A Virtual Randomized, Triple-Blind Controlled Trial to Evaluate the Efficacy of Superlativa's ELECTRA Anti-Stress Capsules

Clinical Trial

Author: Citruslabs Research Team

Citruslabs, 1639 11th Street, Santa Monica, USA
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Abstract

Stress and anxiety have a detrimental effect on mental and physical well-being, impacting cognitive functions and causing sleep disturbances, thereby influencing productivity and motivation in daily activities. Recognizing the need for interventions to alleviate these symptoms and enhance overall well-being, this clinical trial investigates the stress and anxiety reduction potential of a daily supplement: Superlativa's ELECTRA Anti-Stress Capsules. The supplement contains ingredients such as ashwagandha (*Withania somnifera*) and *Bacopa monnieri,* known for their positive impact on cognitive function, as well as Schisandra extract, Goji extract, Vitamin B3, and Vitamin B5, offering additional benefits such as central nervous system stimulation, antioxidant effects, and reduced tiredness and fatigue. This triple-blinded study aimed to evaluate the effects of the ELECTRA Supplement compared to a control product on the symptoms associated with anxiety and stress, as well as parameters associated with sleep quality, energy, fatigue, memory, concentration, and cognitive performance when used twice daily over 8 weeks, through questionnaire responses, the GAD-7 Anxiety Score and participant perceptions. After 8 weeks of product use, participants taking the test product observed statistically significant improvements in a subset of tested parameters such as feeling nervous, being angered, and the GAD-7 Anxiety Score. Additionally, poor sleep, fatigue, and low energy notably improved in the test product compared to the placebo product. Furthermore, participant perception questions demonstrated that the test product was better received with higher satisfaction levels regarding the evaluated parameters compared to the placebo product. In summary, this study indicates that the ELECTRA Supplement showed effectiveness in alleviating certain symptoms of anxiety and stress.

Introduction

Stress and anxiety can have profound negative effects on daily life, affecting both mental and physical well-being[1]. These conditions can manifest in various ways, each with its consequences. Firstly, stress and anxiety can impair cognitive functions. Individuals may struggle with concentration, memory, and

decision-making, hindering their ability to perform tasks efficiently[2,3]. This can lead to decreased productivity at work or school, potentially affecting one's career or academic performance. Furthermore, stress and anxiety can also lead to sleep disturbances[4]. Individuals may experience difficulty falling asleep, frequent waking during the night, or early morning awakenings, leading to sleep deprivation over time. Chronic stress can also impact a person's energy. The constant state of alertness and worry can wear them out mentally and physically, making them feel fatigued and sluggish during the day[5]. The emotional and physical toll can also lead to persistent feelings of tiredness and a lack of motivation, hindering productivity and engagement in daily activities.

This trial tests whether daily ingestion of a supplement can result in a reduction in stress and anxiety. The products contain a number of ingredients designed to reduce stress, anxiety, tiredness, and fatigue, as well as improve memory, attention, and learning. ashwagandha is derived from extracts of the roots of *Withania somnifera*, a low-growing evergreen shrub that is endemic to India and Southeast Asia[6]. A number of studies have shown that Ashwagandha supplementation can have a beneficial effect on both stress and anxiety[7]. *Bacopa monnieri* is a perennial, creeping herb that is native to many wetland areas globally and has been used medicinally for centuries[8]. Several studies have provided strong support for Bacopa's cognitive enhancement effects in humans. Additionally, there is an indication of its potential to reduce the severity of conditions like dementia, Parkinson's disease, and epilepsy. These effects are attributed to its various mechanisms of action, which include safeguarding neurons through its antioxidant properties, inhibiting acetylcholinesterase and/or activating choline acetyltransferase. Furthermore, it enhances cerebral blood flow and modulates neurotransmitters, contributing to its overall therapeutic impact[9]. Other ingredients include Schisandra extract which may contribute to stimulation of the central nervous system and help with hormone balance[10,11], Goji extract which contains antioxidants[12], Vitamin B3 which may reduce tiredness and fatigue[13], and Vitamin B5 which may contribute to mental performance[14].

This trial will assess the effect of Superlativa's ELECTRA Anti-Stress Capsules compared to a control product on participant-reported stress and anxiety levels as well as changes in sleep quality, overall energy, fatigue, memory, concentration, and cognitive performance.

Methods

Participants

A total of 60 participants, who experienced self-reported stress and anxiety, were recruited for this study. Participants were randomized into either the intervention/test product group (30 participants) or a control group (30 participants). All participants satisfied the following inclusion and exclusion criteria:

Inclusion:

- Either male or female.
- Aged 40-70.
- Self-reporting as experiencing feelings of stress or anxiety within the past 4 weeks.
- Self-reporting as experiencing problems sleeping, reduced energy levels, and fatigue within the past 4 weeks.
- In the past four weeks, has experienced issues with all of the following:
    - Memory
    - Concentration
    - Brain fog
    - Alertness

- Willing to refrain from taking any vitamins, minerals, or herbal supplements relating to stress, anxiety or cognitive function during the test period.
- Willing to comply with the protocol, and complete all questionnaires for the total study period (8 weeks).

Exclusion:

- Anyone with any chronic health conditions including oncological or psychiatric disorders.
- Anyone taking anticoagulant (blood thinner) medications.
- Anyone pregnant, breastfeeding, or trying to conceive over the next 3 months.
- Anyone currently enrolled or will be enrolled over the next 8 weeks in another research trial.
- Anyone with a history of substance abuse.
- Anyone with any known serious allergic reactions that require the use of an Epi-Pen.
- Anyone with known sensitivities or allergies to any of the product or placebo ingredients.
- Anyone with known allergies to nightshades (e.g., eggplant, tomato, bell pepper, potato).
- Has had any invasive medical procedures in the last three weeks or has any planned invasive medical procedures during the study period.
- Having started hormone replacement therapies (HRT) less than three months before study initiation; or planning to start, stop, or change doses for HRT during the study.

Study Design and Intervention Procedure

This study was a virtual, randomized, placebo-controlled trial conducted over 8 weeks to examine the effects of ELECTRA, compared to a control product, on participant-reported stress, anxiety ,and parameters associated with sleep quality, energy, fatigue, memory, concentration, and cognitive performance.

After eligibility was established and the Informed Consent Form signed, the trial began by taking the initial Baseline questionnaire. Following this, participants initiated a daily routine of consuming two capsules per day of either the ELECTRA supplement or the control product for 8 weeks. Study questionnaires were completed at Baseline, Week 4, and Week 8, with Week 8 marking the end of the study.

Data Analysis and Statistics

The product's efficacy was assessed by observing improvements in symptoms of anxiety, stress, sleep, energy, fatigue, memory, concentration, and cognitive performance. Survey data was collected using textual 5-point Likert scales for each question, such as “Very Bad” to “Very Good” or “Never” to “Always”. The textual Likert data was transformed into numerical values for analysis.

