Does Fish Oil Make Me Smarter?

Richard Sprague
Quantified Self
June 21, 2015
Press Orange Button to Start

Press to Start Trial 1 of 32

Press and Hold
BrainTracker

Last Session Mean: 64%

Press the Start button to begin a session

Start
http://betabeat.com/2014/04/sets-roberts-final-column-butter-makes-me-smarter/
Mean reaction time by date, all sessions included

Baseline | No soy | Heavy soy | Return to baseline

Date of Testing Session

http://www.astrocyte-design.com
Mean reaction times for all sessions (including morning, mid-afternoon, and night sessions)

Coconut oil baseline
Mean = 314.9 ms

Flaxseed oil
Mean = 314.9 ms

Return to coconut oil baseline
Mean = 314.0 ms

http://www.astrocyte-design.com
Fish Oil effect fades over time
Statins make me smarter too
Join me!

@sprague

braintracker@ensembio.com