

The effectiveness of *Bacopa monnieri* (Linn.) *Wettst.* as a nootropic, neuroprotective, or antidepressant supplement: Analysis of the available clinical data.

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**Supplementary Table 1. The literature summarized within this analysis before excluding polyherbal formulations and acute studies**

Formulation (Dose used)	Candidates per group (n)	Study type	Results and statistically significant outcomes (P<0.01)	Reference
KeenMind (300-450 mg/day)	KeenMind n=37 Placebo n=39	Randomized, double-blind, placebo-controlled; memory in middle-aged otherwise healthy people	No significant outcomes at P<0.01 from 11 tests	1
KeenMind (300 mg/day)	KeenMind n=23 Placebo n=23	Randomized, double-blind, placebo-controlled; memory in young to middle-aged, otherwise healthy people	Reduction in anxiety. No significant outcomes at P<0.01 from 15 other tests	2
KeenMind (320 or 640 mg/day)	KeenMind n=20 Placebo n=20	Randomized, double-blind, placebo-controlled: memory in otherwise healthy people over 55 years old	No significant outcomes at P<0.01 from 7 types of test	3
Dried <i>B. monnieri</i> extract (300 mg/day)	Bacopa n=24 Placebo n=24	Randomized, double-blind, placebo-controlled; memory, anxiety and depression in otherwise healthy elderly people	Improvements in delayed recall and Stroop test. Not significant in 3 other tests	4
KeenMind (300 mg/day)	KeenMind n=29 Placebo n=32	Randomized, double-blind, placebo-controlled; memory in young to middle-aged, otherwise healthy people	No significant outcomes at P<0.01 from 19 tests	5
BacoMind (450 mg/day)	BacoMind n=23 Placebo n=21	Randomized, double-blind, placebo-controlled; memory in otherwise healthy elderly people	Improvements in digit-span backwards, & list learning-delayed recall. Not significant in 21 other tests	6
BacoMind (300 mg/day)	BacoMind n=49 Placebo n=49	Randomized, double-blind, placebo-controlled; memory in otherwise healthy elderly people	Improvements in AVLT and AVLT delayed recall. Not significant in 11 other tests	7
Extract <i>B. monnieri</i> whole plant (100 mg) powder <i>B.</i>	Bacopa n=41	Randomized, placebo controlled in healthy	No significant outcomes at P<0.01 from 3 tests	8

<i>monnieri</i> whole plant (650 mg)	Placebo <i>n</i> =43	participants between the age of 30 and 42.		
<i>B. monnieri</i> standardized tablet (300 or 600 mg)	Bacopa 300 mg <i>n</i> =20 Bacopa 600 mg <i>n</i> =20 Placebo <i>n</i> =20	Randomized, double-blind, placebo-controlled; memory in young to middle-aged, otherwise healthy people	Significant improvements in power of attention, continuity of attention, speed of memory and quality of memory	<sup>9</sup>
BacoMind (450 mg/day)	BacoMind <i>n</i> =33 Placebo <i>n</i> =33	Randomized, double-blind, placebo-controlled; memory and anxiety in middle-aged otherwise healthy people	No significant outcomes at <i>P</i> <0.01 from 14 tests	<sup>10</sup>
<i>B. monnieri</i> , <i>H. rhamnoides</i> and <i>D. bulbifera</i> combined (500 mg/day)	(normal patients) Bacopa <i>n</i> =56 Placebo <i>n</i> =41 (SADT) Donepezil <i>n</i> =43 Bacopa <i>n</i> =61	Randomized, double-blind, placebo-controlled + standard drug (donepezil): memory and depression in Alzheimer's diseases patients	Improvements in MMSE, DSS, delayed recall, attention span and depression.	<sup>11</sup>
Polyherbal formulation containing <i>B. monnieri</i> dry extract (320 mg), L-theanine (100 mg), <i>C. sativus</i> 30 mg, + vitamins and minerals	Bacopa <i>n</i> =15 Placebo <i>n</i> =15	Randomized, double-blind, placebo-controlled. Depression, memory and stress in elderly people with self-reported memory loss.	No significant outcomes at <i>P</i> <0.01 from 3 types of test	<sup>12</sup>
<i>H. pluvialis</i> (74 mg) Astaxanthin (2 mg) <i>B. monnieri</i> dry extract 20% (100 mg) Bacosides (20 mg) Phosphatidylserine (extracted from soy) (30 mg) Vitamin E (30 mg)	Herbal supplement <i>n</i> =104	Non-comparative, exploratory clinical study on Alzheimer's patients. Non-placebo-controlled	Improvements in Das-cog, and clock drawing test	<sup>13</sup>
Bacognize (300 mg/day)	Baconize <i>n</i> =39	Alzheimer's disease patients. Open label, uncontrolled, non-randomized	Improvements in MMSES	<sup>14</sup>
Citalopram (40 mg) alone or Citalopram + <i>B. monnieri</i> (300 mg)	Citalopram <i>n</i> =23 Citalopram + Bacopa <i>n</i> =19	Randomized, comparison of anhedonia in patients with unsatisfactory results after 4 weeks of citalopram treatment	Bacopa improved citalopram's effects in SHAPS, HAM-D and SDQ. <i>P</i> <0.05	<sup>15</sup>