The GAD-7 Anxiety Score was calculated based on a set of specific questions evaluating anxiety and worry. In this validated scale, participants are scored on a scale of 0-3, which corresponds to: ‘Not at all’ (0), ‘Several days’ (1), ‘More than half the days’ (2) and ‘Nearly every day’ (3). The GAD-7 total score for the seven questions ranges from 0 to 21, with a higher score indicating more severe anxiety.

The normality of the data was assessed using the Pearson test. A repeated measure analysis was then conducted, normalizing participant outcomes for each product group to their Baseline response at each time point. Normalized data were further analyzed and compared across each product group using either an unpaired t-test or a Mann-Whitney test, based on the

normality assessment of the data. Statistical analyses were performed in GraphPad Prism 10, and the significance level was set at 0.05.

Participants' perceptions of the impact of the control and test products on a range of parameters were also evaluated. At each intervention time point (Week 4, Week 8), a range of perceived product benefits and participant opinions were evaluated using a 'strongly disagree' to 'strongly agree' scale. The 'strongly agree' and 'agree' responses were combined into a single 'combined agree' outcome to better evaluate the overall agreement with the tested parameters.

Results

Evaluation of the Impact of ELECTRA Supplement on Stress and Anxiety

The impact of ELECTRA Supplement compared to a control product on the symptoms of anxiety and stress among participants was assessed at Week 4 (Figure 1 and Table 1) and Week 8 (Figure 2 and Table 1).

By Week 4, the comparison of anxiety and stress parameters revealed no significant difference between participants using the test product and the placebo product. Parameters such as feeling upset, not being able to control irritations, or overcoming difficulties did not exhibit statistically significant variations between the groups using the test product and the placebo product throughout the evaluation period. Similarly, the analysis of the GAD-7 Anxiety Score based on a set of specific questions evaluating levels of anxiety and worry at Week 4 revealed no significance in alleviating symptoms of anxiety between product groups (Figure 3 and Table 3).

By Week 8, a significant difference was observed in a subset of the tested parameters between participants using the test product and the placebo product. The analysis favored the test product, which exhibited superior efficacy in reducing the frequency of feeling nervous and stressed (98% vs. 42.31%) as well as being angered because of things that were outside of someone's control (47.14% vs. 17.65%). It's important to note that while the frequency of feeling nervous and stressed and being angered was reduced in individuals taking the test product, the analysis of all other tested parameters did not reach significance at Week 8. However, the analysis of the GAD-7 Anxiety Score at Week 8 revealed a significant difference between users of the test product (75.19%) compared to the placebo product (47.43%), with a lower anxiety severity level observed with the test product.

In addition to the statistical significance observed in the frequency of feeling stressed or being angered, the test product consistently exhibited a more favorable trend in improving symptoms associated with anxiety and stress compared to the placebo product across the course of the study (Figure 6). A similar trend was observed when investigating the GAD-7 Anxiety Score, with participants using the test product demonstrating an overall lower score compared to the placebo product users (Figure 7). These trends, although not statistically significant, imply a consistently favorable inclination towards the test product across multiple aspects of addressing symptoms of anxiety and stress. It is possible that an extended study duration may have resulted in significant results in these parameters.

Evaluation of the Impact of ELECTRA Supplement on Sleep, Energy, Fatigue, Memory, Concentration, and Cognitive Performance

The effect of the ELECTRA supplement compared to the control product on participants' sleep quality, overall energy, fatigue, memory, concentration, and cognitive performance was evaluated at Week 4

(Figure 4 and Table 3) and Week 8 (Figure 5 and Table 3).

At both Week 4 and Week 8, most of the analyzed parameters did not show any significant difference between both products in their effectiveness in changing the tested parameters. However, when participants were asked to rate to what extent fatigue and low energy troubled them in general in the past month, a notable contrast emerged between the two products. Individuals taking the test product exhibited significantly improved energy levels (96% and 104% at Week 4 and 8) when compared to the placebo product users (47.06% and 58.82% at Week 4 and 8), across the course of the study. Moreover, at Week 4, participants taking the test product (84.62%) were, in general, significantly less troubled by poor sleep compared to the placebo product users (54.44%).

Participants' Perception of ELECTRA Supplement

Participants were asked to respond to a set of questions evaluating the perceived impact of the supplement on anxiety and stress at each check-in after using the product and were evaluated using a 'strongly disagree' to 'strongly agree' scale. The 'strongly agree' and 'agree' responses were combined into a single 'combined agree' outcome to better evaluate the overall agreement with the tested parameters. Overall, the test product seemed to have outperformed the placebo product at all of the evaluated parameters among participants (Table 4).

By Week 4, 65.38% of participants using the test product noted a reduction in the feeling of stress, compared to 61.54% among those using the placebo product. Similarly, 65.38% of participants using the test product witnessed a notable reduction in feeling nervous in stressful situations, in contrast to the 50% of individuals using the placebo product. 80.77% of the test product users reported an overall improvement in mood and well-being since taking the product, surpassing the 61.54% of the placebo product users. 76.92% of participants using the test product experienced a reduced feeling of anxiety since using the product, compared to 61.54% of the placebo product users.

Regarding the frequency and severity of panic attacks, both products remained relatively close, with 69.23% of participants for the test product and 65.38% for the placebo product reporting less severe panic attacks since using the product. 57.69% of the test product users reported improved sleep quality, which exceeded the 42.31% of the placebo product users. 61.54% of participants using the test product reported experiencing fewer disturbances during sleep, surpassing the 34.62% of participants using the placebo product.

When considering sleep quality, 57.69% of participants using the test product experienced improvements, in contrast to the 46.15% of participants using the placebo product. 53.85% of the test product users have slept longer since using the product, compared to 42.31% of participants taking the placebo product. 61.54% of participants using the test product have fallen asleep faster since taking the product, compared to 50% of the placebo product users. Notably, the test product outperformed the placebo product in making participants feel less fatigued throughout the day, with 73.08% of users reporting this benefit compared to 42.31% for the placebo product.

In increasing the ability to recall information, the test product displayed greater efficacy, with 53.85% of participants reporting an increase, in contrast to 23.08% for the placebo product. When it comes to the improvement of focus, concentration, and mental clarity, the test product showed a significant lead, with

63.38% of participants reporting enhancement, compared to only 34.62% of the placebo product users. Similarly, 65.38% of the test product users, compared to 34.62% of the placebo product users agreed that the product had increased mental agility, alertness and sharpness. 69.23% of participants using the test product reported experiencing improved cognitive performance and less brain fog, surpassing the 42.31% of participants using the placebo product.

At Week 8, 80.77% of participants using the test product felt less nervous in stressful situations, compared to 57.69% among those using the placebo product. Similarly, 88.46% of participants using the test product witnessed an overall improvement in mood and well-being, contrasting with the 57.69% of individuals using the placebo product.

For a reduced anxiety feeling, 92.31% of the test product users reported improvements, surpassing the 61.54% of the placebo product users. Notably, 73.08% of participants using the test product experienced reduced frequency and severity of panic attacks since taking the product, compared to 42.31% of the placebo product users.

