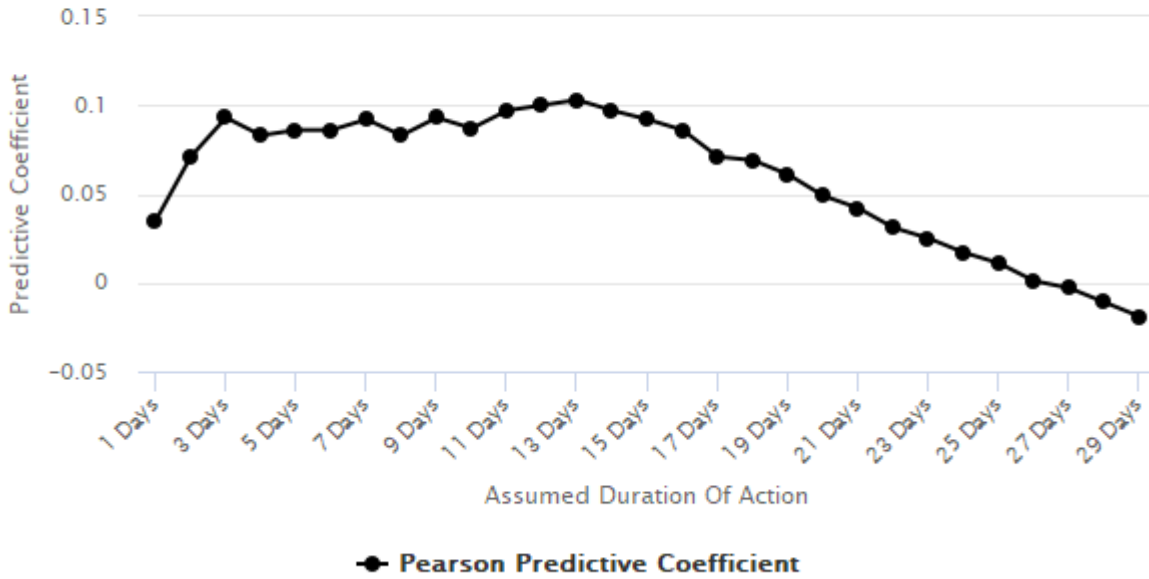
Average Super Omega-3 Preceding Overall Mood

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



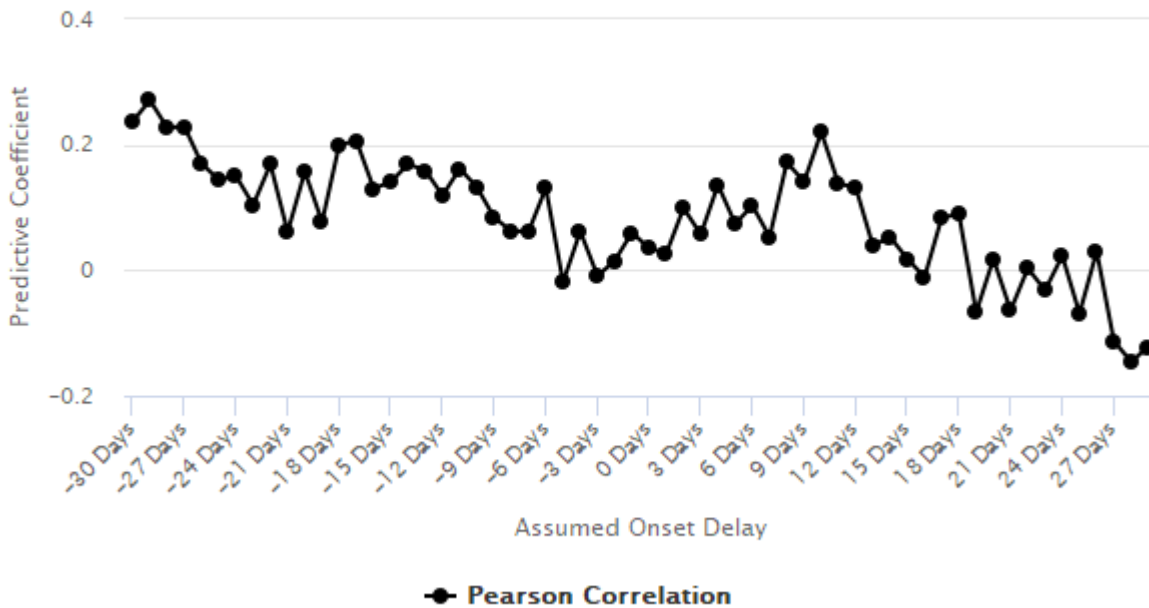
Correlation Between Super Omega-3 and Overall Mood by Duration of Action

