

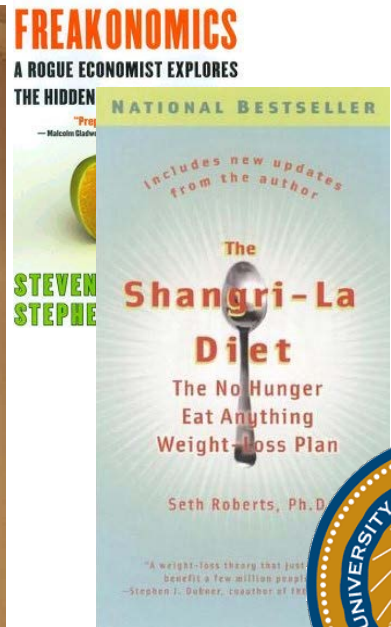
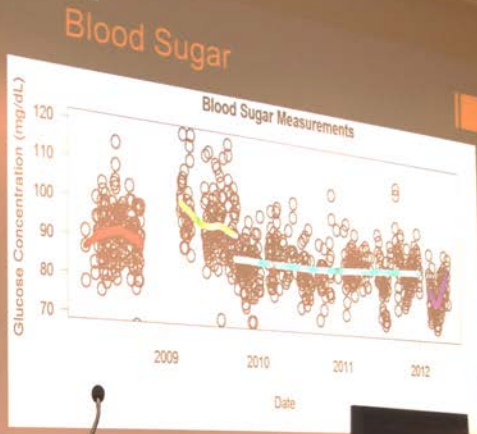
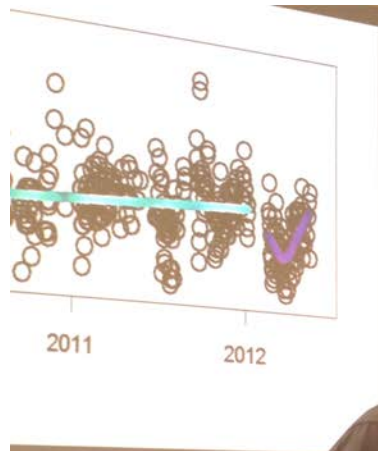


Does Fish Oil Make Me Smarter?


Richard Sprague
Quantified Self
June 21, 2015

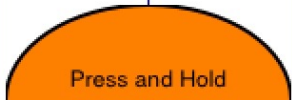
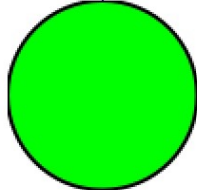
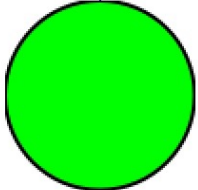
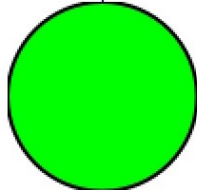
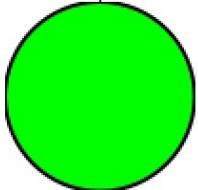
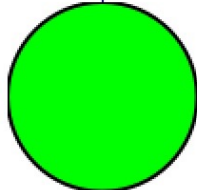
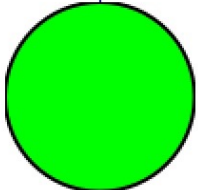








 Press Orange Button to Start
Press to Start Trial 1 of 32 [Redo](#)

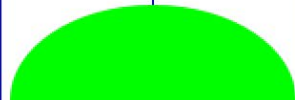
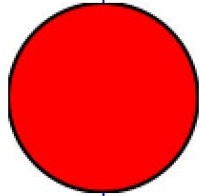