In terms of improvements in sleep quality, 65.38% of the test product users reported positive changes, exceeding the 50% of the placebo product users. Regarding disturbances during sleep, 61.54% of the test product users reported reductions compared to 53.85% of the placebo product users. Both products showed comparable effects in improving sleep quality, with 57.69% of participants experiencing this improvement with both the test product and the placebo product. 65.38% of participants using the test product have slept longer since taking the product, surpassing the 30.77% of the placebo product users. Similarly, 57.69% of participants using the test product have fallen asleep faster since using the product, compared to 34.62% of participants using the placebo product.

When it comes to feeling less fatigued throughout the day, the test product showed a lead with 73.08% of participants reporting enhancement, compared to 38.46% of the placebo product users. Similarly, the test product displayed greater efficacy in increasing the ability to recall information, with 73.08% of participants reporting benefits, compared to 46.15% of the placebo product users. Notably, 80.77% of participants using the test product noticed improved focus, concentration, and mental clarity, compared to 46.15% of the placebo product users. Similarly, 76.92% of the test product users compared to 57.69% of the placebo product users agreed that the product had increased mental agility, alertness and sharpness. 76.92% of participants using the test product reported experiencing improved cognitive performance and less brain fog, surpassing the 50% of participants using the placebo product.

Moreover, at Week 8 a set of specific questions were asked, which aimed to evaluate the participants' perception of the product overall. 80.77% of individuals using the test product and 65.38% of those using the placebo product expressed a desire to continue taking the product. As for recommending the product, 84.62% of the test product users were inclined to endorse it to their friends and family, while 69.23% of the placebo product users felt similarly motivated.

Discussion

This study provides data on the impact of the ELECTRA Supplement on various anxiety and stress symptoms as well as parameters associated with sleep quality, energy, fatigue, memory, concentration and cognitive performance. Utilizing statistically analyzed questionnaire responses, the GAD-7 Anxiety

Score and participant perceptions, the study offers a multifaceted evaluation of the supplement's effects.

Overall, the test product compared to the placebo product showed a number of positive improvements beyond the placebo effect across the assessed parameters, indicating an enhancement in the severity of anxiety and stress levels among participants.

Among the evaluated parameters at Week 8, the frequency of feeling nervous and stressed, as well as the frequency of being angered, showed a statistically significant improvement in participants using the test product compared to the placebo product. However, many of the other tested parameters did not show significant changes between participants using the test product and the placebo product, indicating a lack of notable impact of ELECTRA Supplement on parameters such as the ability to feel confident with handling personal problems, the ability to control irritations or feeling or the ability to overcome difficulties.

Additionally, participants taking the test product scored significantly better when assessing anxiety and worry based on the GAD-7 Anxiety Score. Notably, this statistically significant difference only became apparent at Week 8. Moreover, participants using the test product exhibited reduced distress related to poor sleep, experienced lower levels of fatigue, and reported higher energy levels when compared to those using the placebo product, highlighting additional positive outcomes associated with the use of the test product in contrast to the placebo product. These outcomes highlight the test product's potential efficacy in addressing symptoms of anxiety and stress as well as in improving poor sleep and increasing energy levels, suggesting a potential superiority over the placebo product.

Participants' perception analysis indicated a higher overall acceptance of the test product compared to the placebo product, with users expressing greater contentment and a more positive reception toward the test product. Participants utilizing the test product reported higher satisfaction levels with the product and its effects on the evaluated outcome measures compared to those using the placebo product.

Conclusion

In summary, this study indicates that the test product showed effectiveness in alleviating a number of anxiety and stress symptoms. While parameters such as feeling nervous, being angered, the GAD-7 Anxiety Score as well as poor sleep, fatigue and low energy appeared significant for the test product, the comparison across multiple parameters didn't reveal notable differences between the two products in managing overall participant-reported stress and anxiety levels as well as changes in sleep quality, overall energy, fatigue, memory, concentration, and cognitive performance.

Overall, the test product was better received compared to the placebo product, as reflected in participants' higher satisfaction levels and more positive perceptions regarding its impact on the evaluated outcome measures.

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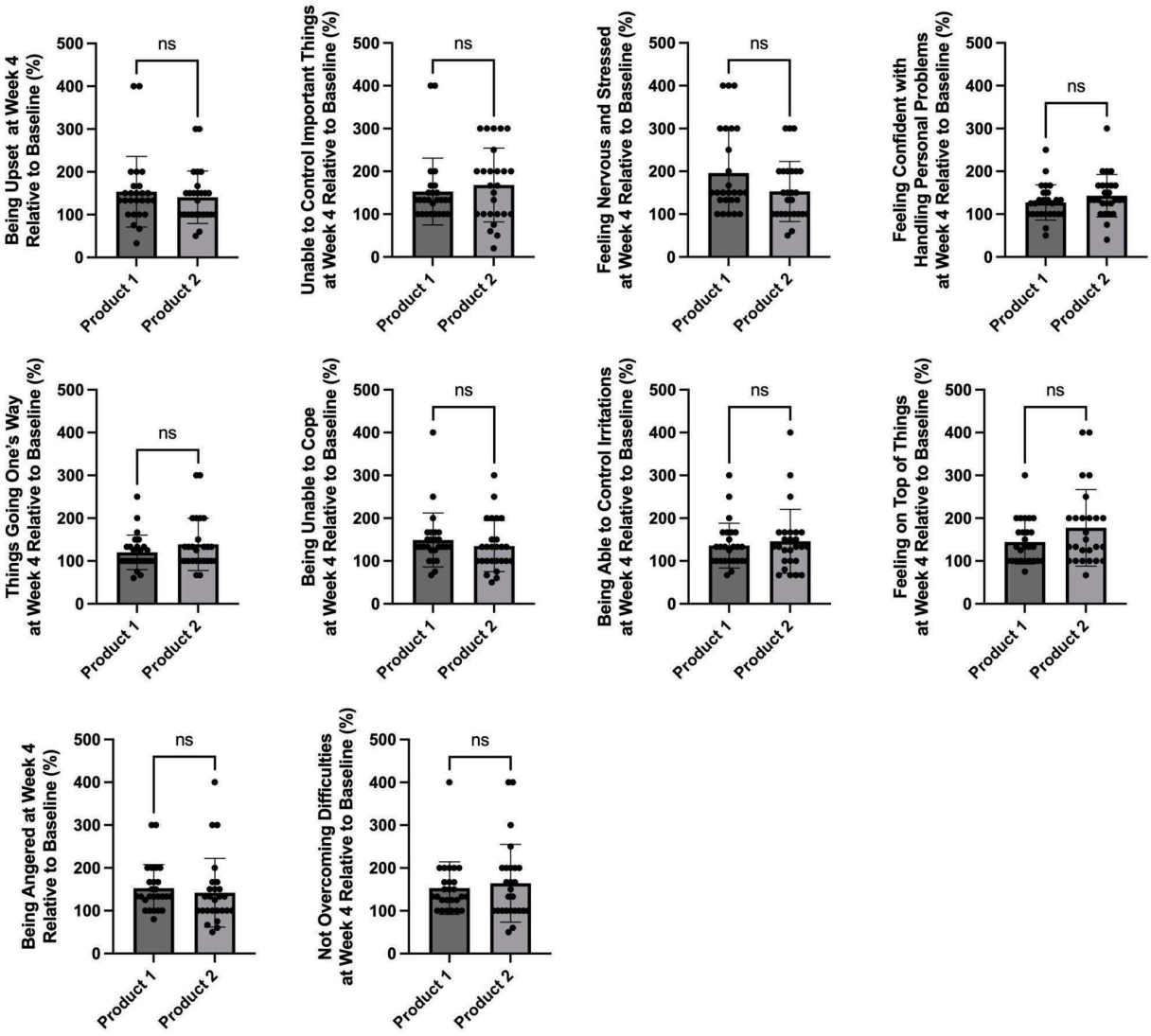