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



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

Peak correlation suggests the delay between predictor and observable outcome



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, diseasomic, 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		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 Overall Mood		0.41 tablets

Property	Value
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

Property	Value
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

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

Property	Value
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

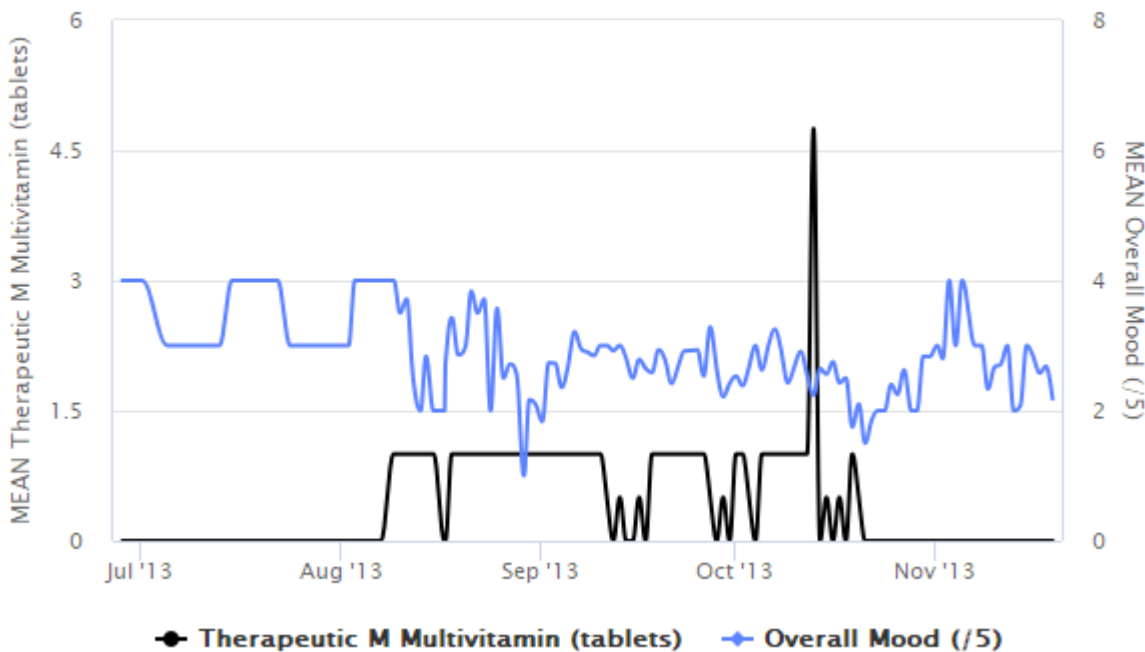


This individual's Overall Mood is generally highest after an average of 0 tablets of Therapeutic M Multivitamin over the previous 24 hours.

