



Improved sleep outcomes and next-day cognitive function in adults following clinical testing of a powder-based drink containing Mulberry leaf extract and a natural source of Tryptophan – ADDENDUM

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Conclusions on the secondary outcomes of the abstract published in the Proceedings of the Nutrition Society were changed due to further analysis performed on the data. In our subsequent analysis, performance scores on the secondary outcomes sleep onset latency (subjective) mood and cognition were adjusted for baseline scores. Following adjustment, the findings are revised as such:

“The originally observed effects on sleep onset latency (subjective) is still significant but it is -3.09 mins; $p=0.048$. Cognitive performance endpoints were no longer significantly affected by treatment. Additionally, arousal was no longer significantly affected by treatment. However, treatment reduced the score on ‘Negative-Relaxed’ ratings (Brief Mood Introspection Scale; -0.4, $p=.003$), and improved the ‘Vigor-Activity’ rating (Profile of Mood Scale; +0.8, $p=.038$).”

The journal was alerted by the authors to this additional information on 21 March 2024, and the wording of the addendum was agreed and submitted on 7 June 2024.

Reference

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