Figure 1. Visual representation of mean stress and anxiety parameters and change between product groups at Week 4. Data is graphed as group means with standard deviation and individual data points are shown. ns = P>0.05, * = P< 0.05, ** = P< 0.01, *** = P < 0.001, **** = P < 0.0001.

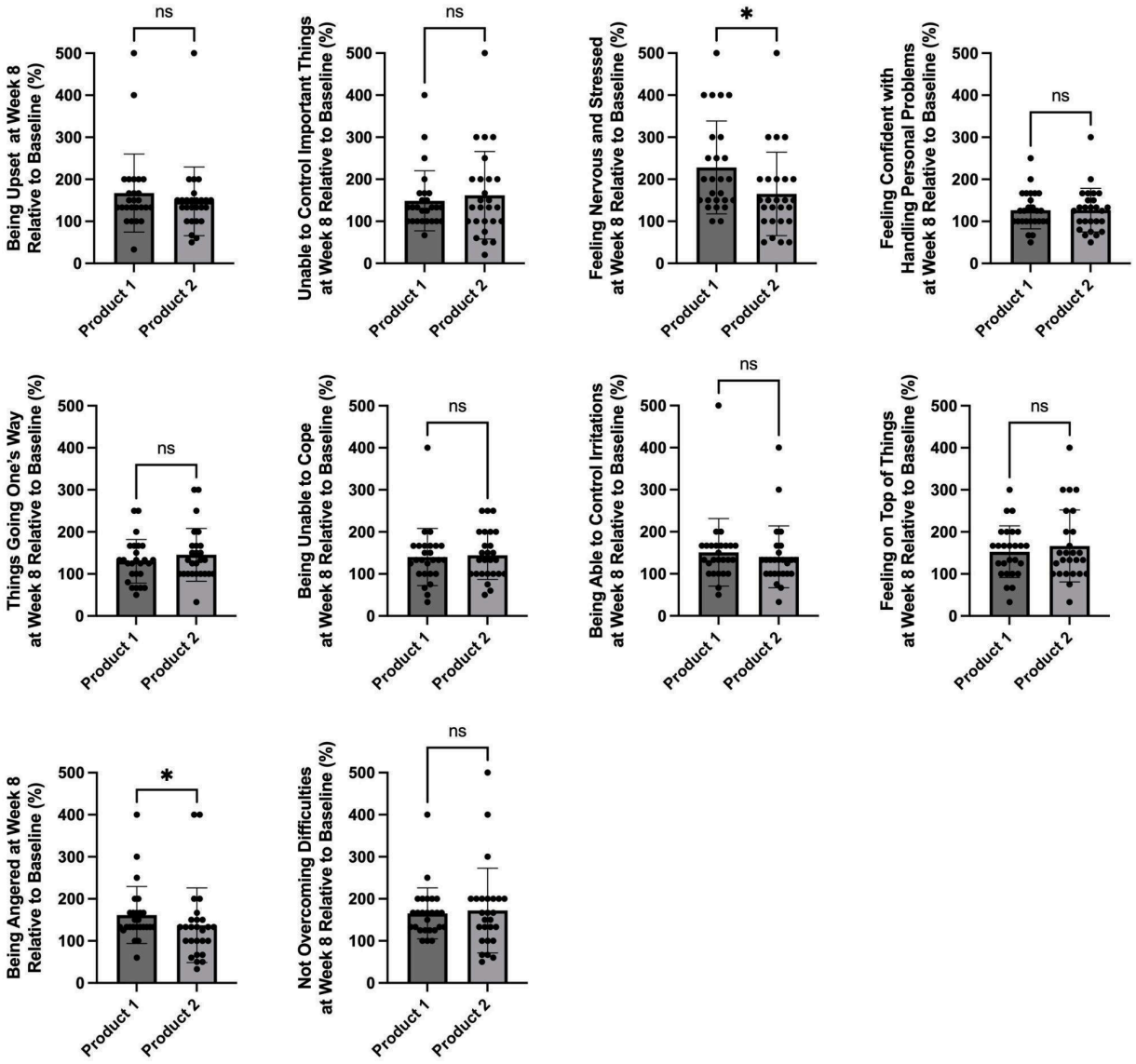


Figure 2. Visual representation of mean stress and anxiety parameters and change between product groups at Week 8. Data is graphed as group means with standard deviation and individual data points are shown. ns = P>0.05, * = P< 0.05, ** = P< 0.01, *** = P < 0.001, **** = P < 0.0001.

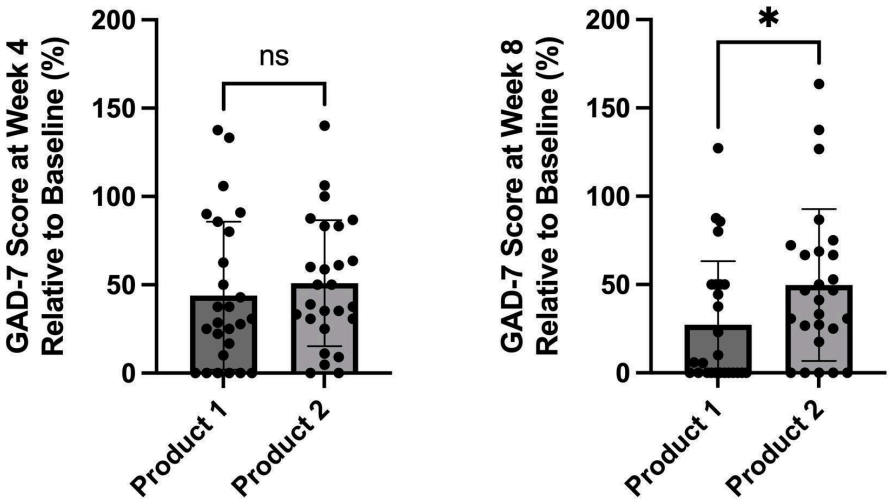


Figure 3. Visual representation of mean GAD-7 Anxiety Scores and change between product groups across the course of the study. Data is graphed as group means with standard deviation and individual data points are shown. ns = P>0.05, * = P< 0.05, ** = P< 0.01, *** = P < 0.001, **** = P < 0.0001.