GO

Press to Start Trial 1 of 32

Redo





9:41 AM



BrainTracker

Last Session Mean: 64%

Press the Start button to begin a session

Start



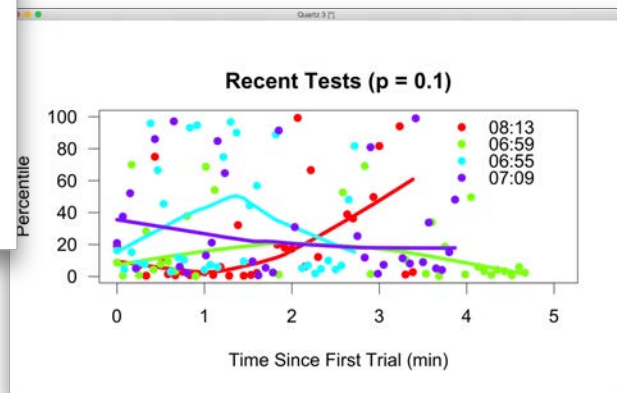
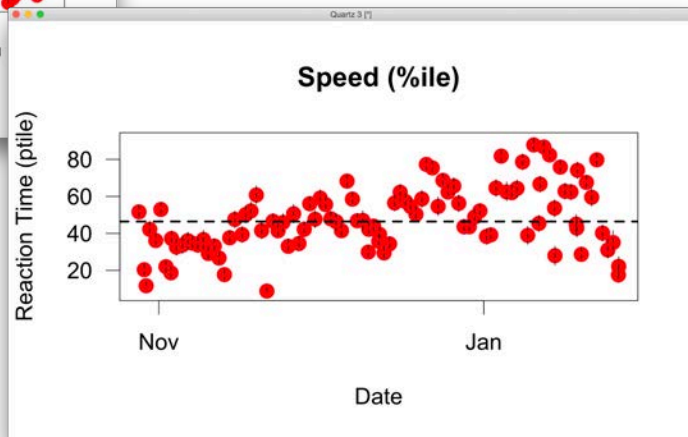
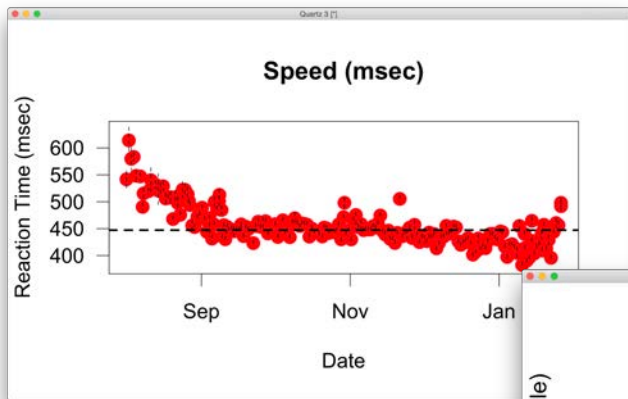
Home

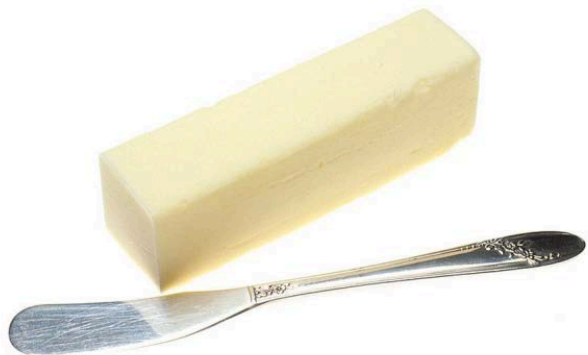
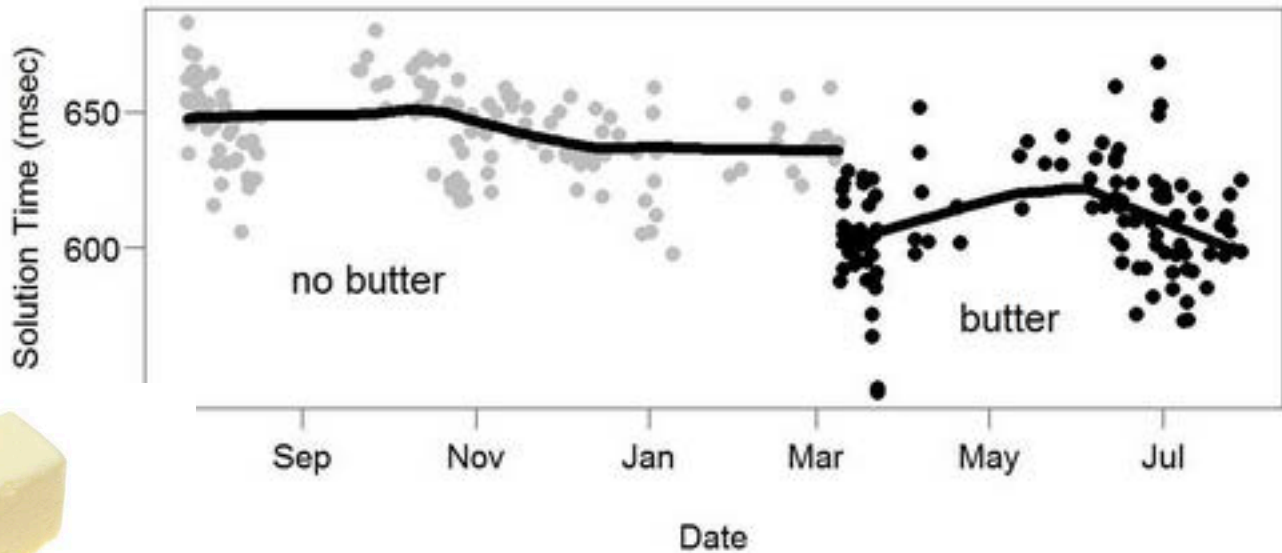


