

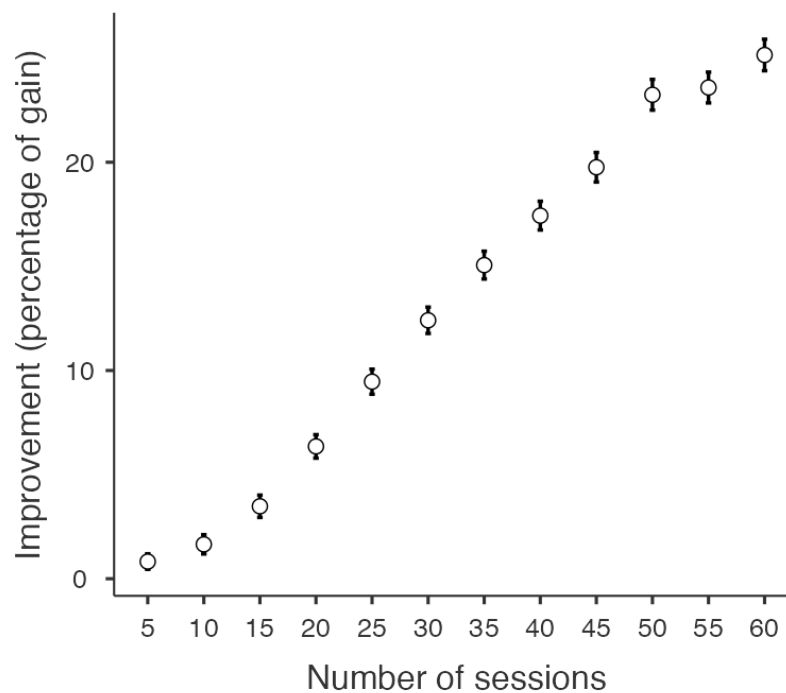
Enhanced Cognitive Performance After CogniFit Brain Training

INTERNAL STUDY WITH A LARGE SAMPLE OF COGNIFIT USERS

Description: A sample of 85,769 users of different ages and origins enrolled in an initial complete evaluation with the Cognitive Assessment Battery and followed a cognitive training protocol during various sessions.

NUMBER OF SESSIONS	15	30	35	40	45	50	60
Mean Percentage Improvement	6.94	16.8	19.4	21.0	22.7	24.2	25.2
90% Confidence Interval (lower)	6.69	16.4	19.0	20.5	22.1	23.6	24.5
90% Confidence Interval (upper)	7.19	17.3	19.9	21.6	23.3	24.8	25.8
Median	4.53	12.4	15.1	16.8	18.9	21.8	23.6
Standard Deviation	28.9	36.9	38.2	39.5	39.9	38.0	36.6

Note. The improvement is measured in terms of the percentage of cognitive gain compared to the baseline measurement.