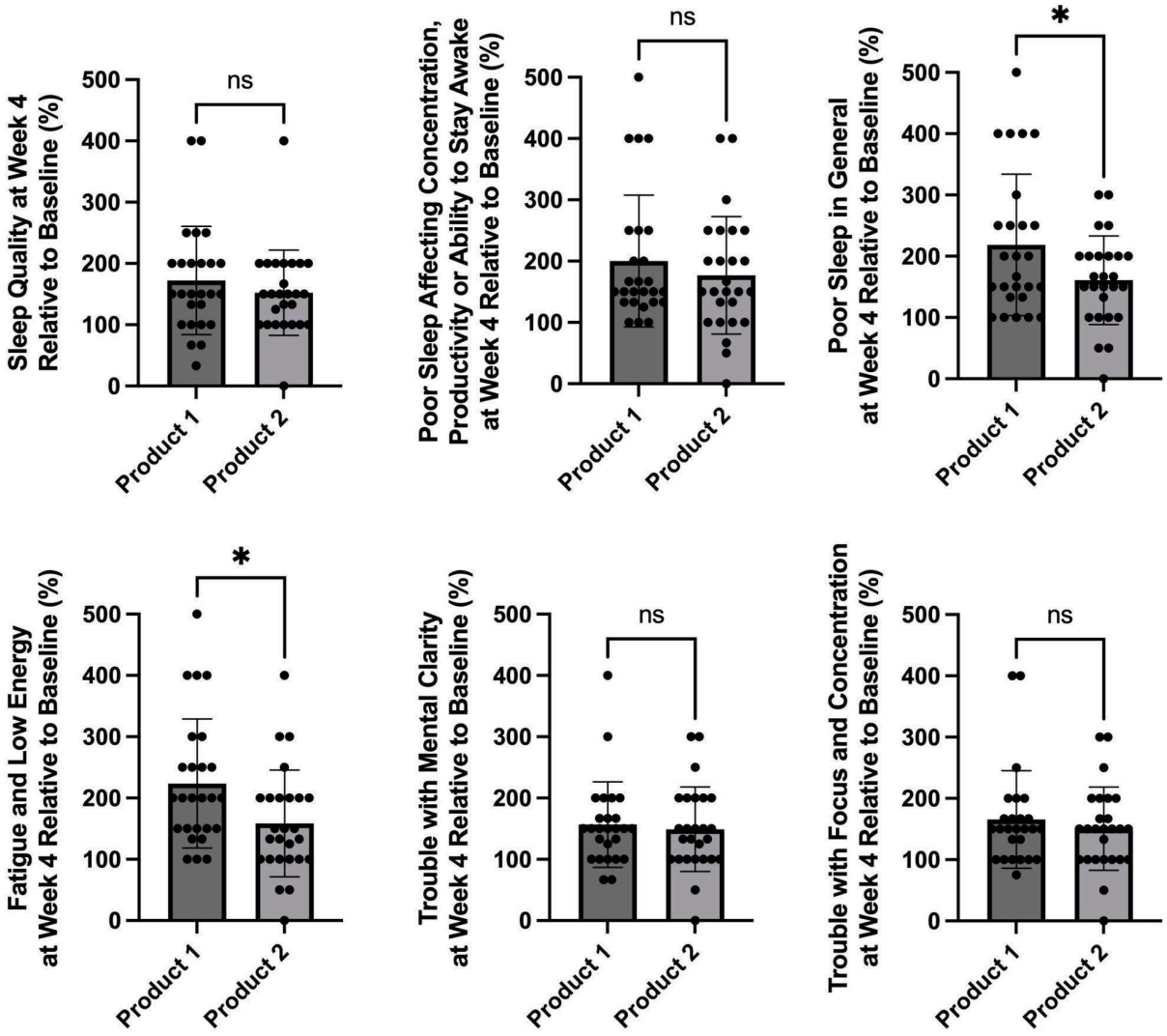


Figure 4. Visual representation of mean improvements of sleep, energy, fatigue, memory, concentration, and cognitive performance and change between product groups at Week 4. Data is graphed as group means with standard deviation and individual data points are shown. ns = P>0.05, * = P< 0.05, ** = P< 0.01, *** = P < 0.001, **** = P < 0.0001.

