Live.
Happier.
Longer.

PRECISE PERSONALIZED PREVENTIVE PSYCHIATRY

MindX Sciences

HOW CAN WE HELP TRANSFORM YOUR PATIENTS LIVES?

The Mental Health of the Future:

- One app
- One blood tube once or twice a year
- One pill pack a day with nutraceuticals and/or medications

Join our mission!

Helping patients get unstuck and move on with their lives!

ONE COMPLETE SOLUTION

MindX One + Life x Improve + Life x Mind — Live. Happier. Longer.

AVAILABLE FOR:

CLINICIANS

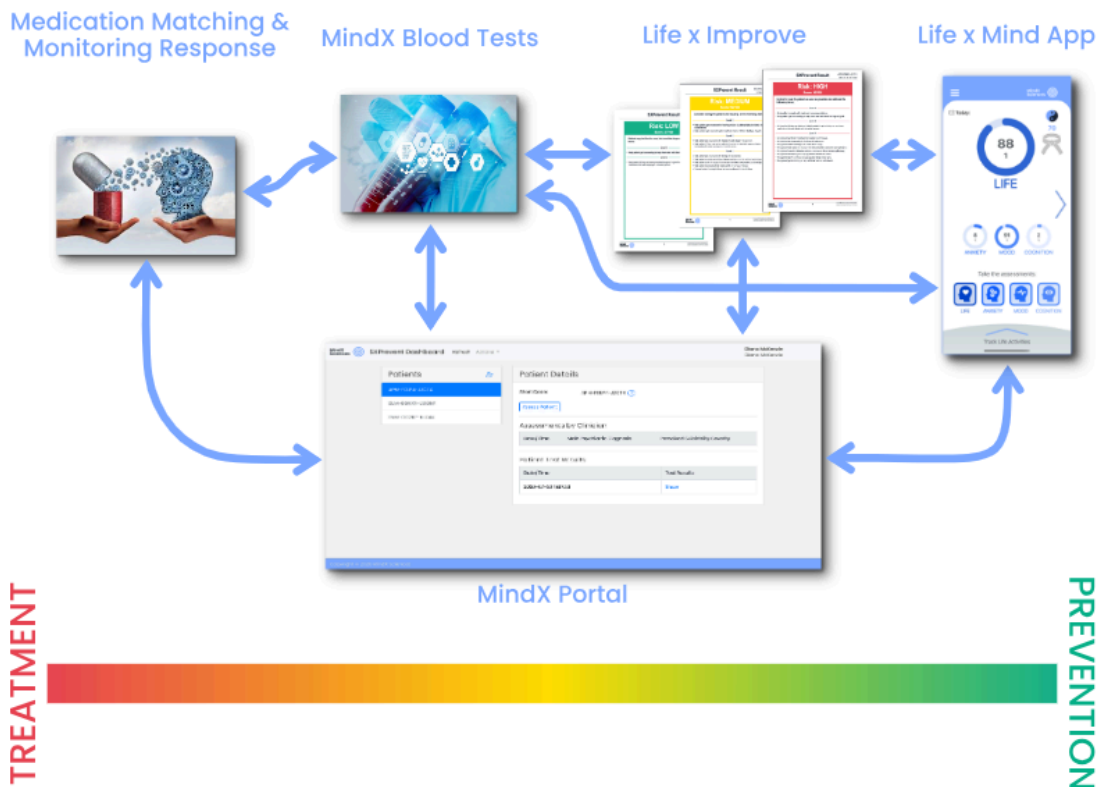**ORGANIZATIONS**

PATIENTS

Transform the diagnosis, treatment, prevention and new medication development for mental health disorders.

MINDX SCIENCES SOLUTION

Therapeutics — Molecular — Digital

Products are independent of each other, but there is synergy in using them together.

We can help patients, families, and caregivers navigate the uncertainty of mental health issues through our comprehensive bio-psycho-social approach.

Our MindX One Blood Testing, Life x Improve Digital Program, and Life x Mind App empower individuals to improve their lives and to **Live. Happier. Longer.**

MAIN BENEFITS

- Life enhancing for patients
- Confidential
- Clarity for clinicians
- Costs less than a day of hospitalization

MindX One Blood Testing is a patented biomarker-based testing helping with assessment and treatment for mood disorders (depression/bipolar), anxiety, stress (PTSD), suicidality, psychosis, memory (Alzheimer's), longevity, and chronic pain.
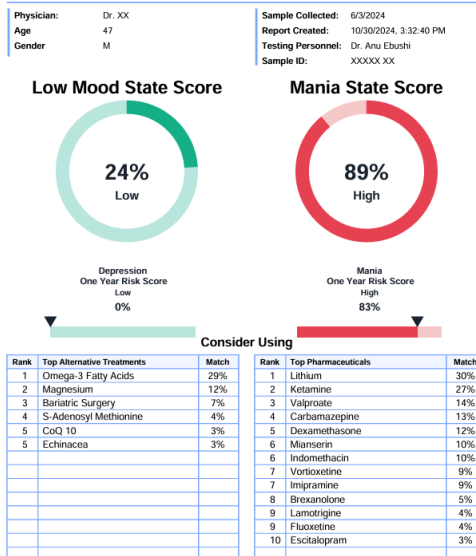
Our blood tests are based on award-winning science. They can provide objective insights regarding each individual's condition, and treatment suggestions based on their biology.