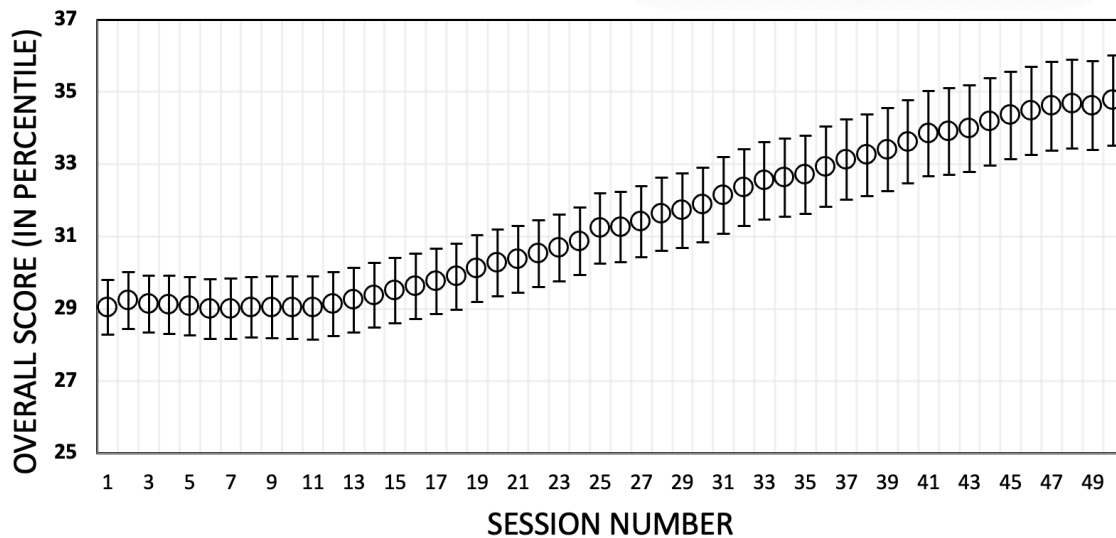


Conclusion:

In the general population, an increase of around 10% is achieved after just 25 training sessions, and this increase rises to 25% after 60 training sessions.

FOCUSED INTERNAL STUDY WITH SENIORS

Description: Out of an initial sample of 9756 users between 60 and 70 years old (5967 females) who enrolled in an initial complete evaluation with the Cognitive Assessment Battery and followed a cognitive training protocol during a varying number of sessions during 2019 and 2020, 418 users who trained for at least 50 sessions (roughly corresponding to 3 sessions per week during a 4-month training period) were selected.



Conclusion:

In adults aged 60-70, 50 training sessions lead to a substantial improvement, showing a 20% increase from the starting point.

With age, individuals often experience regular changes in cognitive function that may impact daily tasks and quality of life. The observed improvement suggests that regular cognitive training can support mental agility, helping individuals maintain essential memory, attention, and mental focus skills.

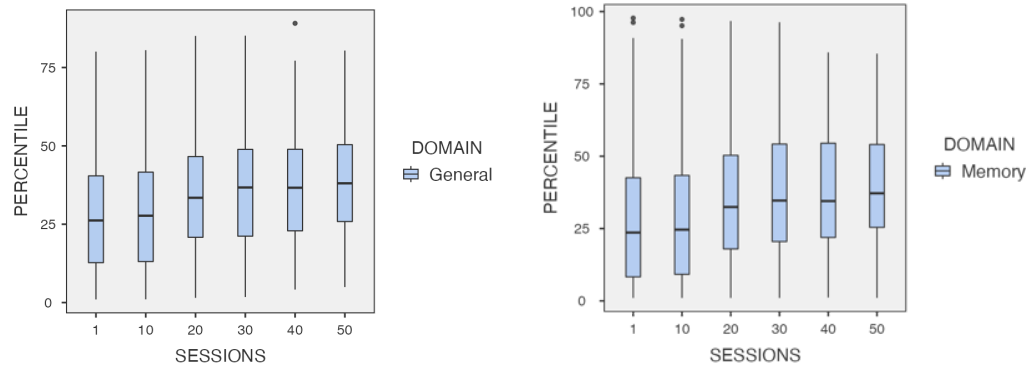
Such a meaningful increase in cognitive performance can enhance day-to-day functioning. For example, improved memory and attention can help individuals feel more confident managing tasks such as recalling important information and organizing daily activities. Maintaining cognitive health can also positively impact emotional well-being, reducing the stress and frustration often associated with occasional memory lapses.

Additionally, consistent engagement in cognitive exercises can support overall brain health and adaptability, contributing to a more active lifestyle and promoting well-being as individuals age. This highlights the potential value of cognitive training as a proactive approach to sustaining mental sharpness and quality of life.