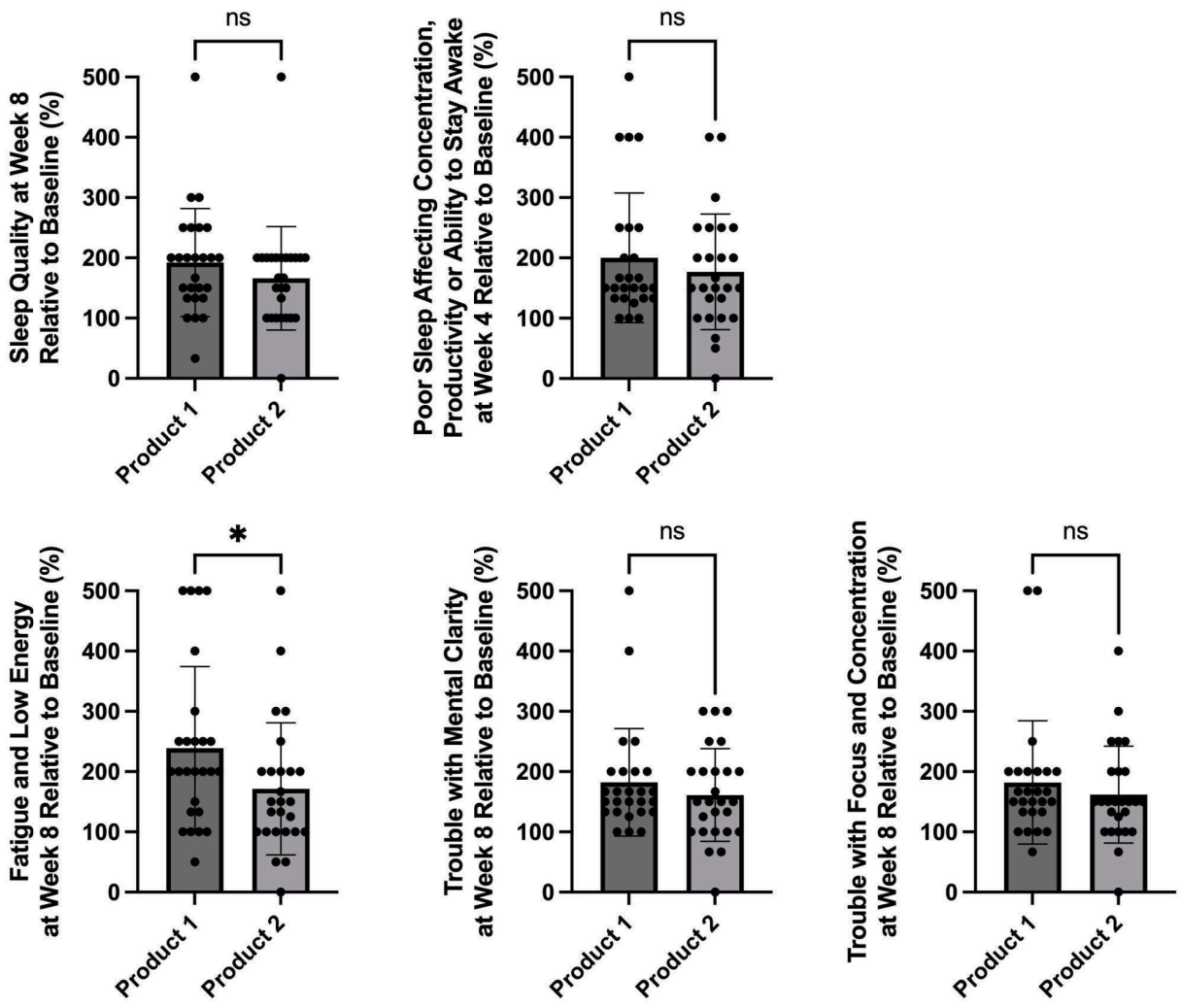
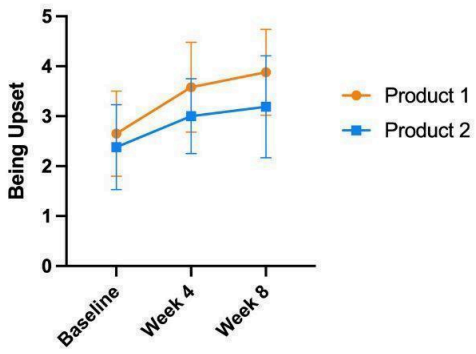
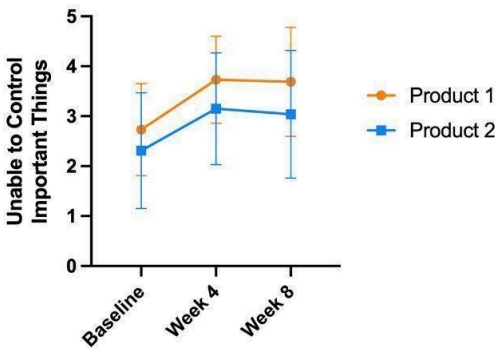
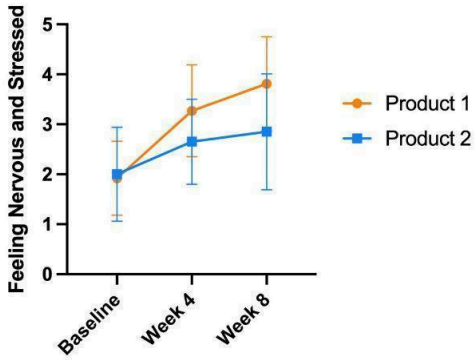
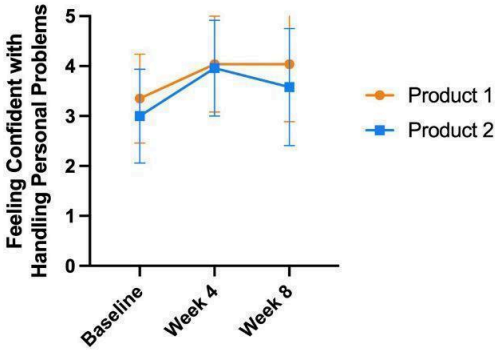


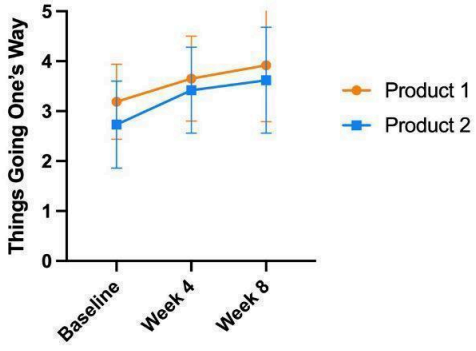
Figure 5. Visual representation of mean improvements of sleep, energy, fatigue, memory, concentration, and cognitive performance and change between product groups at Week 8. Data is graphed as group means with standard deviation and individual data points are shown. ns = P>0.05, * = P< 0.05, ** = P< 0.01, *** = P < 0.001, **** = P < 0.0001.

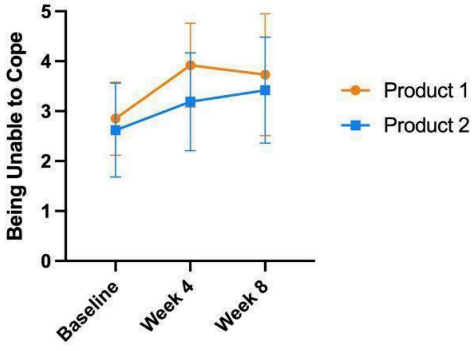


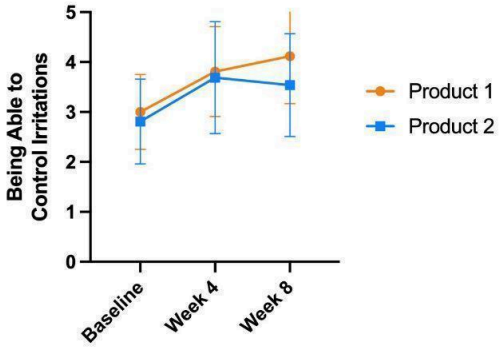


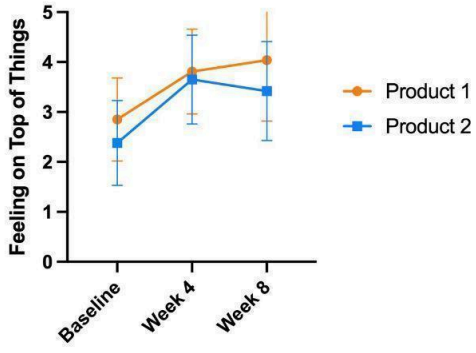












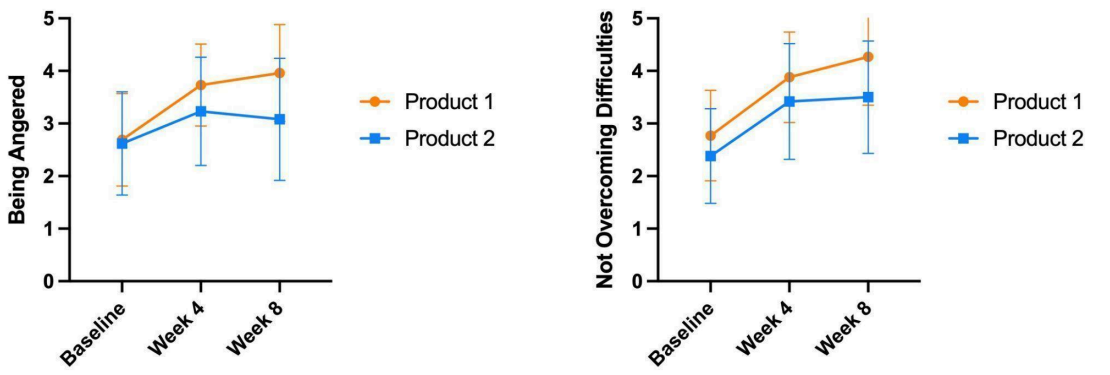


Figure 6. Visual representation of mean stress and anxiety parameters and change between product groups across the course of the study. Data is graphed as group means with standard deviation and individual data points are not shown.