Results

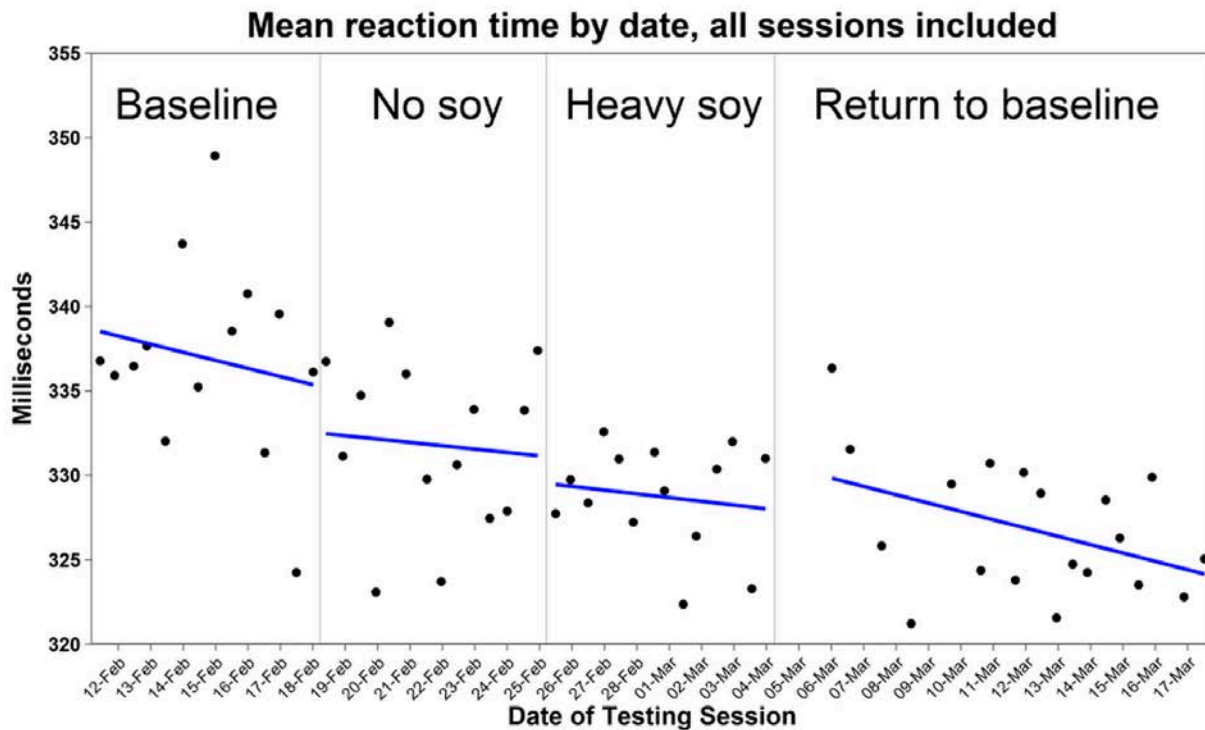
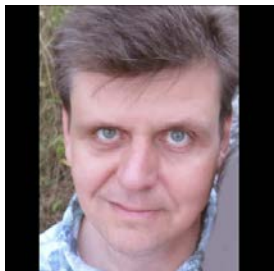