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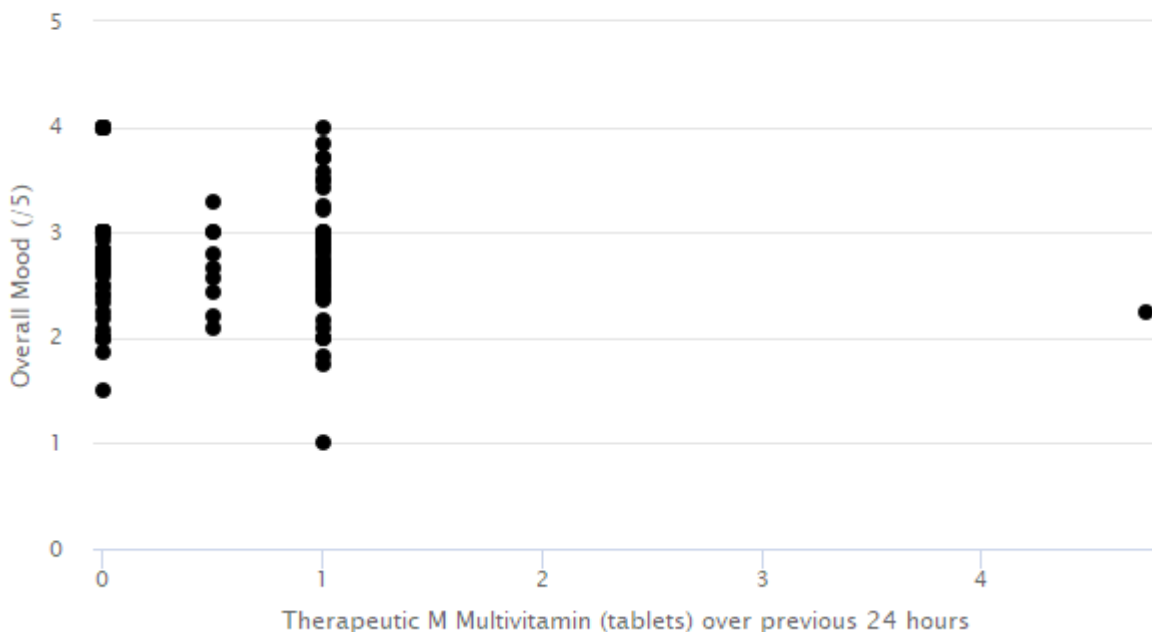
Therapeutic M Multivitamin & Overall Mood Over Time

Blue represents the mean of Therapeutic M Multivitamin over the previous 24 hours



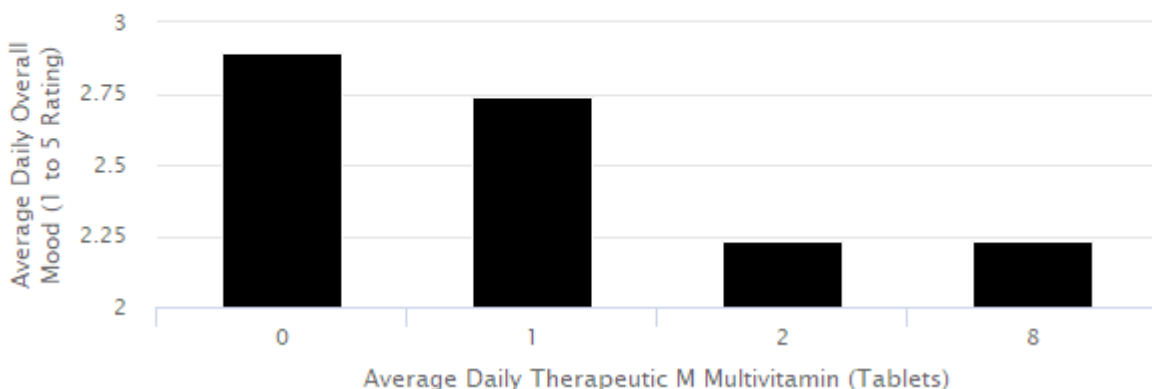
Overall Mood Following Therapeutic M Multivitamin

