COGNITION® BIOBANK

PROSPECTUS

Pioneering Research in Brain Health:

Utilising Global Citizen Science Data to Drive Prevention

The COGNITION Biobank is the research database of the not-for-profit research and education charity Food for the Brain Foundation (no.1116438), licensing COGNITION International Ltd to provide access to researchers.

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Executive Summary

The COGNITION Biobank, a pioneering initiative of the Food for the Brain Foundation, is a global research database dedicated to advancing cognitive health through the study of diet, lifestyle, and biological markers.

By leveraging data from a diverse participant base, the Biobank aims to uncover preventive strategies for neurological, neurodevelopmental, and psychiatric conditions, including Alzheimer's disease and dementia.

Our Vision

The COGNITION Biobank seeks to revolutionise the field of cognitive health by identifying key, preventable risk factors that contribute to cognitive decline. Our mission is to empower researchers, healthcare providers, and investors with comprehensive data to develop evidence-based strategies for maintaining brain health and preventing neurological disorders across all ages. The potential outcomes not only promise to improve the lives of millions, young and old, while driving significant financial returns, but also to pave the way for innovative products, policies and partnerships that will shape the future of brain health.

What Sets Our Initiative Apart

The COGNITION Biobank is distinct in its holistic and inclusive approach:

Comprehensive data collection - We combine cognitive function tests, a detailed health, diet, and lifestyle questionnaire, dementia risk assessments, and biological marker analyses. This approach enables a deep understanding of the multifaceted influences on brain health.

Citizen Science model - Participants, referred to as Citizen Scientists, actively contribute data, allowing for real-time tracking of cognitive changes and the impact of diet and lifestyle interventions. This model not only engages the public but also creates a rich dataset for researchers.

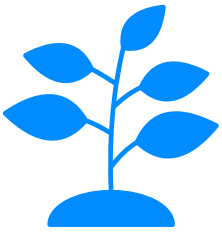
Global reach and diverse demographics - With participants from over 74 countries and a broad age range (18 – 98 years old), the Biobank provides a unique opportunity to study cognitive health across diverse populations, enhancing the generalisability of research findings.

Importance of Cognitive Health Research

Nervous system diseases are the leading cause of Disability Adjusted Life Years and Years of Life Lost affecting 3.4 billion people (43% of the world's population - source: Lancet Neurology 2024). Despite this, there is a significant gap in research focused on prevention. Prioritising research into the preventable factors of cognitive decline shifts the paradigm from disease management to proactive health maintenance throughout the lifespan.

Opportunities for Researchers

The Biobank offers unparalleled access to a robust, globally sourced dataset that supports diverse research objectives. Researchers can explore the interplay between nutrition, lifestyle, and cognitive outcomes, driving forward the understanding of how to prevent cognitive decline and optimise brain health.



Opportunities for Impact Investors

The COGNITION Biobank is not just a research tool but a catalyst for change in global health. By investing in the Biobank, impact investors have the opportunity to support groundbreaking research that could reduce the global burden of neurological diseases, yielding both extensive social and financial returns. Investment will also enable the expansion of the Biobank's capabilities, including the integration of genetic data and enhanced global outreach.

Future Developments

Looking ahead, the Biobank aims to expand its dataset to include genetic testing and broader age groups, including children as young as five. Planned enhancements include the development of mobile-friendly cognitive tests, integration with national healthcare systems like the NHS and the broadening of global diversity through multilingual support.

Ethical Standards and Data Security

The Biobank adheres to the highest standards of data security and ethical research practices. All data is anonymised and securely stored, with strict access controls in place to ensure participant confidentiality. The Biobank complies with all relevant regulations, including GDPR, HIPAA, and IRB guidelines.

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Join Us

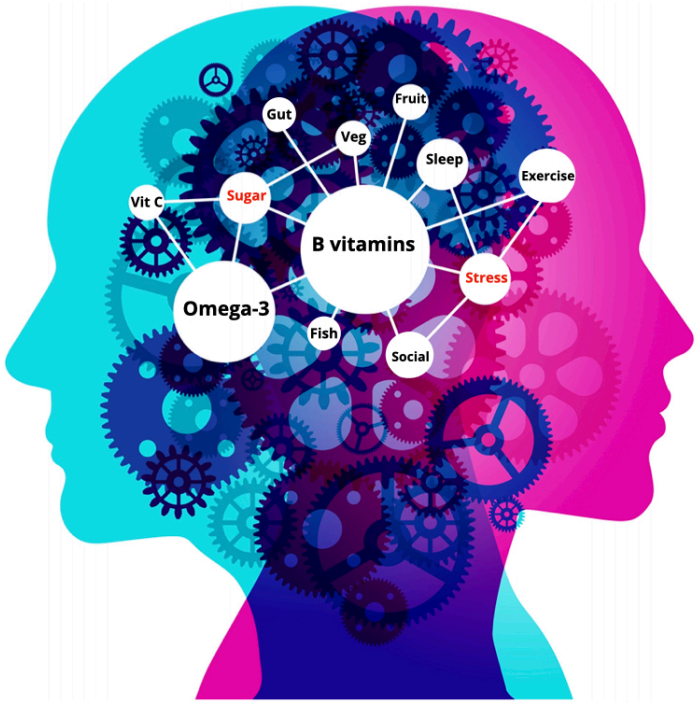
We invite researchers, healthcare providers, and investors to join us in utilising the COGNITION Biobank to advance cognitive health research and prevention.

