



COSMOS-Mind Preliminary Results

Thank you for your long-standing commitment to the **CO**coa **S**upplement and **M**ultivitamin **O**utcomes **S**tudy (COSMOS), which was designed to determine whether cocoa extract and multivitamins can help reduce the risk of heart disease, stroke, and cancer. Another key outcome of interest in COSMOS is cognitive function.

We are excited to report that preliminary results from COSMOS-Mind, an ancillary study of COSMOS by our colleagues at Wake Forest examining the effect of cocoa extract and a multivitamin on cognitive function among 2,262 participants completing annual telephone-based interviews testing memory and thinking abilities, were presented at the Clinical Trials on Alzheimer's Disease meeting in Boston, Massachusetts, on November 10, 2021. The findings were briefly presented at the meeting, but the full details won't be published in a journal until later this year or in early 2022.

In summary, daily multivitamin use improved cognitive function, as participants taking the multivitamin had higher cognitive test scores after 3 years than those participants who took the placebo. Cocoa extract did not have significant effects on cognition. However, this 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.

The COSMOS-Mind results were the first to be presented of any findings from COSMOS. The main trial results about the effects of the study supplements on cardiovascular disease and cancer will be available later in 2021 or early in 2022.

Once again, thank you for your participation and commitment to COSMOS to hopefully improve the health and wellness of older adults. As always, if you have questions, please do not hesitate to email us at COSMOSTrial@partners.org, call us at 1-800-633-6913, or visit our [website](https://www.cosmostrial.org).

Sincerely,

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