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



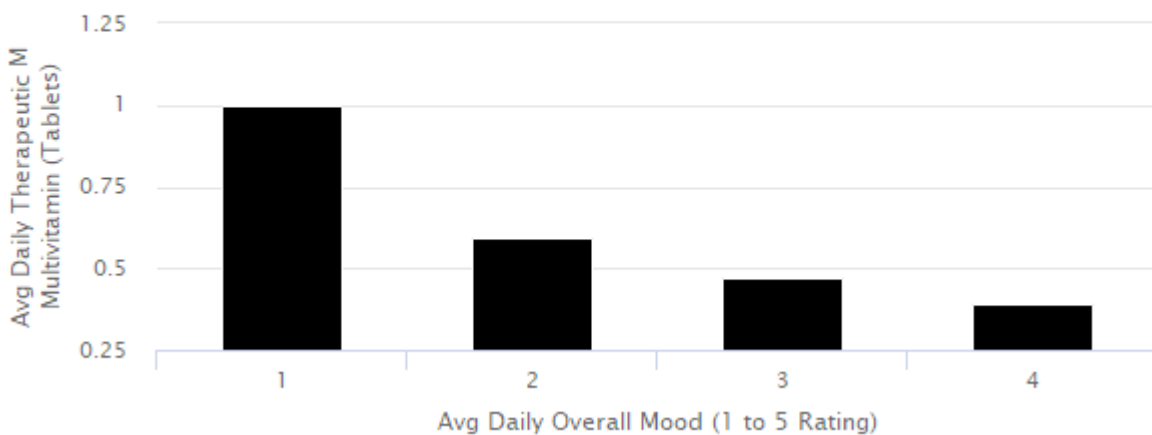
Average Overall Mood by Previous Therapeutic M Multivitamin

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



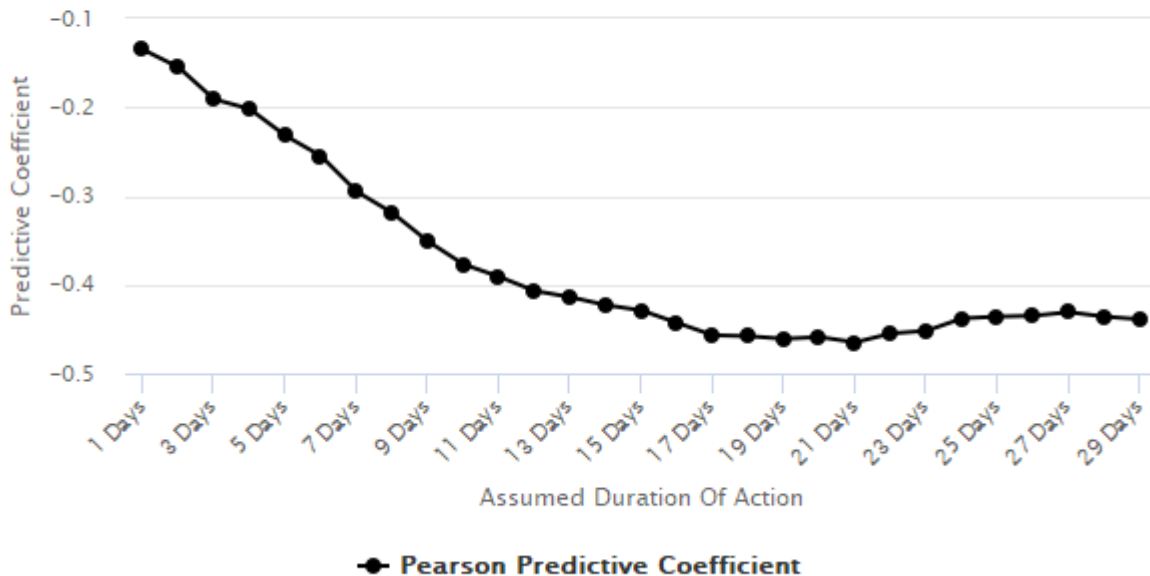
Average Therapeutic M Multivitamin Preceding Overall Mood