By working together, we can make significant strides in understanding and protecting brain health for the benefit of humanity. For more information on accessing the COGNITION Biobank or investing in its mission, please contact:

research@foodforthebrain.org
or
donations@foodforthebrain.org

> Nervous system diseases - from dementia to ASD - are the leading cause of disability affecting **3.4 billion people (43% of world's population)**

Lancet Neurology, April 2024



1. The Brain Health Challenge

The single biggest health issue of our time is brain, neurological, and mental health. Such disorders cost society considerably more than any other disease, and many are potentially preventable.

The COGNITION Biobank is a cutting-edge global resource revolutionising brain health research, by gathering data from almost half a million people worldwide – from diet and lifestyle habits to genetic polymorphisms and blood test markers alongside ongoing bi-annual cognitive function tests.

This comprehensive, longitudinal data collection enables researchers to uncover connections between cognitive function and modifiable risk factors while evaluating the real-world impact of interventions, offering a more efficient and cost-effective alternative to traditional clinical trials.

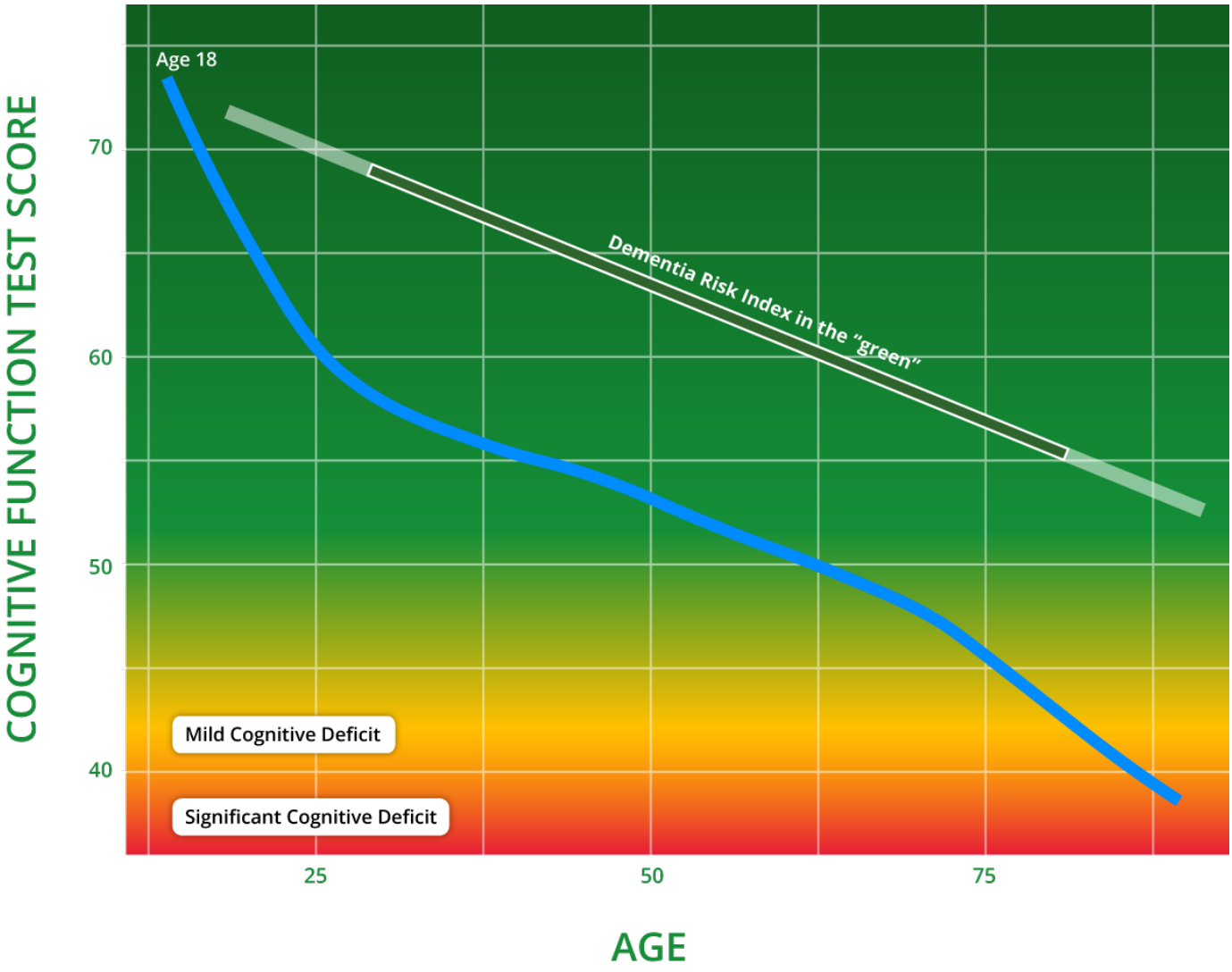
At the heart of this innovation are our Citizen Scientists – everyday participants whose contributions fuel groundbreaking research. In return, we are committed to sharing results that empower them to take control of their brain health with informed choices.

