

Supplementary Material

β -Lactolin Enhances Neural Activity, Indicated by Event-Related P300 Amplitude, in Healthy Adults: A Randomized Controlled Trial

Supplementary Table 1. Changes in mild cognitive impairment (MCI) screen and Cognitrax scores

	Placebo	β-lactolin	<i>p</i>
MCI screen (MPI)	3.6 \pm 5.6**	3.3 \pm 7.4	0.903
Cognitrax (NCI)	1.5 \pm 5.2	0.6 \pm 4.1	0.625

Data are presented as means \pm standard deviations for placebo and β -lactolin groups (n = 15 each group). Group differences were analyzed using unpaired *t*-test. The differences between baseline and week 6 were analyzed using paired *t*-test; ***p* < 0.01. MPI, memory performance index; NCI, neurocognition index