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



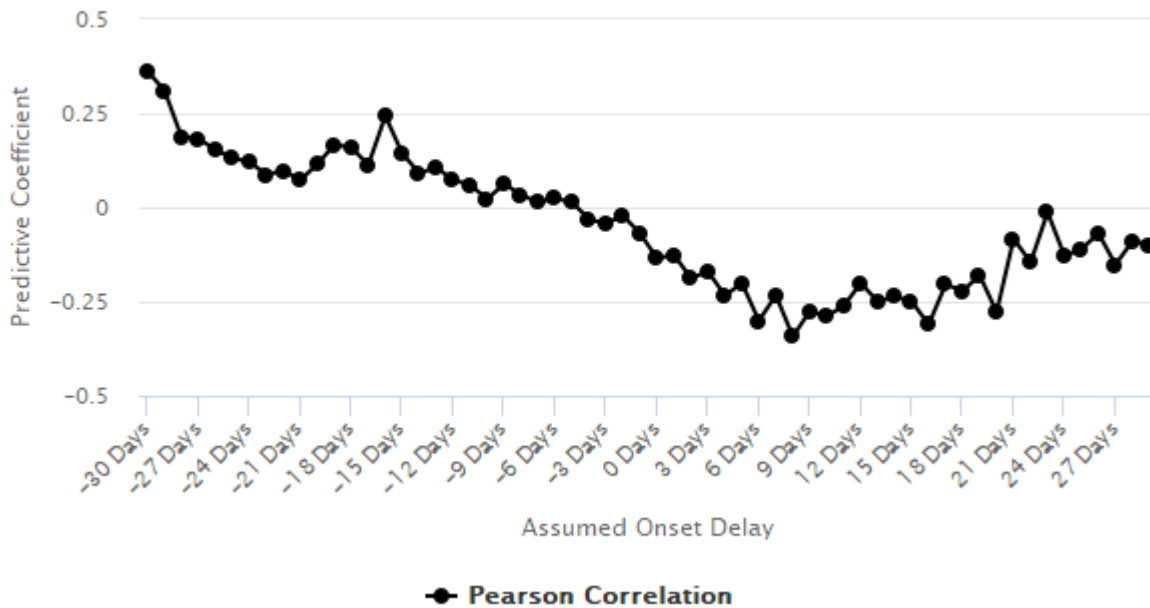
Correlation Between Therapeutic M Multivitamin and Overall Mood by Duration of Action

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



Correlation Between Therapeutic M Multivitamin 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 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 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, 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