Settings

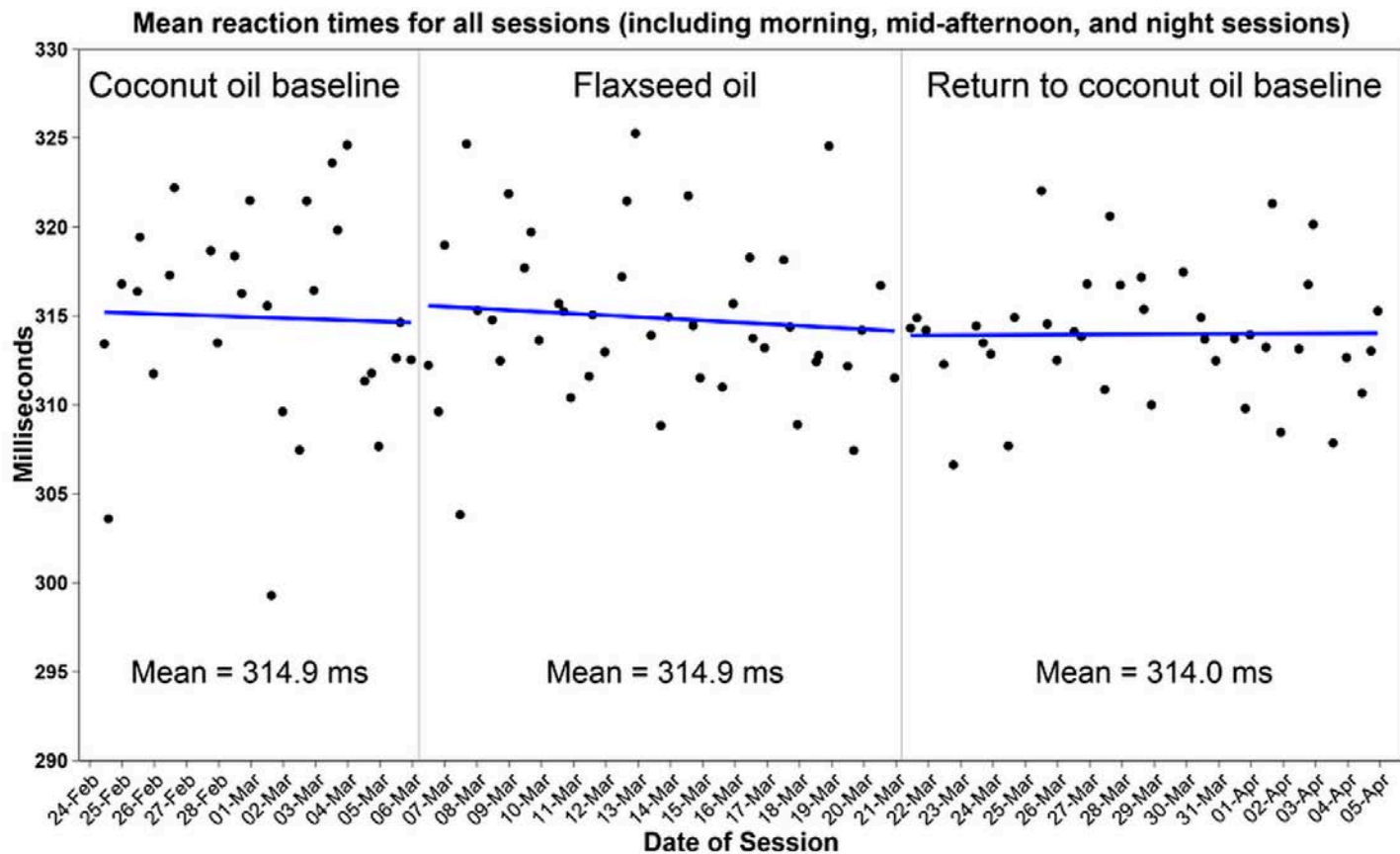




<http://betabeat.com/2014/04/seth-roberts-final-column-butter-makes-me-smarter/>