> The current data suggest that it should be possible to prevent the majority of Alzheimer's disease and other dementias. Less than one in a hundred cases of Alzheimer's is caused by genes. Estimates suggest that the extent to which dementia is preventable ranges from 45% in studies that exclude known nutritional risk factors to up to 90% in those that do not.

Our research already shows that cognitive function declines steadily throughout life, with the majority entering the zone of concerning cognitive impairment in their 80's (see overleaf). However, those who score lower on our Dementia Risk Index, with diet and lifestyle behaviours consistent with prevention, have improved cognitive function such that they are **unlikely to enter the zone of concerning cognitive impairment in their lifetime.**

Example of a Cognitive Function Test result

CFT score by age (>300,000 participants)



"We are calling on researchers, healthcare providers, and investors to use the full potential of the COGNITION Biobank to prevent and protect neurological and mental health for the benefit of humanity."

Associate Professor Tommy Wood
Head of Research, COGNITION Biobank
Associate Professor of Neuroscience
University of Washington

2. Our Expert Teams

At the heart of the COGNITION Biobank's mission to transform cognitive health through innovative research is our exceptional team of scientific visionaries, clinicians, and dedicated researchers, driving forward our understanding of cognitive decline, brain health, and pioneering preventive strategies.

Our **Scientific Advisory Board** can be found here.

Our **Alzheimer's Prevention Expert Team** can be found here.

Our **Research Team,** which can be found here, consists of:

Head of Research - Principal Investigator: Dr Tommy Wood**,** Associate Professor**,** Pediatrics and Neuroscience, University of Washington, USA

Lead Statistician: Simona Brucoli

Data Architect & Manager: Steffan Colquhoun and Vicken Jabourian

Head of Cognitive Testing: Dr Celeste de Jager Loots, PhD, Research Fellow, AGE Epidemiology, Imperial College London, UK

Clinical and Medical Data Advisor: Dr. David Jehring, Chair of Trustees Public Health Collaboration, Founder of Black Pear Software, UK

Omega-3 Research:

Dr Simon Dyall, PhD, Clinical Neuroscience, University of Roehampton, UK

Professor William S Harris, Sanford School of Medicine, University of South Dakota, USA

Vitamin B and Homocysteine Research:

Dr Andrew McCaddon, Visiting Professor, Wrexham University, UK

Professor Josh Miller, Nutritional Sciences, Rutgers University, USA

Supported by Professor Emeritus David Smith, University of Oxford, UK

Glycation Research Lead: Dr Robert Lustig, Professor Emeritus of Pediatrics in the Division of Endocrinology, University of California, USA

Microbiome, Polyphenol, and Antioxidant Research: Dr David Vauzour, Associate Professor of Molecular Nutrition, University of East Anglia, UK

Vitamin D Specialist: Dr William B Grant, PhD, Sunlight, Nutrition and Health Research Center, USA

Research Manager: Cath Verner, MSc

Biomarker Test Manager: Joyce Wilcox, BSc, MSc, DipNT

3. What is the COGNITION Biobank?

The COGNITION Biobank is a comprehensive cognitive health database and research resource that includes anonymised cognitive function assessments, diet, lifestyle, and medical history information, as well as biological blood test data.

With close to half a million participants, expected to increase to over 1 million by 2026, the COGNITION Biobank comprises an unrivalled resource for studying risk factors of cognitive impairment.

Through our validated and easy-to-access Cognitive Function Test, detailed health, dietary, and lifestyle COGNITION questionnaire, and advanced pinprick, dry blood spot biomarker analysis, the research dataset offers pioneering new frontiers in understanding the complex interplay between nutrition, lifestyle, and brain health. The Cognitive Function Test has or is being used in several research studies including Cornell Weill and Imperial College London

International Journal of Geriatric Psychiatry

"The online CFT was shown to be suitable for self-administration in an online format..."

In 2018 University College London and NHS researchers reported '88% found it useful and 37% made diet or lifestyle changes as a result.'

THE EUROPEAN JOURNAL OF PSYCHIATRY

> The COGNITION Biobank stands out as potentially the most specialised and comprehensive dataset of its kind, providing global access to approved researchers from universities, industry, public health, healthcare organisations, and non-profits engaged in health-related research.

"Citizen Scientist" Approach

Participants are at the heart of our research, actively driving breakthroughs in cognitive health research. This collaborative approach gives individuals the power to shape the future of brain health while making a real impact on our growing database. It's a unique partnership where every participant enriches collective knowledge and makes a meaningful contribution to our scientific community and database.

Our Citizen Science approach is further enhanced by the ongoing provision of resources, which educate our participants on cognitive health, brain function, and the importance of nutrition and lifestyle in preserving mental health and preventing cognitive decline.

