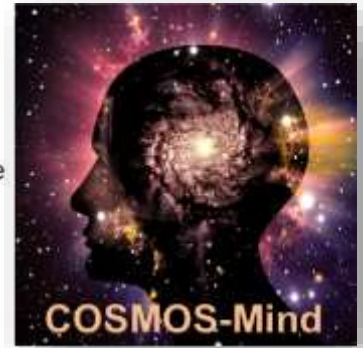




BRIGHAM AND
WOMEN'S HOSPITAL



Wake Forest[®]
School of Medicine



[Date]

Dear COSMOS-Mind Participant,

The results from the COSMOS-Mind study are in! We recently presented the results at the Clinical Trials on Alzheimer's Disease conference in Boston on November 10, 2021 and wanted to share these results with you.

The goal of COSMOS-Mind was to test whether randomized assignment (like flipping a coin) to daily use of cocoa extract or a multivitamin-mineral supplement for 3 years can benefit the mind and improve memory and thinking skills for older adults. To do this, participants either took (1) cocoa extract and a multivitamin, (2) cocoa extract and a multivitamin-placebo, (3) a multivitamin and a cocoa extract-placebo, or (4) two placebos.

COSMOS-Mind enrolled 2,262 participants from many cities across the United States.

After examining the results from the annual telephone interviews where you answered questions to test your memory and thinking abilities, **we learned that daily use of the multivitamin improved cognitive function.** That is, the participants taking the multivitamin had higher cognitive test scores after 3 years than those participants who took the multivitamin-placebo.

What about cocoa extract? Our analyses of the cognitive test results suggest that it did not affect cognition. However, the story continues to unfold as other investigators complete separate studies in COSMOS that dig more deeply into the effects of both cocoa extract and multivitamins on different aspects of cognition.

What do our results mean? COSMOS-Mind provides the first evidence from a large clinical study to show that regular use of a multivitamin supplement for 3 years may improve memory and thinking abilities in older adults. These results are only available because of your participation and commitment to the study that hopefully will improve the future health and wellness of older adults.

With best wishes and much appreciation,

The COSMOS-Mind and COSMOS Study Teams