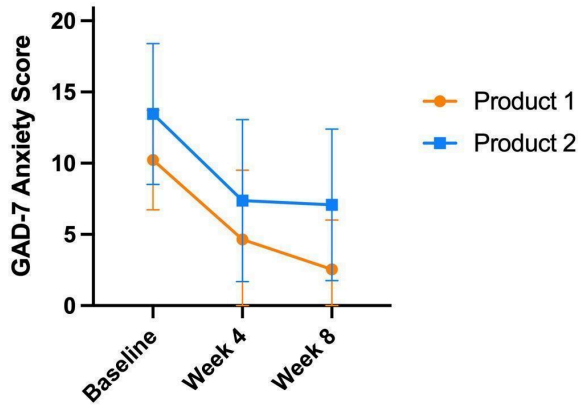


Figure 7. Visual representation of mean GAD-7 Anxiety Scores and change between product groups across the course of the study. Data is graphed as group means with standard deviation and individual data points are not shown.

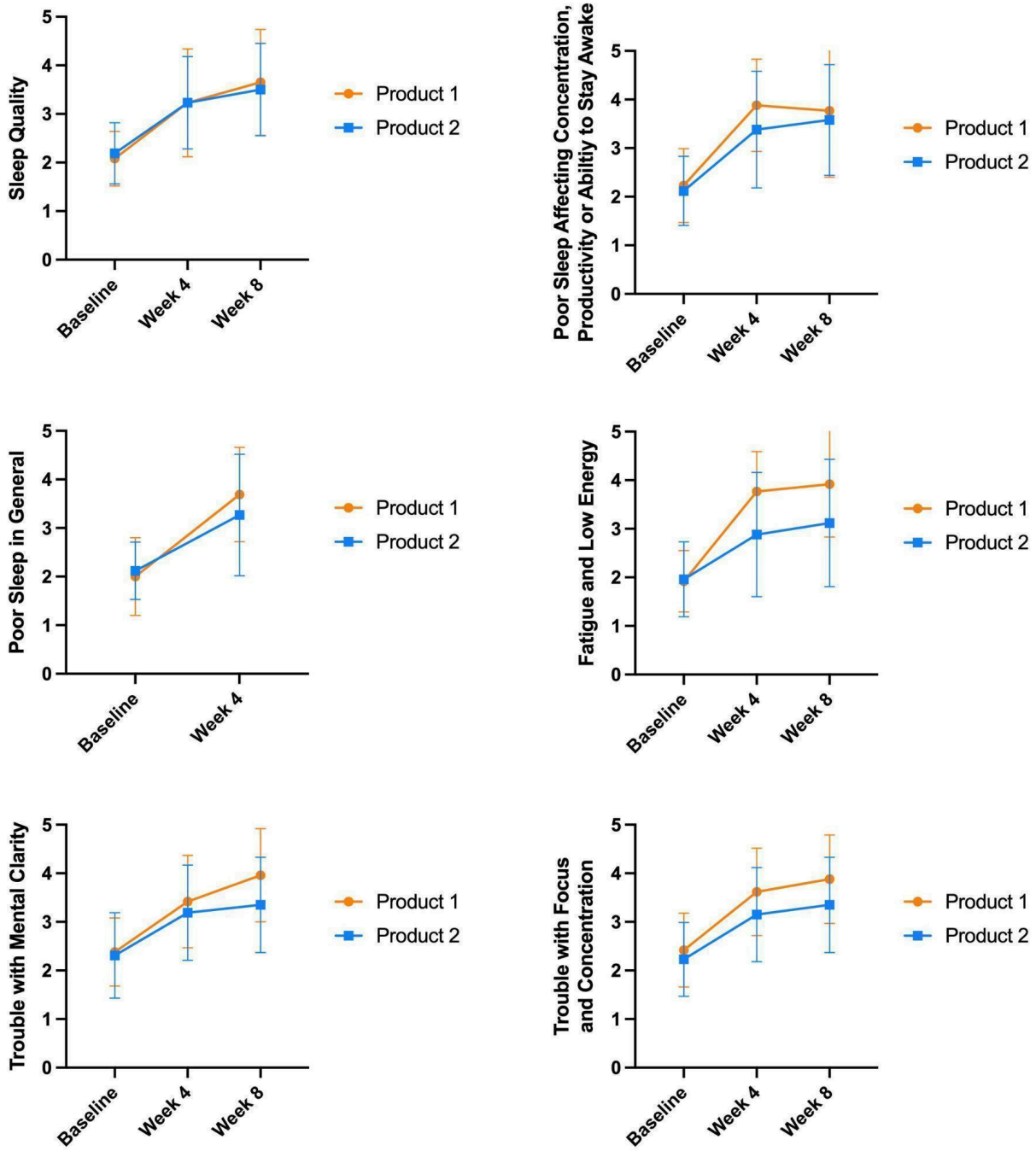


Figure 8. Visual representation of mean improvements of sleep, energy, fatigue, memory, concentration, and cognitive performance and change between product groups across the course of the study. Data is graphed as group means with standard deviation and individual data points are not shown.

Table 1. Statistical outcomes of changes in levels of stress and anxiety and change between product groups across the course of the study. % change indicates a change in mean values from Baseline. This table provides the numerical data presented in Figure 1 and Figure 2. Boxes highlighted in green indicate a significant change.