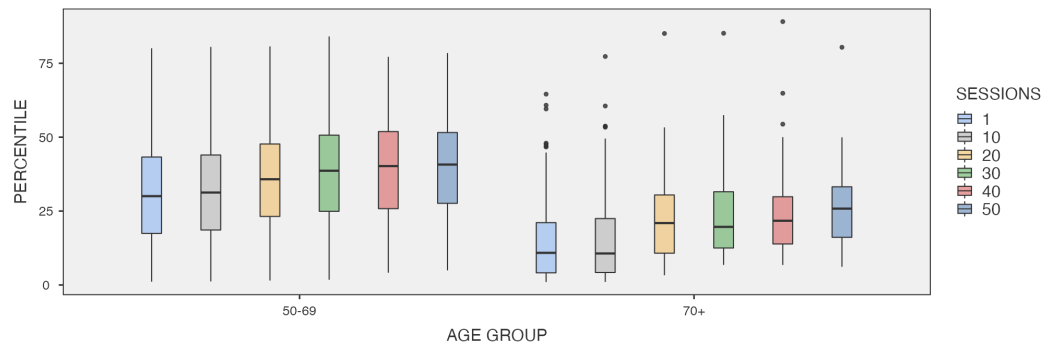
FOCUSED INTERNAL STUDY WITH ADULT USERS AMONG SPECIFIC DOMAINS

Description: A sample of 1125 users with a mean age of 61.6 years (range: 50-92) who enrolled in an initial complete evaluation with the Cognitive Assessment Battery and followed a cognitive training protocol during 2022 and 2024. The baseline evaluation is not corrected by age to allow for a better comprehension of their general cognitive profile than the general population.

	General	Attention	Memory	Perception	Reasoning	Coordination
Baseline (Initial Evaluation)	Percentile 27.6	Percentile 31.5	Percentile 27.4	Percentile 28.1	Percentile 31.8	Percentile 19.5
After 10 sessions	Percentile 28.6 (3.6% improvement)	Percentile 32.1 (1.9% improvement)	Percentile 28.2 (2.9% improvement)	Percentile 28.7 (2.1% improvement)	Percentile 32.9 (3.5% improvement)	Percentile 20.9 (7.2% improvement)
After 20 sessions	Percentile 34.1 (23.6% improvement)	Percentile 36.4 (15.6% improvement)	Percentile 34.8 (27.0% improvement)	Percentile 33.4 (18.9% improvement)	Percentile 39.3 (23.6% improvement)	Percentile 26.6 (36.41% improvement)
After 30 sessions	Percentile 36.2 (31.2% improvement)	Percentile 37.7 (19.7% improvement)	Percentile 37.4 (36.5% improvement)	Percentile 35.4 (26.0% improvement)	Percentile 40.6 (27.7% improvement)	Percentile 29.7 (52.3% improvement)
After 40 sessions	Percentile 36.8 (33.3% improvement)	Percentile 38.9 (23.5% improvement)	Percentile 38 (38.7% improvement)	Percentile 36 (28.1% improvement)	Percentile 40.6 (27.7% improvement)	Percentile 30.6 (56.9% improvement)
After 50 sessions	Percentile 38.8 (40.6% improvement)	Percentile 40.8 (29.5% improvement)	Percentile 40.3 (47.1% improvement)	Percentile 38.3 (36.3% improvement)	Percentile 41.8 (31.4% improvement)	Percentile 32.8 (68.2% improvement)



When the users' age is considered a factor in categorizing them (two categories: 50-69 years old, 70+ years old), the general improvement in the overall cognitive score is markedly more significant for the elder group, given their lower baseline cognitive profile.



Conclusion:

In the adult population (50-92 years old), a significant increase of around 11 percentile points is achieved after 50 training sessions, corresponding to a 40% improvement from the baseline measurement. These gains are more markedly observed in the cognitive domain of memory, with an increase of around 13 percentile points (around 47% improvement). Besides, the effects are more salient in the group of users who are 70 years old or older.

SUPPORTING PUBLISHED RESEARCH ARTICLES

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