<http://www.astrocyte-design.com>





myfitnesspal 

 RescueTime

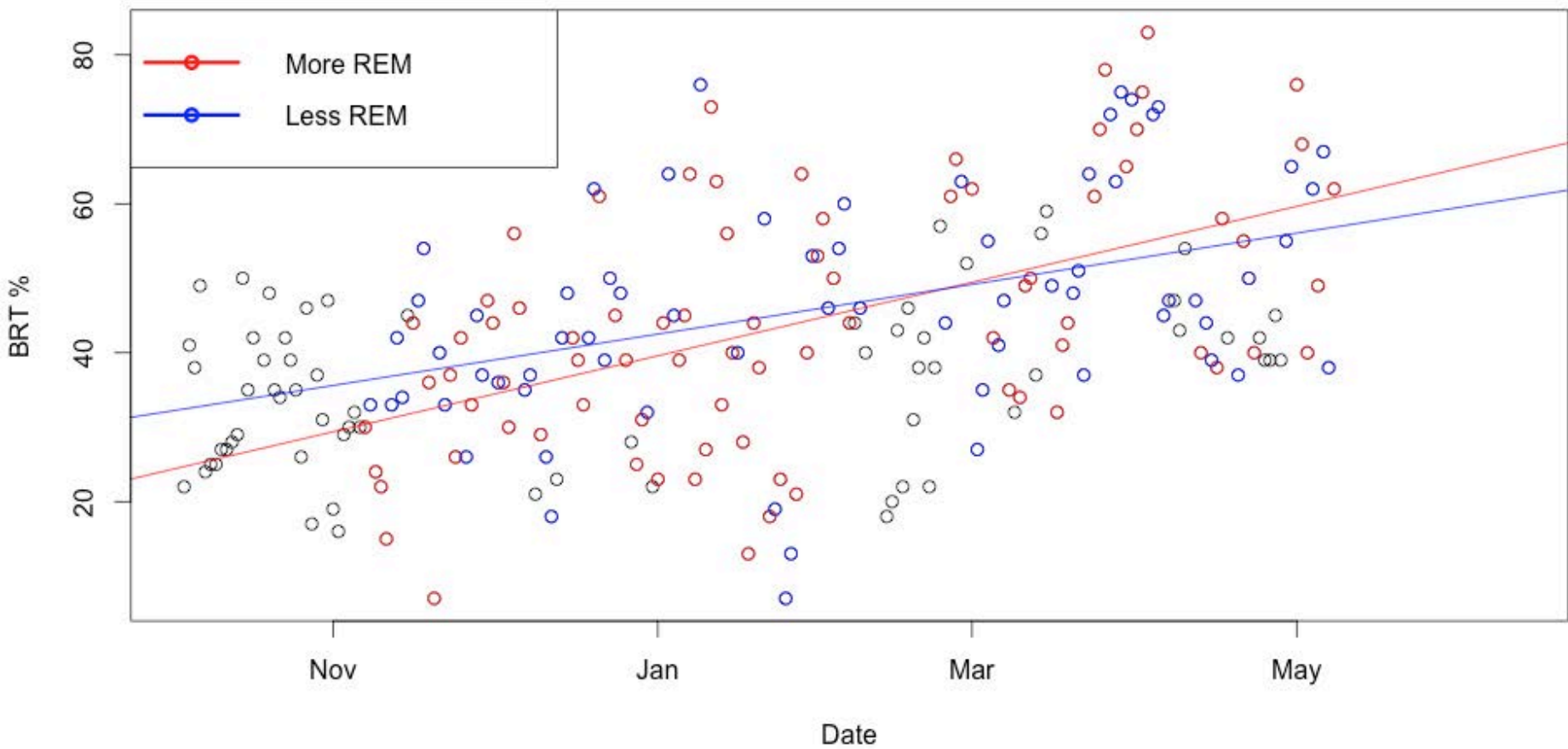
 RunKeeper

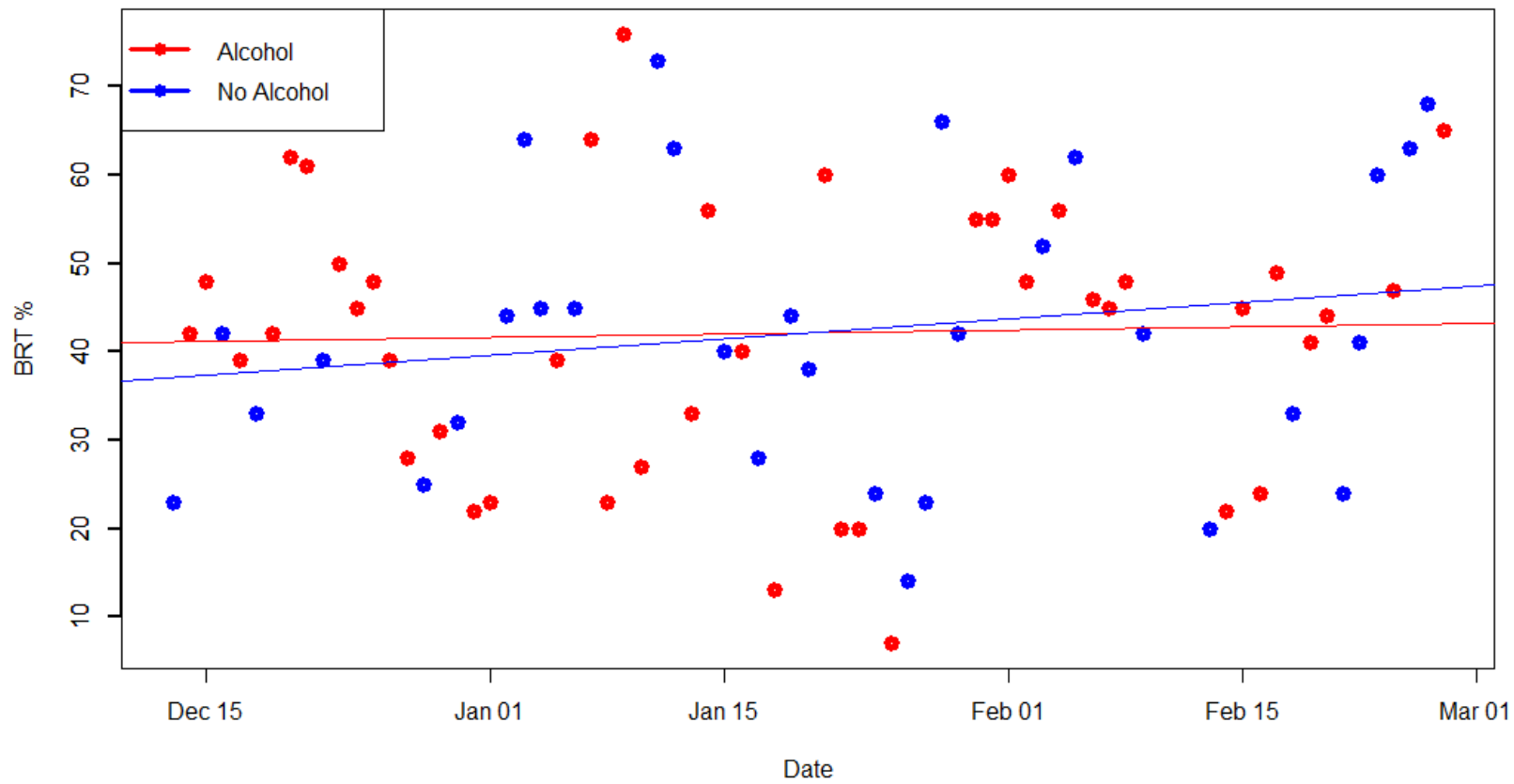