			Upset	Unable to control	Nervous	Handle problems	Things going one's way	Not coping	Control irritations	On top of things	Angered	Overcoming difficulties
Baseline	the test product	Mean	2.65	2.73	1.92	3.35	3.19	2.85	3.00	2.85	2.69	2.77
		STDEV	0.85	0.92	0.74	0.89	0.75	0.73	0.75	0.83	0.88	0.86
	the placebo product	Mean	2.38	2.31	2.00	3.00	2.73	2.62	2.81	2.38	2.62	2.38
		STDEV	0.85	1.16	0.94	0.94	0.87	0.94	0.85	0.85	0.98	0.90
Week 4	the test product	Mean	3.58	3.73	3.27	4.04	3.65	3.92	3.81	3.81	3.73	3.88
		STDEV	0.90	0.87	0.92	0.96	0.85	0.84	0.90	0.85	0.78	0.86
		% change	34.78	36.62	70.00	20.69	14.46	37.84	26.92	33.78	38.57	40.28
	the placebo product	Mean	3.00	3.15	2.65	3.96	3.42	3.19	3.69	3.65	3.23	3.42
		STDEV	0.75	1.12	0.85	0.96	0.86	0.98	1.12	0.89	1.03	1.10
		% change	25.81	36.67	32.69	32.05	25.35	22.06	31.51	53.23	23.53	43.55
	1 *vs.* 2	P-value	0.6537	0.4465	0.0769	0.1469	0.3326	0.2343	0.7162	0.2324	0.1575	0.9668
Week 8	the test product	Mean	3.88	3.69	3.81	4.04	3.92	3.73	4.12	4.04	3.96	4.27
		STDEV	0.86	1.09	0.94	1.15	1.13	1.22	0.95	1.22	0.92	0.92
		% change	46.38	35.21	98.00	20.69	22.89	31.08	37.18	41.89	47.14	54.17
	the placebo product	Mean	3.19	3.04	2.85	3.58	3.62	3.42	3.54	3.42	3.08	3.50
		STDEV	1.02	1.28	1.16	1.17	1.06	1.06	1.03	0.99	1.16	1.07
		% change	33.87	31.67	42.31	19.23	32.39	30.88	26.03	43.55	17.65	46.77
	1 *vs.* 2	P-value	0.4023	0.8076	0.0183	0.9963	0.4598	0.7173	0.2919	0.9455	0.0411	0.9891

Table 2. Statistical outcomes of changes in GAD-7 Anxiety scores between product groups across the course of the study. % change indicates a change in mean values from Baseline. This table provides the numerical data presented in Figure 3**.**

			GAD-7 Score
Baseline	the test product	Mean	10.23
		STDEV	3.50
	the placebo product	Mean	13.46
		STDEV	4.94
Week 4	the test product	Mean	4.65
		STDEV	4.86
		% change	-54.51
	the placebo product	Mean	7.38
		STDEV	5.69
		% change	-45.14
	1 *vs.* 2	P-value	0.5174
Week 8	the test product	Mean	2.54
		STDEV	3.47
		% change	-75.19
	the placebo product	Mean	7.08
		STDEV	5.32
		% change	-47.43
	1 *vs.* 2	P-value	0.0421

Table 3. Statistical outcomes of changes in participants' perception of improvement of sleep, energy, fatigue, memory, concentration, and cognitive performance and change between product groups across the course of the study. % change indicates a change in mean values from Baseline. This table provides the numerical data presented in Figure 4 and Figure 5.

			Sleep Quality	Poor Sleep Affecting Concentration	Poor Sleep in General	Fatigue and Low Energy	Mental Clarity	Trouble with Focus
Baseline	the test product	Mean	2.08	2.23	2.00	1.92	2.38	2.42
		STDEV	0.56	0.76	0.80	0.63	0.70	0.76
	the placebo product	Mean	2.19	2.12	2.12	1.96	2.31	2.23
		STDEV	0.63	0.71	0.59	0.77	0.88	0.76
Week 4	the test product	Mean	3.23	3.88	3.69	3.77	3.42	3.62
		STDEV	1.11	0.95	0.97	0.82	0.95	0.90
		% change	55.56	74.14	84.62	96.00	43.55	49.21
	the placebo product	Mean	3.23	3.38	3.27	2.88	3.19	3.15
		STDEV	0.95	1.20	1.25	1.28	0.98	0.97
		% change	47.37	60.00	54.55	47.06	38.33	41.38
	1 *vs.* 2	P-value	0.4392	0.6306	0.0357	0.0154	0.6953	0.7009
Week 8	the test product	Mean	3.65	3.77	-	3.92	3.96	3.88
		STDEV	1.09	1.37	-	1.09	0.96	0.91
		% change	75.93	68.97	-	104.00	66.13	60.32
	the placebo product	Mean	3.50	3.58	-	3.12	3.35	3.35
		STDEV	0.95	1.14	-	1.31	0.98	0.98
		% change	59.65	69.09	-	58.82	45.00	50.00
	1 *vs.* 2	P-value	0.1977	0.9744		0.0415	0.4719	0.4418

Table 4. Participants' Perceptions of Superlativa's ELECTRA Anti-Stress Capsules

	Combined Agreed			
	Week 4		Week 8	
	the test product	the placebo product	the test product	the placebo product
I have experienced a reduction in the feeling of stress.	65.38%	61.54%	-	-
I feel less nervous in stressful situations.	65.38%	50.00%	80.77%	57.69%
I have experienced an overall improvement in mood and wellbeing.	80.77%	61.54%	88.46%	57.69%
I have reduced feelings of anxiety since using this supplement.	76.92%	61.54%	92.31%	61.54%
I have reduced frequency and severity of panic attacks since using this supplement.	69.23%	65.38%	73.08%	42.31%
I have improved sleep quality after using this supplement.	57.69%	42.31%	65.38%	50.00%
I have experienced fewer disturbances during sleep since using this supplement.	61.54%	34.62%	61.54%	53.85%
My sleep quality has improved since using this supplement.	57.69%	46.15%	57.69%	57.69%
I have slept longer since using this supplement.	53.85%	42.31%	65.38%	30.77%
I have fallen asleep faster since using this supplement.	61.54%	50.00%	57.69%	34.62%
I feel less fatigued throughout the day since using this supplement.	73.08%	42.31%	73.08%	38.46%
I have noticed an increase in my ability to recall information since using this supplement.	53.85%	23.08%	73.08%	46.15%
I have noticed improved focus, concentration, and mental clarity since using this supplement.	65.38%	34.62%	80.77%	46.15%
I have noticed increased mental agility, alertness and sharpness since using this supplement.	65.38%	34.62%	76.92%	57.69%
I have experienced improved cognitive performance and less brain fog since using this supplement.	69.23%	42.31%	76.92%	50.00%
I want to continue taking this product.	-	-	80.77%	65.38%
I would recommend this product to family and friends.	-	-	84.62%	69.23%

Appendix A: Data Interpretation

(Please consult an attorney before using any claims- these are just example claims from the data that could be used)

*The following information is provided for educational and informational purposes only. Claim examples by Citruslabs are not intended as legal advice or guidance. Citruslabs does not endorse any specific claims made by its clients and cannot guarantee the accuracy, reliability, or completeness of the information provided. The information contained herein is not a substitute for professional legal advice. Anyone seeking to make marketing claims based on the results of a clinical study should consult a qualified attorney to discuss the legal and regulatory requirements governing such claims. Citruslabs shall not be liable for any damages or losses arising from using this information or any reliance on the accuracy or completeness thereof.

- After 4 weeks of using either the test product or 2, participants using the test product experienced statistically significant improvement of poor sleep and, felt less fatigued had more energy compared to the placebo product users.
- After 8 weeks of using either the test product or 2, participants taking the test product showed statistically significant improvements in their GAD-7 Anxiety Scores compared to the placebo product users.

