

FACT SHEET

Brain Health & Cognitive Resilience

Connect nutritional biomarkers with cognitive performance.

A two-part assessment combining a dried blood spot fatty-acid profile with an online cognitive test. Results bring nutritional status and measured cognitive performance into one profile for informed discussion and follow-up.

SAMPLE Blood spot card collected at home, plus a 10–15-minute online cognitive assessment.



Two parts

Blood spot profile and online cognitive assessment

5 + 5

Nutritional measures and cognitive metrics in the report

One report

Brought together in a Brain Readiness Score

PRECISION HEALTH · BRAIN HEALTH

What your report brings together

The fatty-acid profile measures nutritional biomarkers. The online cognitive scores describe performance on the assessed tasks. Read together, and repeated over time, they give a structured starting point for discussion and follow-up.

01 Blood spot profile Fatty-acid analysis from a small blood sample collected on a blood spot card Five selected nutritional measures are currently included in the report	02 Cognitive assessment Online testing across cognitive domains, with normatively scored results The current report groups cognition into five metrics for repeat comparison	03 Longitudinal context Repeat results can support review of nutritional changes and cognitive performance Changes require interpretation in light of measurement variability and repeat-testing effects
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WHAT IS MEASURED

Measurement and interpretation

The analytical panel covers 32 blood biomarkers. Five selected measures are currently included in the report; the full analytical panel and the report have different scopes. Cognition is reported as five metrics in three groups.

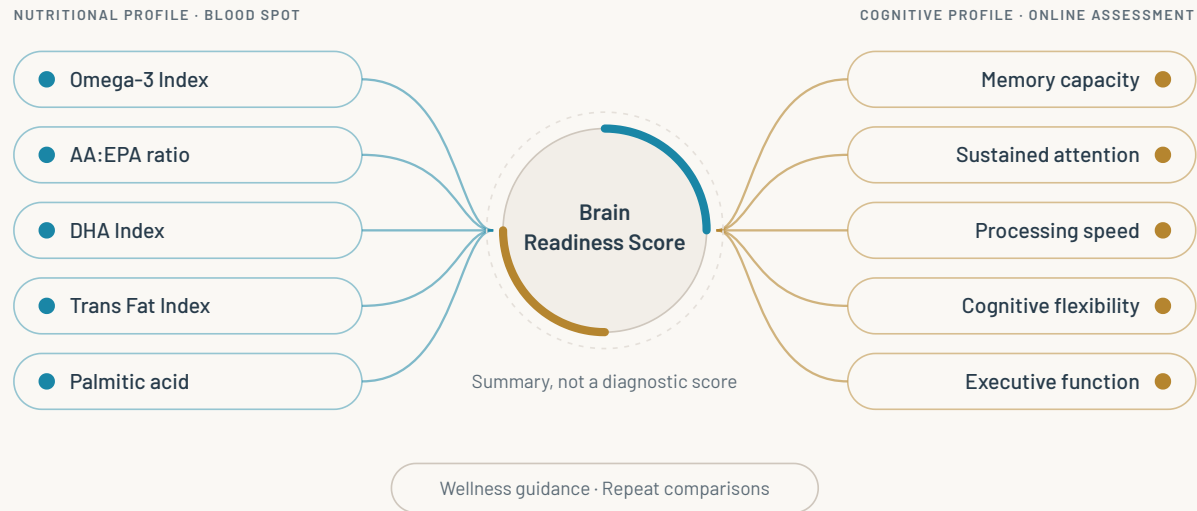
OMEGA-3 INDEX Omega-3 status.	AA:EPA RATIO Arachidonic acid relative to eicosapentaenoic acid. Fatty-acid context, not an inflammation assay.
DHA INDEX Docosahexaenoic acid status.	TRANS FAT INDEX Trans fatty-acid profile.
PALMITIC ACID A selected saturated fatty acid.	MEMORY CAPACITY Learning, retention and recall.
SPEED AND ADAPTABILITY Processing speed and cognitive flexibility.	ATTENTION AND CONTROL Sustained attention and executive function.