Participants

Cognitive Function Test

2011 - 2024:	**450,000**
2025 estimate:	**Over 500,000**
2026 estimate:	**Over 1 million**

COGNITION Questionnaire

2011 - 2021 (basic)	**200,000**
2022 – 2024 (advanced)	**68,000**
2025 estimate:	**>100,000**
2026 estimate:	**>500,000**

Key Facts

Owned by: Food for the Brain Foundation Ltd, a UK registered charity no.1116438, limited by guarantee (Company number: 5885305)

Data licensed to: COGNITION International Ltd, a wholly-owned subsidiary

Data management system: REDCap (Research Electronic Data Capture), developed by Vanderbilt University, widely recognised for its robust and secure data collection and management capabilities, complimented by our own bespoke data management system, developed for speed and agility to provide researchers with a rapid response within a secure environment.

Database to Date

CITIZEN SCIENCE RESEARCH

target >.5m by end of '25, 1 million by end of '26

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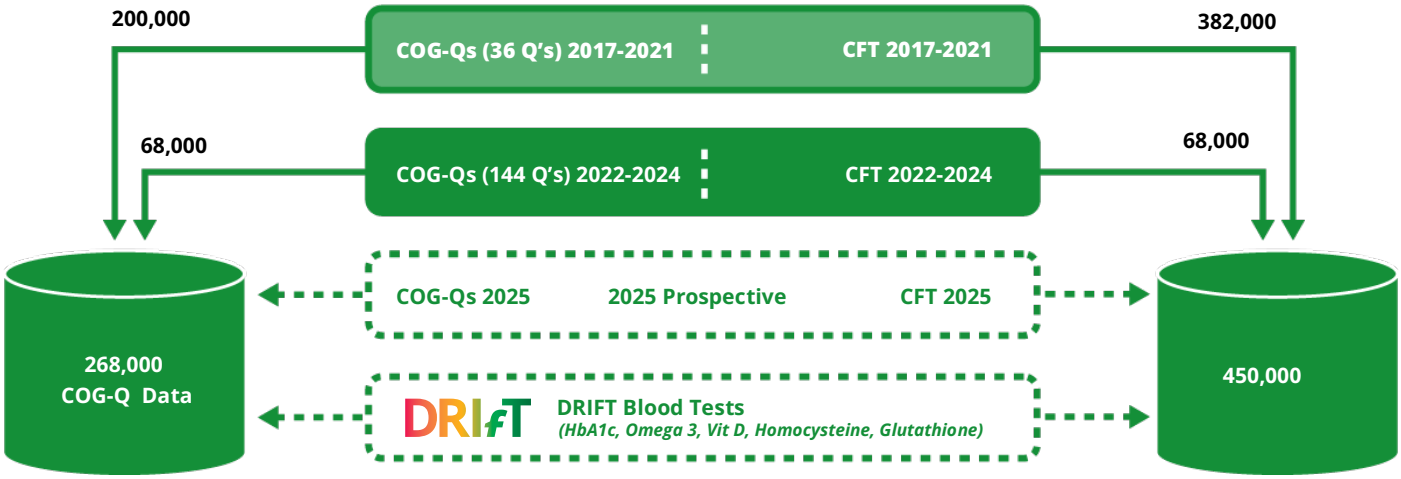


COG-Qs = COGNITION Questionnaires

Participant Age Range: 18 to 98 years old
(5+ year olds from 2025)

Global Coverage

Europe: Andorra, Austria, Belgium, Bulgaria, Croatia, Cyprus, Czech Republic, Denmark, Finland, France, Germany, Greece, Hungary, Iceland, Ireland, Italy, Luxembourg, Malta, Netherlands, Norway, Poland, Portugal, Romania, Slovakia, Slovenia, Spain, Sweden, Switzerland, Ukraine, United Kingdom

North America: Canada, Costa Rica, Dominican Republic, Guatemala, Mexico, Puerto Rico, Trinidad & Tobago, Turks & Caicos Islands, United States, Virgin Islands

Asia: Bahrain, Bangladesh, Brunei, China, Hong Kong/Macau, India, Indonesia, Israel, Japan, Jordan, South Korea, Lebanon, Malaysia, Nepal, Oman, Pakistan, Philippines, Singapore, Thailand, Turkey, Vietnam

Africa: Botswana, Egypt, Kenya, Nigeria, South Africa, Uganda, Zambia, Zimbabwe

Oceania: Australia, New Zealand

South America: Argentina, Brazil, Chile, Colombia, Peru

National launches & translations: **2024 – Australia, New Zealand, China, Japan**
(subject to funding) **2025 – Spanish, Portuguese**
(subject to funding) **2026 – Arabic, French, German, Italian**

4. Data Collection Methods

The COGNITION Biobank offers a unique resource in the study of cognitive health, offering valuable data on cognition, diet, lifestyle, and biomarkers.

The Biobank data collection includes:

Cognitive Function Test (CFT)

Our validated Cognitive Function Test is a free online, interactive tool designed to evaluate executive function, attention, and episodic memory – three pivotal functions most indicative of the journey toward cognitive decline and dementia. Allowing participants to reassess their cognitive function every six months enables individuals to actively monitor and manage potential risk factors for decline while assuring our research database is constantly updated to track participants' cognitive function against diet, lifestyle, behaviour, quality of life, health and medical history and biological marker changes over time.

The Cognitive Function Test is available for researchers to use under licence.