zenoBase

 μBiome

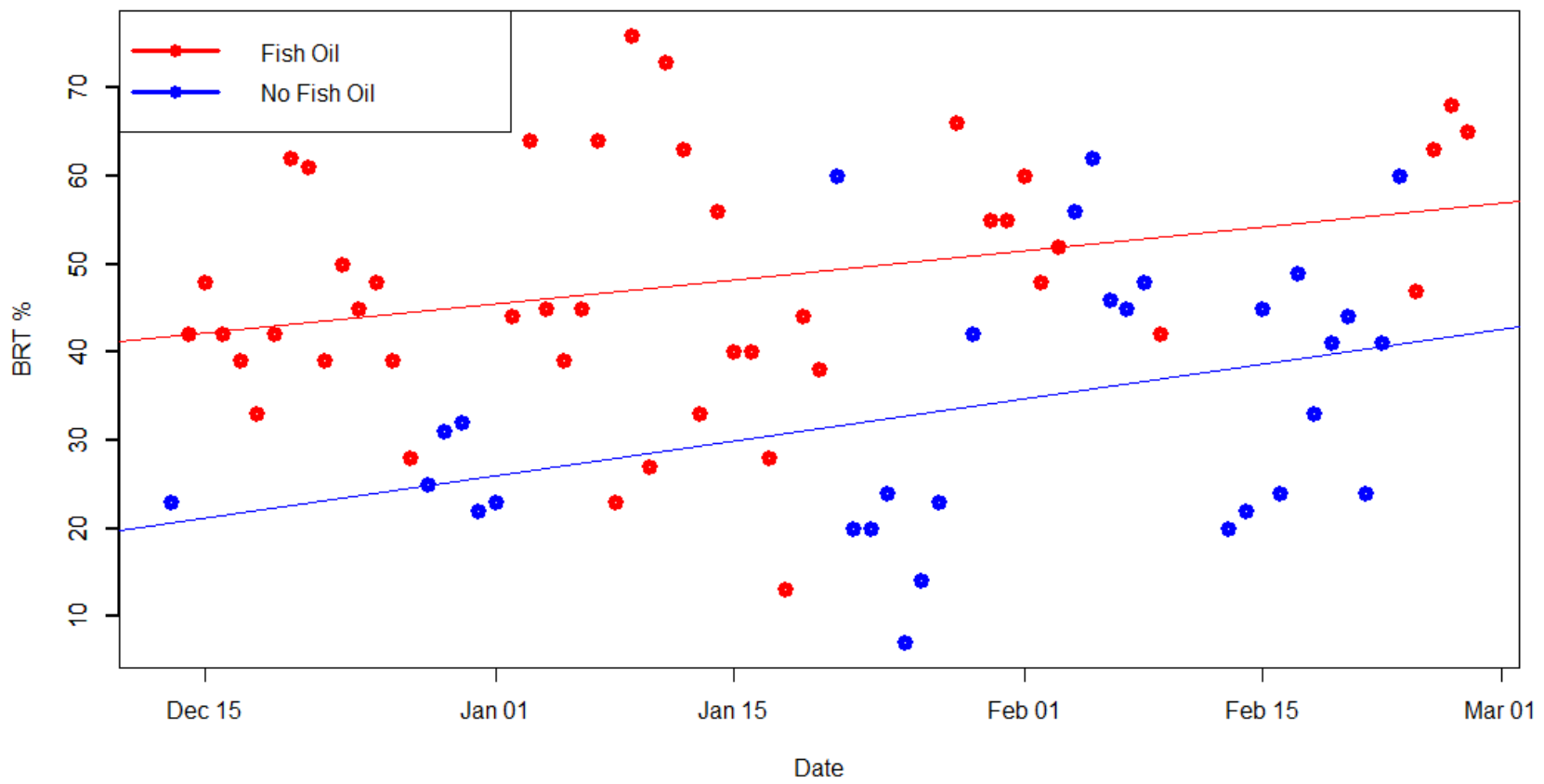

AUTOMATIC





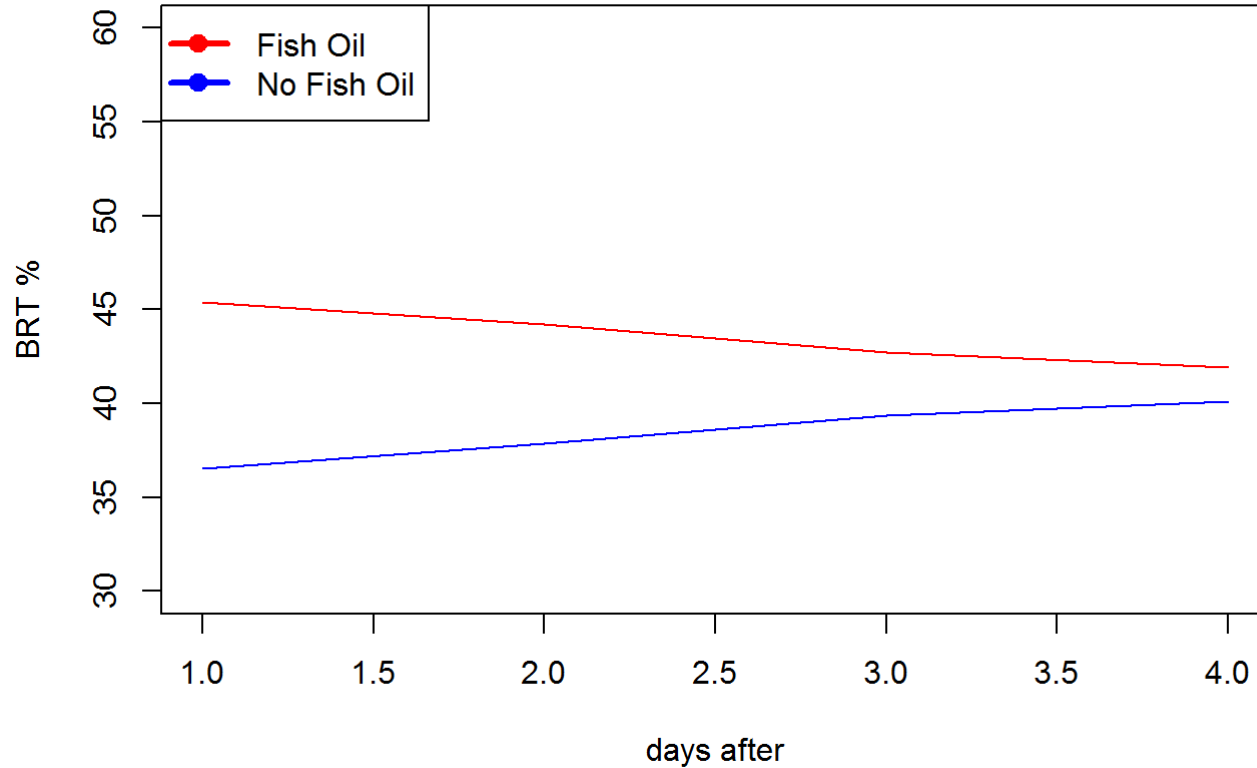








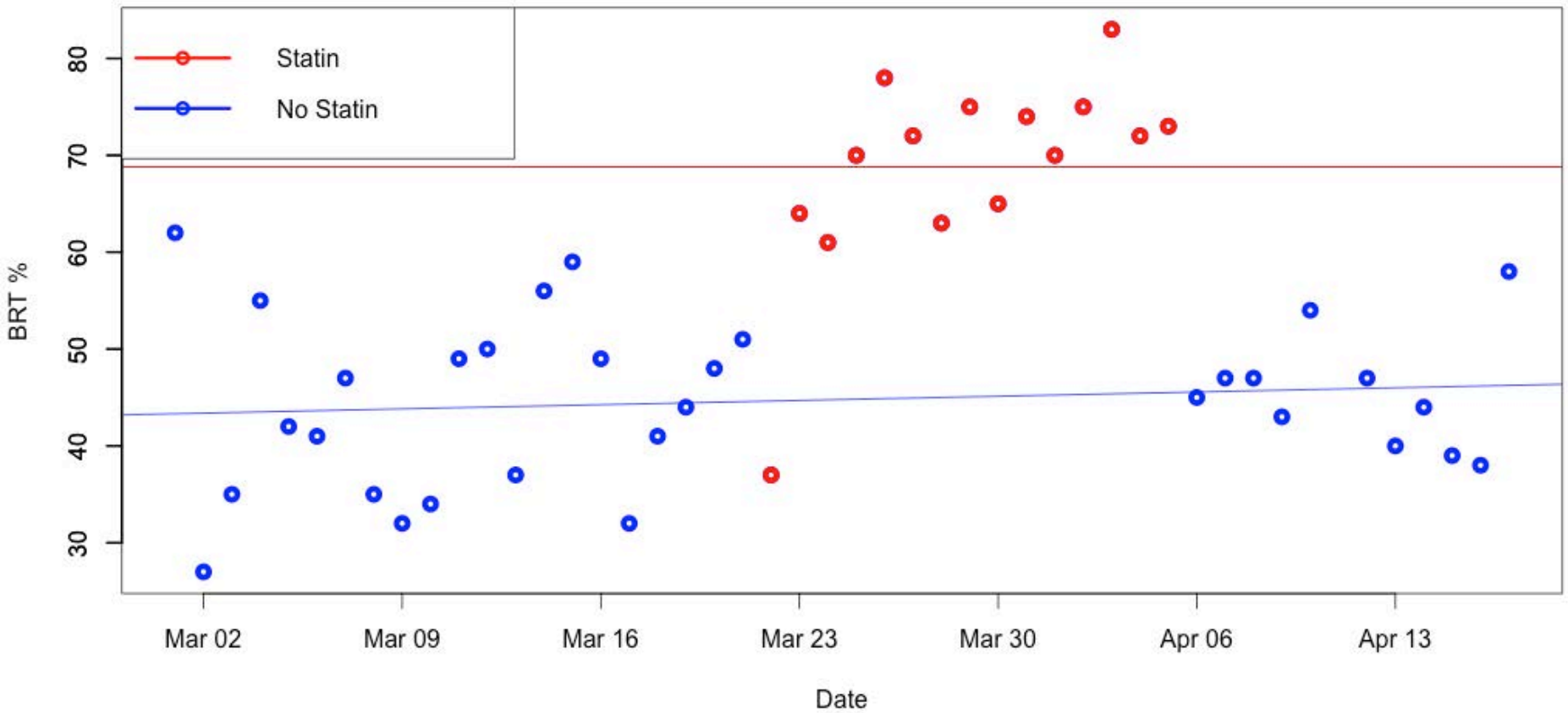