WHAT YOU GET

From patient testing to practice follow-up

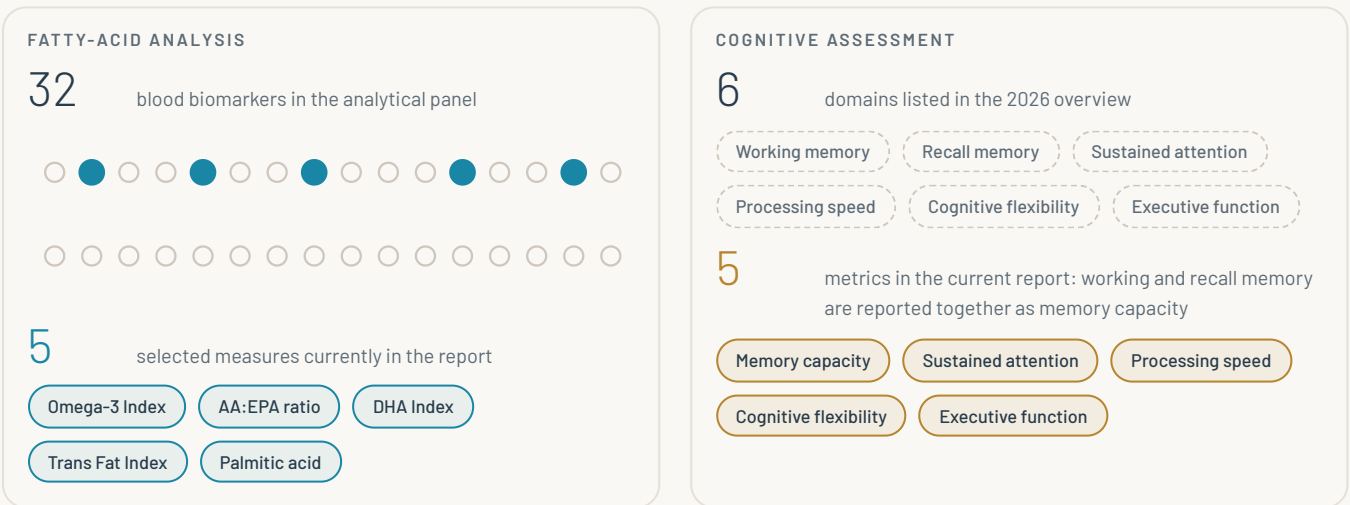
For the patient ● At home: blood spot collection takes approximately 2–3 minutes, and the sample is mailed for analysis ● A 10–15-minute online assessment on your own device, in a quiet setting ● One connected report: Brain Readiness Score, five nutritional biomarkers, five cognitive metrics, wellness guidance and repeat comparisons	For the clinician ● Complete both assessments; review the score, individual results and guidance ● Compare the same measures at follow-up ● Practice branding and a selected report format ● Request a sample report and professional account to discuss formats, kits, patient testing and portal access
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One connected report



Report structure illustration, no patient values shown. Five nutritional biomarkers and five cognitive metrics are summarised in an overall Brain Readiness Score; the individual measures are kept alongside it. The score is not a diagnostic score.

Panel and report have different scopes



The laboratory analyses 32 blood biomarkers; five selected measures are currently included in the report. Current reporting uses five cognitive metrics; the 2026 overview lists working and recall memory separately within six domains.

HOW IT WORKS

From assessment to follow-up



- 1. COLLECT BLOOD SPOT**
A small blood sample on a blood spot card, at home, mailed for analysis.
- 2. COMPLETE ONLINE ASSESSMENT**
Normatively scored cognitive tests on your own device.
- 3. REVIEW RESULTS**
Nutritional and cognitive results in one report.
- 4. AGREE AN INDIVIDUAL PLAN**
Nutrition and supplementation decisions are individualised.
- 5. REASSESS WHERE APPROPRIATE**
Timing should reflect the individual objective.

CLINICAL VALUE

Repeat testing and follow-up

The source programme proposes approximately 90-day repeat testing. Timing should reflect the individual objective; this interval is not evidence of disease prevention or guaranteed benefit.

01	BASELINE	Complete both assessments and review the score, the individual results and the guidance.
02	INDIVIDUAL PLAN	Agree nutrition and supplementation decisions individually, in the wider clinical context.
03	COMPARE	Compare the same measures at follow-up. Retest changes alone do not establish treatment efficacy.