In 2025, COGNITION for Smart Kids & Teens will add data on 5 to 17-year-olds, including the Cognitive Function Test (CFT) and Strengths and Difficulties Questionnaire (SDQ).

COGNITION Health, Diet and Lifestyle Questionnaire

A comprehensive online questionnaire on health, diet and lifestyle intake and patterns, covering:

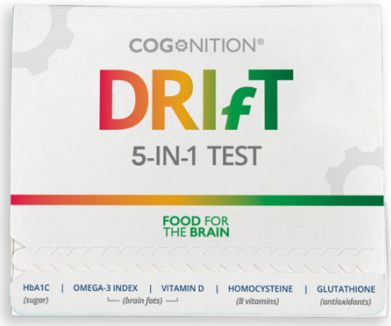
- Personal information, including various demographics.
- Diet and nutrition - dietary and nutritional intake.
- Nutritional supplementation - vitamins, minerals, essential fats, antioxidants, probiotics.
- Lifestyle and behavioural factors - physical activity, social, purposeful and intellectual activity, alcohol and tobacco use.

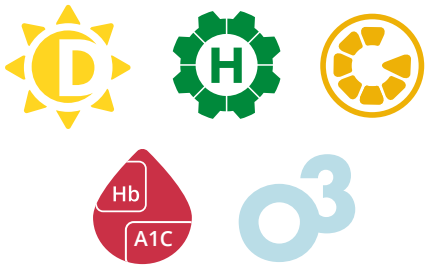
- Environmental factors - pollution, city life.
- Health history - past and current illnesses, current symptoms, and medication.
- Family medical history - Genetic risk factors.
- Mental and emotional health - mood and depression, emotional wellbeing.
- Sleep patterns and quality - sleep habits, disturbances, quality.
- Holistic health practices - yoga, mindfulness, meditation.
- Sensory health - hearing and vision.
- Physical activity - walking habits, exercise routines, and physical activities of varying levels.
- Dermatological and oral health - skin, hair, gum disease.
- Social factors - social interactions, engagement, and support networks.
- Quality of life - material, purpose, relationships.

Dementia Risk Index

Analysis to conclude an individual's overall risk of dementia based on established risk factors at a top level, and organised into 8 targetable domains:

- Carbohydrates and Glycaemic Load (GL)
- Brain Fats (EFAs, phospholipids, and vitamin D)
- B vitamins (and Homocysteine)
- Antioxidants (oxidant exposure and toxins)
- Healthy Gut (and dental health)
- Active Body
- Active Mind
- Sleep and Calm (stress and mood)





Blood Tests and Biomarker Analyses

The Biobank data includes key functional biomarkers—Vitamin D, HbA1C, Homocysteine, Omega-3 Index (EPA & DHA), and Glutathione Index (GSH/GSSG)—focused on nutrient deficiencies and metabolic health. These tests, known for their well-established impact on cognitive performance and decline, provide critical insights for proactive cognitive care. By highlighting often-overlooked indicators, we stand out in the field of cognitive health and empower individuals with precise tools for prevention.

Homocysteine

In a review of 396 studies on Alzheimer's prevention risk factors, Homocysteine was rated as a "promising intervention for AD prevention" (source: (Jin-Tai Yu *et al*., Journal of Neurology, Neurosurgery and Psychiatry) and, according to NIH research, accounts for 22% of the population attributable risk (PAR) (source: Beydoun *et al.*, Journal of Alzheimer's Disease). An International Consensus Statement in 2018 shows that raised Homocysteine, commonly high in those over 60, has a PAR% ranging from 4.3 to 31% and is easily lowered with B vitamins. Our home test dried blood spot (DBS) method, validated against on-site serum testing, provides an easy means for identifying those at risk. See the Homocysteine validation test here.

Glutathione Index

The Glutathione Index is an innovative measure of the ratio of reduced to oxidised glutathione (GSH/GSSG), offering new avenues to explore the impact of oxidative stress and detoxification processes on cognitive health. See the science behind the Glutathione Index test here.

> In 2025, we plan to include genetic testing for APP, Presenilin, ApoE, MTHFR, and DHFR polymorphisms.

COGNITION® UPGRADE YOUR BRAIN

COGNITION®

COGNITION is a behaviour change program that provides personalised, step-by-step guidance to help participants gradually improve habits, targeting specific needs to lower their Dementia Risk Index within six months. This evidence-based approach promotes long-term behavioural changes, enhancing cognitive health and potentially preventing dementia. Integrating data from the COGNITION program into our research database can provide key insights into the effectiveness of dietary and lifestyle interventions on cognitive function and dementia risk reduction and enable the tracking of changes for research studies.

The COGNITION Questionnaire is available for researchers to use under licence.

5. How we differ from other Biobanks

In an era where biobanks have become instrumental in advancing research into our understanding of human health, the COGNITION Biobank stands out with its unique cognition-focussed data.

We specialise in the intricate relationship between nutritional intake, lifestyle factors, and cognitive function, relevant for research into dementia and other neurological conditions. In 2025, the inclusion of COGNITION for Smart Kids and Teens will broaden our scope.