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

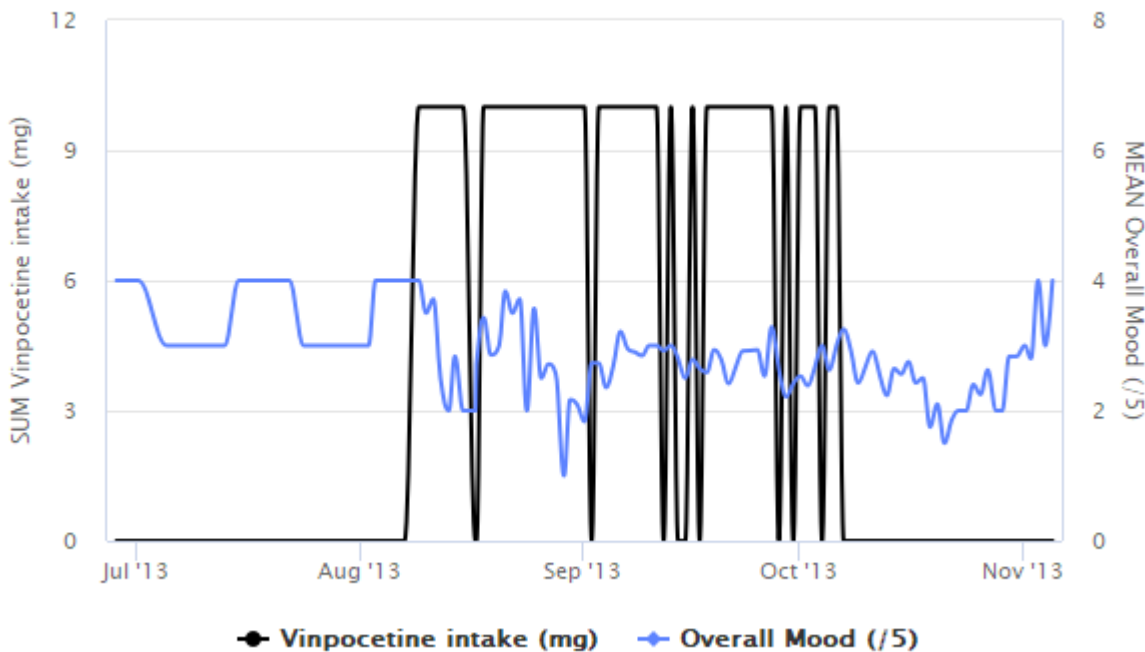


This individual's Overall Mood is generally highest after a daily total of 1 milligrams of Vinpocetine intake over the previous 24 hours.

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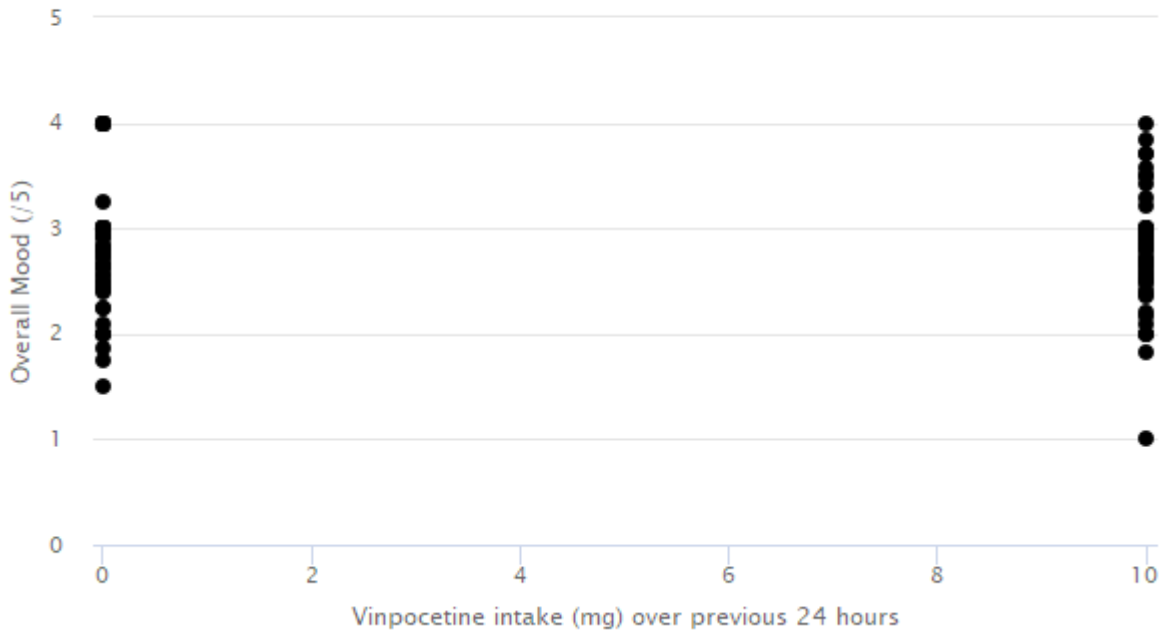
Vinpocetine Intake & Overall Mood Over Time