Fish Oil effect fades over time

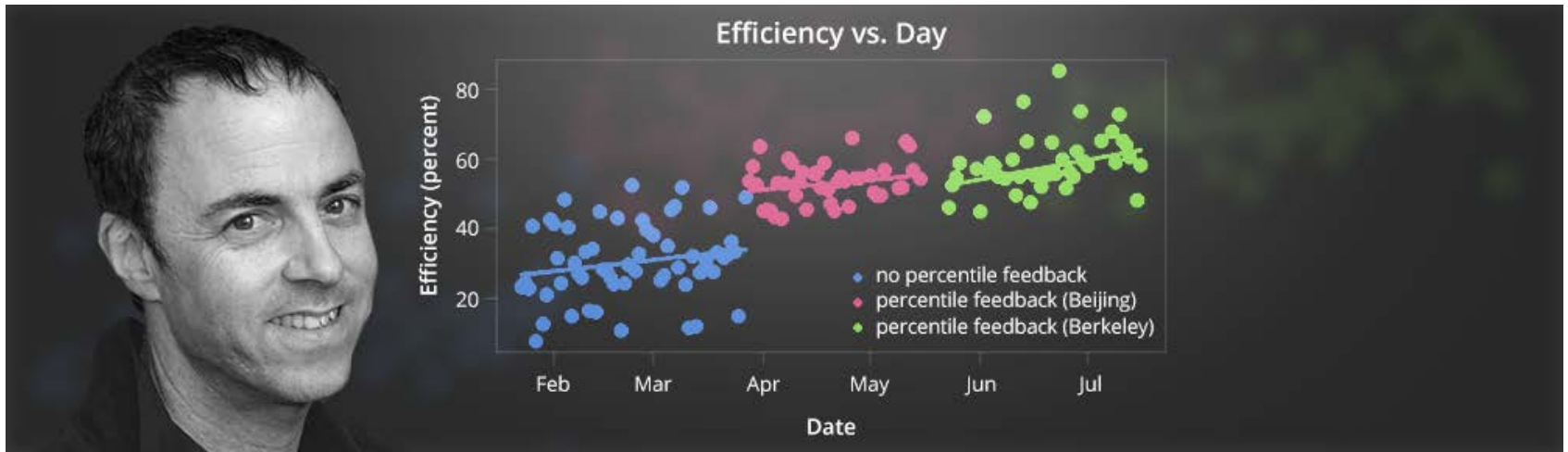






Statin make me smarter too

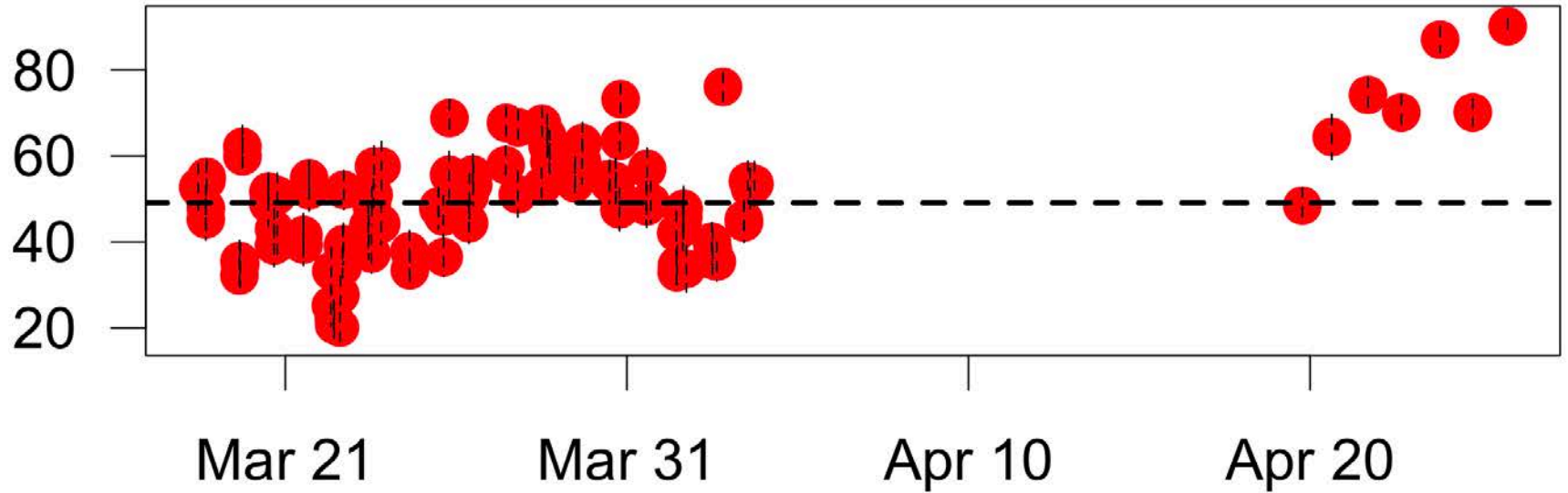


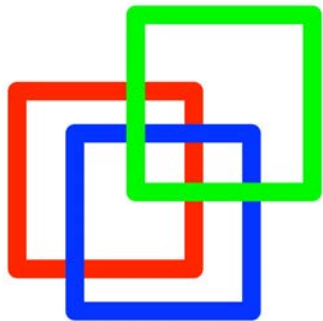




Reaction Time (ptile)

Speed (%ile)





Join me!



@sprague

braintracker@ensemblbio.com