Our dataset is poised to uncover actionable insights into preserving mental health and preventing cognitive decline. By integrating detailed nutritional data, lifestyle factors, and key blood-test biomarkers with cognitive performance metrics, we provide researchers with the necessary tools to explore these influences on brain health over time, paving the way for the innovative insights required to inform preventive healthcare strategies.

Key areas in which we excel include:

- **A unique cognition research database** - Specialising in the nutrition-brain health relationship.
- **Comprehensive cognitive assessments** - Ongoing extensive cognitive function tests.
- **Holistic health and lifestyle data collection** - Integrating lifestyle factors, dietary habits, and mental well-being for a thorough understanding. Read about the science behind our tests here.
- **Real-time data collection across the lifespan** - Embracing precision and immediacy of ongoing real-time data, genuinely reflecting the impact of current participant behaviour.
- **Comprehensive age range** - Covering ages 18 to 98, with plans to expand to ages as young as 5 in January 2025 through the COGNITION for Smart Kids and Teens program, spanning birth years from 1926 to 2018.
- **Diverse participant demographics** - Offering a broad range of ethnic and socioeconomic backgrounds from an international platform.
- **Global reach** - Collecting data from 74 countries in 2024 alone, with translations into Japanese and Chinese, and future plans for Spanish and Portuguese by 2026 to grow global data rapidly.

6. Cognitive Health Prevention

Dementia: A Deadly Toll

> Alarming statistics underscore the urgent need for innovative research and comprehensive strategies to combat dementia:

Prevalence - According to WHO, currently, over 55 million people are living with dementia globally, with approximately 10 million new cases every year, expected to reach 139 million by 2050. Someone in the world develops dementia every three seconds.

Economic impact - According to Alzheimer's Disease International, the annual global cost of dementia is now above US$1.3 trillion and is expected to rise to US$2.8 trillion by 2030. In China, where 264 million, a fifth of the population, are over 60, dementia is predicted to cost $1.8 trillion a year by 2050. In the UK, the cost of dementia is predicted to rise from £42 billion to £90 billion by 2040.

Prevention is Key

To truly combat the devastating impact of cognitive decline in young and old, we must shift our focus from solely managing disease to preventing it altogether. Prevention research holds the key to reducing the incidence of dementia and mental health conditions.

Prevention is not only possible but essential. According to the UK Alzheimer's Society report, the average per-person cost associated with dementia is a minimum of £28,700 each year. If prevention efforts were scaled up, the potential exists to spare thousands from debilitating illness. One million protected from dementia would save £28.7 billion. The financial relief could transform healthcare systems that are at breaking point.

This monumental shift is only possible through prevention-oriented research facilitated by our comprehensive database, providing the critical insights needed to drive effective prevention strategies.

7. Future Research and Development

The vision of the COGNITION Biobank is a future where cognitive deficits and decline are considered preventable across all ages. By researching diet and lifestyle behaviours that influence cognitive health, and the impact of altering these behaviours, the goal of the Biobank is to identify key protective factors and scalable strategies to implement them within communities, ultimately achieving widespread cognitive protection. We hope to inspire researchers and attract funding to explore a wide range of valuable topics, including, but by no means limited to, the research topics listed below.

Sample Research Studies include:

- **A biological index of blood-based biomarkers to predict cognitive health.**
- **The effects of reduced sugar/ultra-processed food intake and lower glycaemic load or ketogenic diets on cognitive function.**
- **Synergistic interactions between nutrients such as B vitamins and omega-3 and behaviours such as sleep and exercise.**
- **The effects of a high intake of antioxidants and polyphenols, taking probiotics, and other gut-friendly behaviours on cognitive health.**
- **The effects of increased social, intellectual and physical activity.**
- **APOE4 gene and personalised dietary and lifestyle interventions.**
- **The influence of cultural and social engagement on cognitive health.**
- **The relationship between elevated homocysteine levels and cognitive decline.**
- **The impact of stress, anxiety, and stress reduction practices such as yoga and meditation on cognitive health.**
- **The relationship between vitamin D levels and cognitive function, including the effects of seasonal variations.**

Research projects such as these represent just a few of the areas needed to gain a rich understanding of the diet and lifestyle behaviours that protect brain health.

The possible results hold the potential to improve the well-being of millions across all ages, generate substantial financial returns, and lay the groundwork for pioneering products, policies, and collaborations that will redefine the future of brain health.

Forthcoming Developments

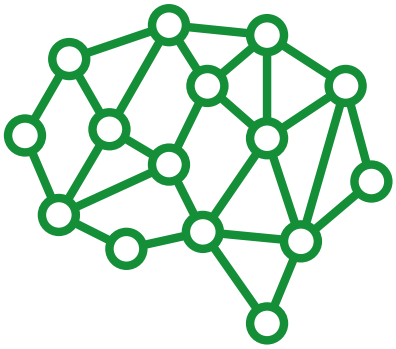
The section below highlights the upcoming developments that will significantly enhance the scope and depth of the COGNITION Biobank data.