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



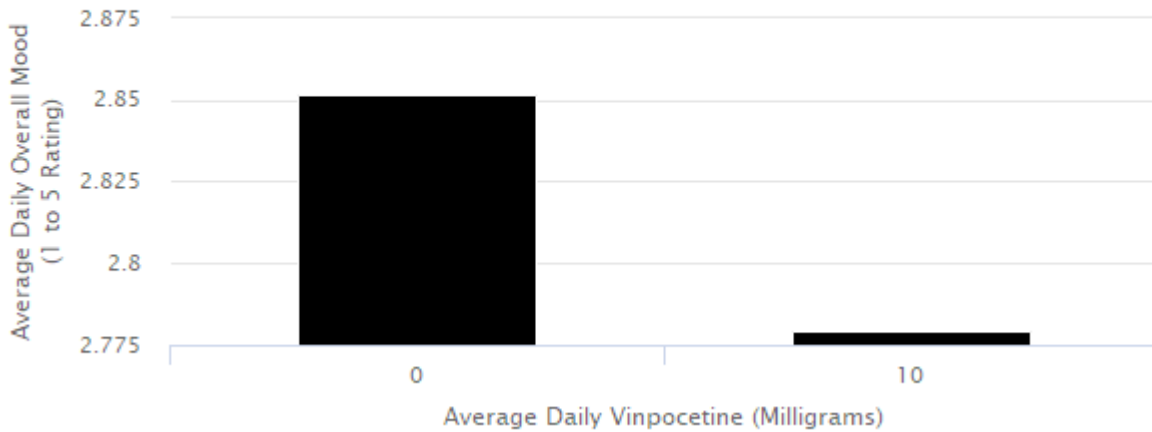
Overall Mood Following Vinpocetine Intake

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



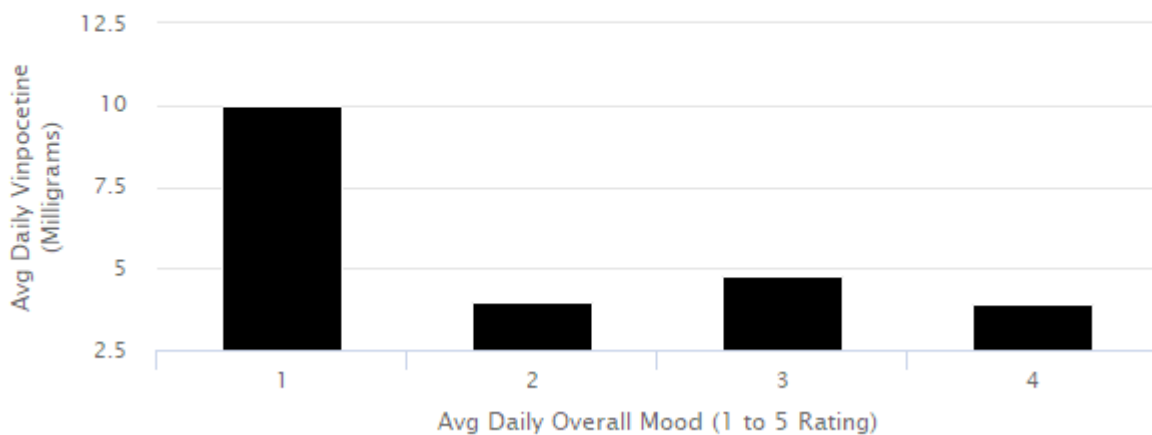
Average Overall Mood by Previous Vinpocetine Intake

