

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 Figure 2. The meta-analysis of neuropsychological tests carried out on healthy patients treated with *B. monnieri* or placebo. Forest plots and funnel plots along with the full data analysis

AVLT Delayed Recall

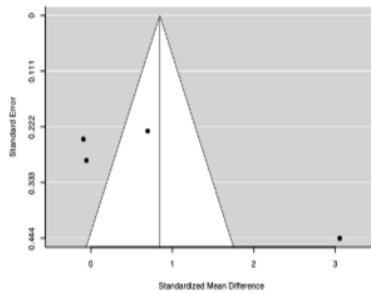
Random-Effects Model (k = 4)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	0.845	0.543	1.56	0.120	-0.219	1.910

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
1.041	1.0638 (SE= 1.0106)	93.08%	14.444		3.000	43.332	< .001



AVLT Learning Rate

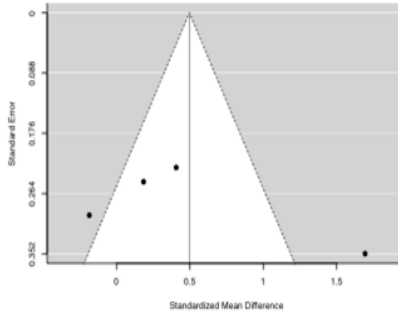
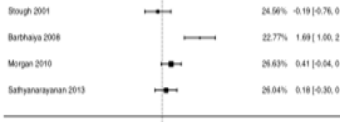
Random-Effects Model (k = 4)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	0.497	0.338	1.47	0.142	-0.166	1.159

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.615	0.3778 (SE= 0.379)	83.53%	6.070		3.000	18.211	< .001



AVLT Forgetting rate

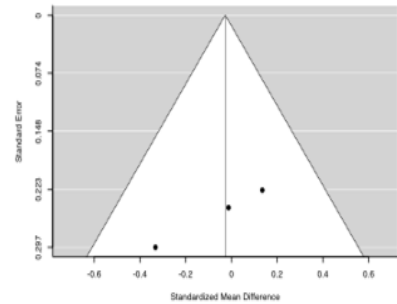
Random-Effects Model (k = 3)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	-0.0272	0.145	-0.188	0.851	-0.311	0.256

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.000	0 (SE= 0.0644)	0%	1.000		2.000	1.584	0.453



AVLT Proactive interference

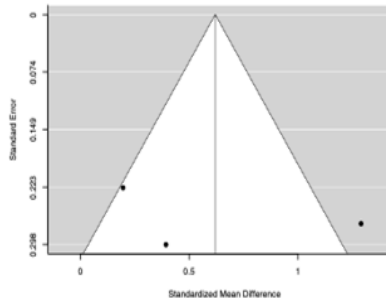
Random-Effects Model (k = 3)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	0.620	0.343	1.81	0.071	-0.052	1.292

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.532	0.283 (SE= 0.3548)	80.41%	5.106		2.000	10.212	0.006



AVLT Retroactive Interference

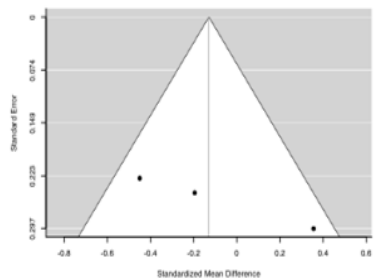
Random-Effects Model (k = 3)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	-0.129	0.225	-0.575	0.565	-0.571	0.312

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.294	0.0867 (SE= 0.1624)	57.17%	2.335		2.000	4.669	0.097



Digit span Forwards

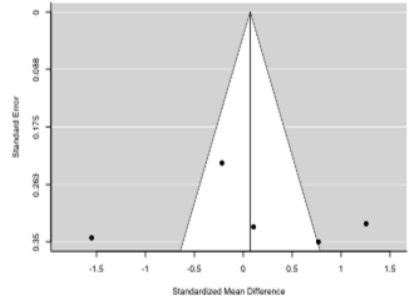
Random-Effects Model (k = 5)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	0.0710	0.444	0.160	0.873	-0.799	0.941

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.940	0.8841 (SE= 0.7133)	90.28%	10.287		4.000	41.147	< .001