Development	Details
Amazon AWS	Supercharging data storage, processing, and analysis capabilities, ensuring the vast and ever-growing database is scalable, secure, and accessible.
Researcher Engagement	Equipping researchers with everything they need to fully engage with COGNITION Biobank, driving breakthrough analyses and revolutionary research outcomes.
Global Diversity	Broadening our participant base with new questionnaires in Japanese, Chinese, Spanish and Portuguese, driving unprecedented inclusivity and understanding of how diverse cultural practices shape the brain.
NHS Integration	Merging NHS patient data and GP records to track long-term cognitive health.
Smart Kids and Teens	Integrating vital early-life data to create a comprehensive, whole-life dataset from childhood through adolescence.
Nutritional Behaviour	Apply behaviour change model techniques to research, identify, and implement impactful, sustainable behaviour changes that directly promote long-term cognitive health.
Smartphone Integration	Creating a COGNITION app, including a mobile- friendly Cognitive Function Test, designed to engage a broader, more diverse audience of people of all ages.
Gene Testing	Introducing gene testing for APP, Presenilin, ApoE, MTHFR, and DHFR polymorphisms through a strategic partnership with Lifecode Gx®. Unlocking a deeper understanding of genetic risk factors to fuel personalised, targeted prevention strategies for cognitive health. **Partner:** Lifecode Gx®
Mobile Cognitive Function Test Validation	Joining forces with the Centre of Applied Dementia Studies at the University of Bradford to enhance the scientific rigor and credibility of the Cognitive Function Tests, ensuring the highest standards of accuracy and reliability. **Partner:** Centre of Applied Dementia Studies, University of Bradford

Expanding global reach through our Ambassador training program

As part of our ongoing commitment to building a diverse and globally representative database, we are developing an Ambassador training program to equip ambassadors and COGNITION coaches with the tools and knowledge needed to engage communities worldwide. This program will include a comprehensive education package, enabling Ambassadors to effectively spread awareness about cognitive health and the COGNITION Biobank's mission.

Our ambassadors will play a crucial role in expanding our Citizen Scientist network by engaging diverse populations and raising awareness of our research. By providing support at the local level, Ambassadors will ensure ongoing data accuracy and build high-quality, longitudinal data that is essential to our research. This initiative will ensure our database continues to grow and nurture long-term community relationships, further enhancing the global impact of the COGNITION Biobank.



Incorporating the role of AI in cognitive health research

Artificial Intelligence (AI) is set to revolutionise healthcare, and its integration into the COGNITION Biobank is no exception; where we aim to drive forward substantial improvements in data analysis, predictive modelling, and personalised health recommendations.

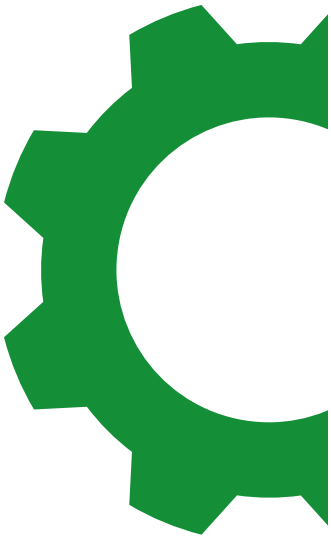
Leveraging AI to predict illness before symptoms arise will shift the focus from treatment and management to prevention, ultimately reshaping brain healthcare as we know it today.

9. Ethical Standards and Data Security

The COGNITION Biobank is dedicated to the highest ethical standards, ensuring data security and confidentiality.

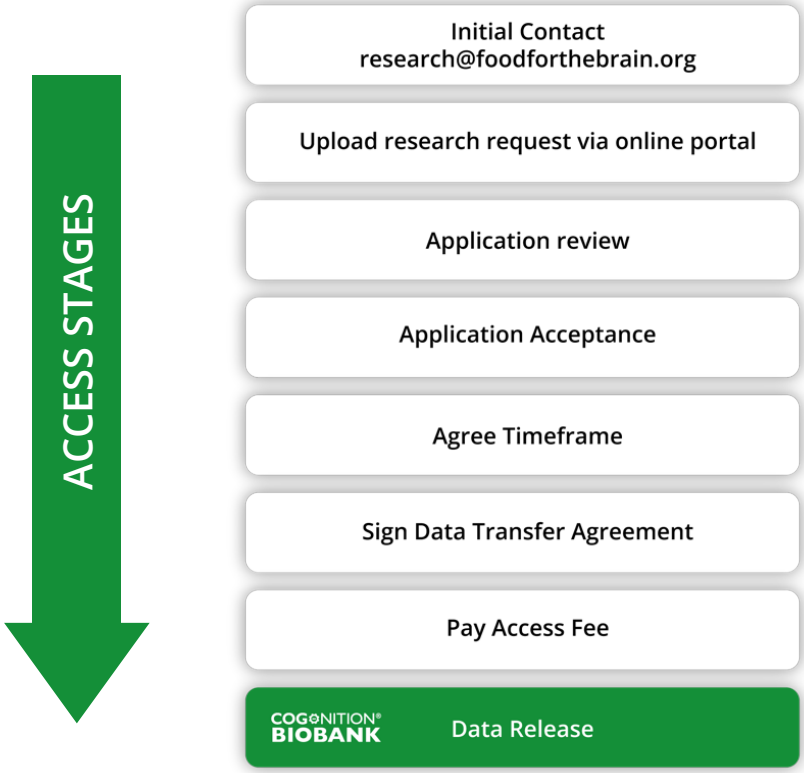
For participants, data is anonymised. All data is handled with the highest standards of privacy and security. In compliance with all relevant regulations, including GDPR and HIPAA, transparency is ensured, and participants are informed about how their contributions to research are used. Privacy protection is prioritised while advancing scientific discovery, with regular updates on how participation as Citizen Scientists supports the COGNITION Biobank.