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



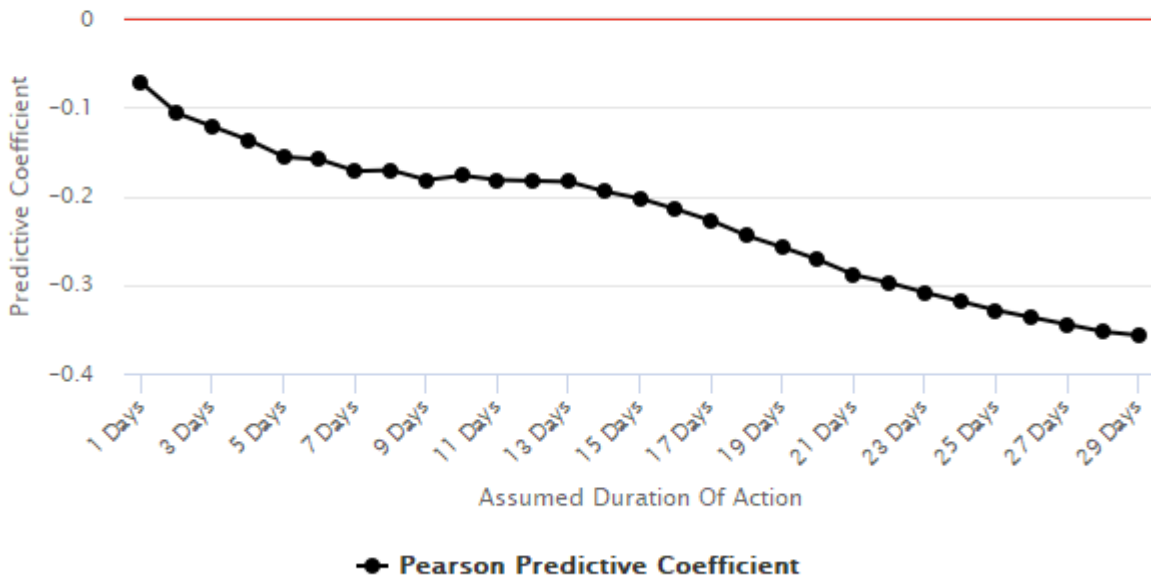
Average Vinpocetine Intake Preceding Overall Mood

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



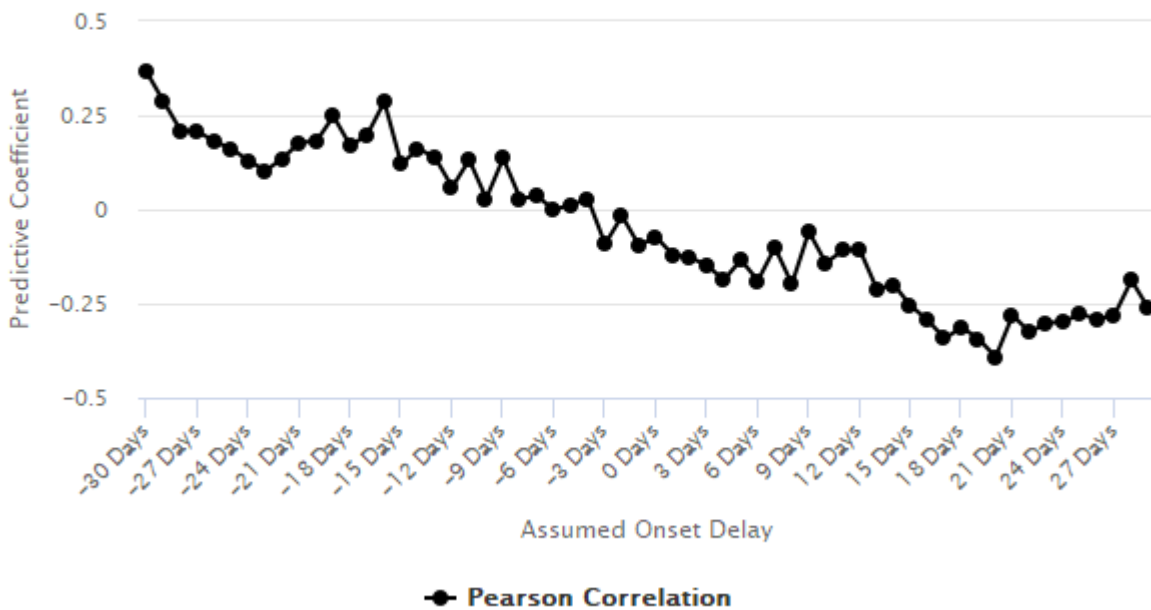
Correlation Between Vinpocetine and Overall Mood by Duration of Action

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



Correlation Between Vinpocetine and Overall Mood by Onset Delay

Peak correlation suggests the delay between predictor and observable outcome



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, 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

	Property	Value
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

Property	Value
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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