MEASURE → INTERVENE → RE-MEASURE → VERIFY

LIMITATIONS

Interpretation boundaries

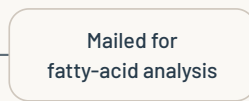
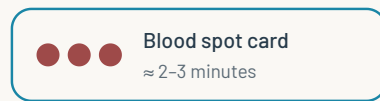
The fatty-acid profile measures nutritional biomarkers; it does not directly measure brain tissue, neuroinflammation or neuronal damage. AA:EPA provides fatty-acid context, not an inflammation assay. Cognitive percentiles compare performance with a normative population; they are not brain ages or disease-risk predictions. The Brain Readiness Score summarises nutritional and cognitive results; it is not a diagnostic score.

This assessment does not establish or exclude dementia, Alzheimer's disease or another neurological condition. Cognitive concerns require clinical evaluation. Brain Health & Cognitive Resilience provides general-wellness information and does not diagnose, predict, prevent, treat or rule out disease. Availability and regulatory status vary by market.

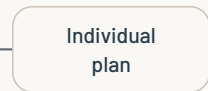
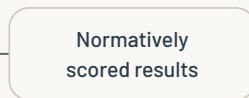
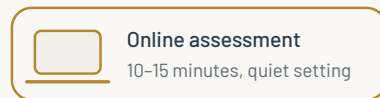
HOW IT WORKS

Two assessments, one profile

PART 01 - AT HOME



PART 02 - OWN DEVICE



Reassess where appropriate (≈ 90 days proposed)

Blood spot collection takes approximately 2-3 minutes at home; the card is mailed for analysis. The online assessment takes 10-15 minutes on the patient's own device, in a quiet setting. The source programme proposes approximately 90-day repeat testing; this interval is not evidence of disease prevention or guaranteed benefit.

Research and scientific context

Published research origin

A 2013 cross-sectional study assessed 78 deployed U.S. service members using blood spot omega-3 analysis and computerised cognitive tests. Sleep and psychological measures were included. Higher omega-3 status was associated with executive function and cognitive flexibility. [1]

Limits of the study

Participants were recruited with mild-to-moderate depressive symptoms, limiting generalisability. One time point, no intervention or longitudinal product evaluation. Association only; no current-product validation or treatment evaluation. [1]

Measurement approach today

Blood spot estimates of five nutritional biomarkers are combined with five norm-referenced cognitive metrics. Repeated reports retain the individual measures alongside the overall Brain Readiness Score.

Evidence context

The evidence described for this assessment includes observational fatty-acid research and unpublished programme data. Associations between fatty-acid status and health outcomes do not establish that testing or supplementation prevents disease or improves cognition.

Selected sources

1. Johnston DT, Deuster PA, Harris WS, MacRae H, Dretsch MN. Red blood cell omega-3 fatty acid levels and neurocognitive performance in deployed U.S. Servicemembers. *Nutritional Neuroscience*. 2013;16(1):30–38. doi:10.1179/1476830512Y.0000000025 · PMID: 22748167

What the cited study can and cannot show

78 participants

A specific deployed military population

One time point

No intervention or longitudinal product evaluation

Two domains

Executive function and cognitive flexibility associations

WHAT IT SHOWS

- An association between higher omega-3 status and executive function and cognitive flexibility

WHAT IT DOES NOT SHOW

- That testing or supplementation prevents disease or improves cognition
- Validation of the current product

A 2013 cross-sectional study of 78 deployed U.S. service members recruited with mild-to-moderate depressive symptoms. Association only; no current-product validation or treatment evaluation. [1]

Your programme. Your brand. Our infrastructure.

Brain Health & Cognitive Resilience can be integrated into healthcare, longevity and preventive-health programmes as a branded or co-branded testing pathway, without building the laboratory infrastructure behind it.

White-label options can include

- Branded test kits and packaging
- Integration into existing clinic or longevity programmes
- Remote sample collection
- Laboratory analysis
- A patient-facing experience in your name
- Results delivered into your preferred reporting environment
- Repeat testing and longitudinal programmes

Partner value

REMOTE ACCESS

Sample collection at home, outside the clinic.

A COGNITIVE LAYER

Nutritional biomarkers and measured cognitive performance, from a blood spot and an online test.

LONGITUDINAL USE

Repeat testing to follow change over time.

Brain Health & Cognitive Resilience

Connect nutritional biomarkers with cognitive performance.

Where Longevity Becomes Measurable.

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