For researchers, controlled access is paramount. There is no direct entry to the Biobank data. Instead, a detailed request outlining data requirements and research purposes must be submitted, and data will be received only after a thorough review. Before any data is provided, researchers must sign a Data Transfer Agreement (DTA) to ensure confidentiality and adherence to all legal and ethical standards. Additionally, data is encrypted during transfer to prevent unauthorized access. Continuous engagement with researchers guarantees the appropriate use of data, while participants are kept informed to maintain transparency and trust.



10. Researcher Guidelines

These guidelines outline the necessary steps to access the COGNITION Biobank, ensuring adherence to our high standards of scientific integrity, ethical responsibility, and data security, as well as detailing the associated access fees.



Access Fees

Tier	Scope	Fee	Best for
Tier 1: Basic Data Access	CFT results, demographics, limited question access	£1,500	Early-stage researchers or small-scale projects
Tier 2: Standard Data Access	CFT results, demographics, full questionnaire access	£2,000	Mid-sized research projects
Tier 3: Comprehensive Data Access	CFT results, full questionnaire access, blood test data	£2,500	Large-scale research projects
Tier 4: Premium Data Access	All datasets, including CFT, demographics, full questionnaire access, blood test results, genetics, longitudinal data	£3,000-£5,000	Extensive research

These terms are illustrative and subject to change at the discretion of the Charity.

11. Funding and Support

The COGNITION Biobank is proudly funded by several esteemed partners, including the Fieldrose Trust, Viridian, and Your Heights, in addition to 2,000 FRIENDS of Food for the Brain.

However, to continue expanding our research and building on our progress, we need additional support and impact investors for our Redeemable Participating Preferential Share offering. Financial support is crucial in helping us unlock the full potential of cognitive health research. Despite the alarming statistics, there is currently a significant gap in research focused on dementia prevention and managing the condition with nutrition and lifestyle interventions.

Your Unique Opportunity in Prevention Research.

Most research efforts and funding are directed toward understanding the pathology of ill health and developing pharmaceutical treatments despite poor clinical results, considerable adverse effects, and high treatment costs, with comparatively little investment in preventive measures. A fraction, considerably less than 5% in most countries, of dementia research funds focus on non-drug prevention despite preventable risk factors accounting for more than half of dementia.

Help us drive forward innovative studies that will advance brain health for generations to come. Be part of a growing movement. Despite significant evidence indicating the benefits of lifestyle and dietary changes in reducing the risk of dementia, this area remains under-researched and underfunded. Similarly, there is limited research focused on the management of cognitive issues in younger populations, including those with ADHD and autism. Join us in our mission to advance cognitive health.

To find out more about donating, investing, or joining our mission to prevent cognitive decline and support brain health, please email donations@foodforthebrain.org

12. Summary and Conclusions

The COGNITION Biobank stands at the forefront of a transformative approach to cognitive health, offering an unparalleled resource for researchers and impact investors committed to the prevention of neurological and psychiatric conditions.

By integrating comprehensive cognitive assessments, lifestyle data, and biological markers from a diverse global participant base, the Biobank provides critical insights into factors that influence brain health across all ages.

With a focus on prevention rather than disease management, the COGNITION Biobank addresses a key gap in current research, aiming to reduce the global burden of cognitive decline and mental health disorders. For researchers, the Biobank is a unique opportunity to access and analyse data that can drive groundbreaking discoveries. It allows investors a chance to support innovative research, offering significant social impact and financial returns.

As we look to the future, the COGNITION Biobank is poised to expand its reach and impact through strategic enhancements, including genetic testing, integration with healthcare systems, and increased global participation. By joining forces with the Biobank, researchers and investors alike can play a pivotal role in shaping a future where cognitive decline is not an inevitable part of aging, but a preventable outcome.

We invite you to be part of this pioneering effort to protect and enhance cognitive health for the benefit of individuals and societies worldwide.

Join us in our mission to drive prevention and protect cognitive health for the benefit of humanity.

For more details on how to access the COGNITION Biobank or to explore investment opportunities, please email us at research@foodforthebrain.org

Your involvement could be the key to unlocking the full potential of cognitive health research and prevention.

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Join Us

We invite researchers, healthcare providers, and investors to join us in utilising the COGNITION Biobank to advance cognitive health research and prevention.

By working together, we can make significant strides in understanding and protecting brain health for the benefit of humanity. For more information on accessing the COGNITION Biobank or investing in its mission, please contact:

research@foodforthebrain.org
or
donations@foodforthebrain.org

> Nervous system diseases - from dementia to ASD - are the leading cause of disability affecting **3.4 billion people (43% of world's population)**

Lancet Neurology, April 2024