Digit Span Reverse

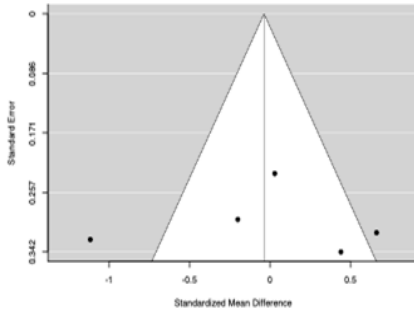
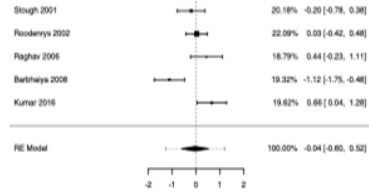
Random-Effects Model (k = 5)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	-0.0375	0.285	-0.132	0.895	-0.595	0.520

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.560	0.3142 (SE= 0.2894)	78.19%	4.585	.	4.000	18.341	0.001



Paired associate learning

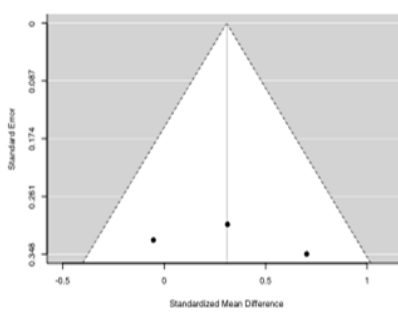
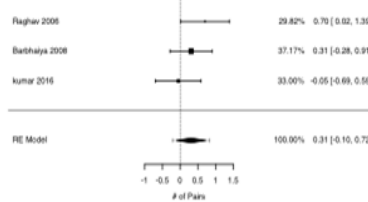
Random-Effects Model (k = 3)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	0.308	0.210	1.47	0.143	-0.104	0.719

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.163	0.0264 (SE= 0.1327)	19.9%	1.248	.	2.000	2.497	0.287



Simple Reaction time

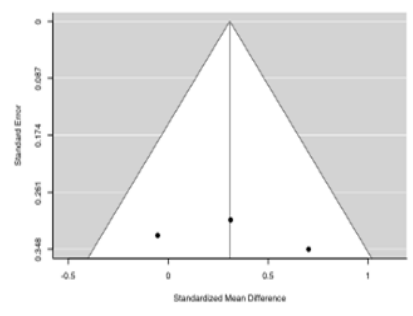
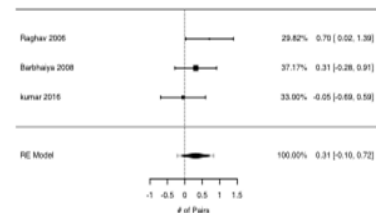
Random-Effects Model (k = 3)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	0.308	0.210	1.47	0.143	-0.104	0.719

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.163	0.0264 (SE= 0.1327)	19.9%	1.248	.	2.000	2.497	0.287



Choice Reaction Time

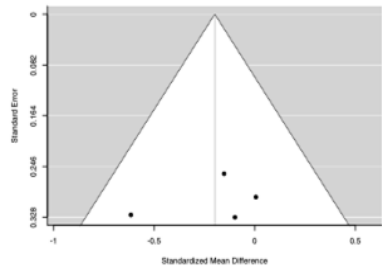
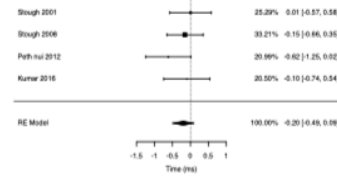
Random-Effects Model (k = 4)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	-0.199	0.148	-1.34	0.179	-0.490	0.092

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.000	0 (SE= 0.0728)	0%	1.000	.	3.000	2.269	0.518



Logical Memory

Random-Effects Model (k = 3)

	Estimate	se	Z	p	CI Lower Bound	CI Upper Bound
Intercept	1.11	0.349	3.18	0.001	0.425	1.795

Note. Tau² Estimator: DerSimonian-Laird

Heterogeneity Statistics

Tau	Tau ²	I ²	H ²	R ²	df	Q	p
0.517	0.2669 (SE= 0.3677)	73.23%	3.735	.	2.000	7.470	0.024