Mentat polyherbal formulation, 13 herb extracts including <i>B. monnieri</i> , (136 mg) and <i>C. asiatica</i> (70 mg), and 11 other powdered herbs	Placebo <i>n</i> =20 Mentat <i>n</i> =20	Double-blind, placebo-controlled study; Behavior of children	No significant outcomes at $P<0.01$	16
Mentat polyherbal formulation, 13 herb extracts including <i>B. monnieri</i> , (136 mg) and <i>C. asiatica</i> 70 mg, and 11 other powdered herbs	Placebo <i>n</i> =30 Mentat <i>n</i> =30	Randomized, double-blind, placebo-controlled trial. Behavior in children with ADHD	No significant outcomes at $P<0.01$	17
<i>B. monnieri</i> (300 mg; 215 mg) and <i>Ginkgo biloba</i> (120 mg; 260 mg)	Bacopa/Ginko <i>n</i> =44 Placebo <i>n</i> =41	Randomized, double-blind, placebo-controlled, cognitive performance in otherwise healthy young to middle-aged people.	No significant outcomes at $P<0.01$ from 17 tests	18
BacoMind (300-450 mg/day)	BacoMind <i>n</i> =23	Phase I safety study	Mild adverse events related to gastrointestinal system	19
Manas Niyamak Yoga. Polyherbal formulation including <i>B. monnieri</i> , <i>C. asiatica</i> , and others	Placebo <i>n</i> =10 Manas Niyamak Yoga <i>n</i> =10	Randomized, double-blind, placebo-controlled study, measuring ADHD in children	Improvements in division of attention and reaction time	20
Brahmi (250 mg) twice a day after meals	Bacopa <i>n</i> =20 Caffeine <i>n</i> =20	Randomized 40 healthy male medical student volunteers in the age group of $25 \pm 5$ years.  No placebo control	Significant improvements in simple reaction time, multiple choice reaction time, digit cancellation task (DCT), mental arithmetic task (MAT) and memory test (MT)	21
Nurture & Clarity. Polyherbal formulation including <i>B. monnieri</i> , <i>Paeoniae alba</i> , and others	Placebo <i>n</i> =40 Treatment <i>n</i> =80	Randomized, double-blind, placebo-controlled trial. Measuring ADHD in children	Improvements in response time and variability	22
Memomet polyherbal formulation: <i>B. monnieri</i> (125 mg), <i>C. pleuricaulis</i> (100 mg) and <i>C. asiatica</i> (100 mg).	Placebo <i>n</i> =30 Memomet <i>n</i> =56	Randomized, double-blind, placebo-controlled trial. Behavior in children with ADHD	No significant outcomes at $P<0.01$	23
KeenMind (320 or 640 mg/day)	Not reported	Acute randomized, double-blind, placebo-controlled: mood anxiety and depression in otherwise healthy young to middle-aged	No significant outcomes at $P<0.01$ from 5 types of test	24

KeenMind (320 or 640 mg/day)	Not reported	Acute randomized, double-blind, placebo-controlled, cognitive performance in otherwise healthy young to middle-aged people.	Improvements in reverse counting in 3s and 7s and improvements in stress. No significant improvements in rapid visual information processing task (RVIP)	25
BacoMind (225 mg/day)	BacoMind n=24	Open label study: ADHD in children	No significant outcomes at P<0.01	26

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