- Algorithmic score and matching to medications
.
- Brings objectivity and precision to mental health management.

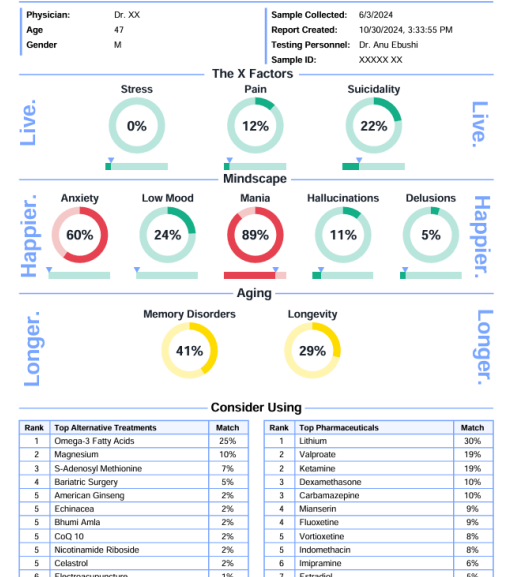- Empowers clinicians to assess and treat with more confidence.

Find out more.
Scan QR code:

MindX One™ Blood Tests — Mood Disorders

Physician:	Dr. XX	Sample Collected:	6/3/2024
Age	47	Report Created:	10/30/2024, 3:32:40 PM
Gender	M	Testing Personnel:	Dr. Anu Ebushi
		Sample ID:	XXXXX XX

Low Mood State Score

24% Low

Mania State Score

89% High

Depression
One Year Risk Score
Low
0%

Mania
One Year Risk Score
High
83%

Consider Using

Rank	Top Alternative Treatments	Match
1	Omega-3 Fatty Acids	29%
2	Magnesium	12%
3	Bariatric Surgery	7%
4	S-Adenosyl Methionine	4%
5	CoQ 10	3%
5	Echinacea	3%

Rank	Top Pharmaceuticals	Match
1	Lithium	30%
2	Ketamine	27%
3	Valproate	14%
4	Carbamazepine	13%
5	Dexamethasone	12%
6	Mianserin	10%
6	Indomethacin	10%
7	Vortioxetine	9%
7	Imipramine	9%
8	Brexanolone	5%
9	Lamotrigine	4%
9	Fluoxetine	4%
10	Escitalopram	3%

MindX Sciences

1/6

MindX One™ Blood Tests — Integrative Summary

Physician:	Dr. XX	Sample Collected:	6/3/2024
Age	47	Report Created:	10/30/2024, 3:33:55 PM
Gender	M	Testing Personnel:	Dr. Anu Ebushi
		Sample ID:	XXXXX XX

The X Factors

Live. Live.

Stress	Pain	Suicidality
0%	12%	22%

Mindscape

Happier. Happier.

Anxiety	Low Mood	Mania	Hallucinations	Delusions
60%	24%	89%	11%	5%

Aging

Longer. Longer.

Memory Disorders	Longevity
41%	29%

Consider Using

Rank	Top Alternative Treatments	Match
1	Omega-3 Fatty Acids	25%
2	Magnesium	10%
3	S-Adenosyl Methionine	7%
4	Bariatric Surgery	5%
5	American Ginseng	2%
5	Echinacea	2%
5	Bhumi Amla	2%
5	CoQ 10	2%
5	Nicotinamide Riboside	2%
5	Celastrol	2%
6	Electroacupuncture	1%

Rank	Top Pharmaceuticals	Match
1	Lithium	30%
2	Valproate	19%
3	Ketamine	19%
3	Dexamethasone	10%
3	Carbamazepine	10%
4	Mianserin	9%
4	Fluoxetine	9%
5	Vortioxetine	8%
5	Indomethacin	8%
6	Imipramine	6%
7	Estradiol	5%

MindX Sciences

1/6

TESTIMONIALS

"The results of the MindX Sciences reports have been uncannily accurate in finding the most effective treatments and for many, it is life-changing and lifesaving. I cannot recommend it more highly."
Dr. Mark Jaffe
Private Practice, Los Angeles, CA

"MindX Sciences has assisted Grey Matters International's toolkit in advancing patient care and patient-centric services like no other."
Dr. Kevin Fleming
Grey Matters International, Tulsa, Oklahoma

"The MindX blood testing enabled my doctor to prescribe the right medication after multiple unsuccessful treatments. Shortly after, I started to feel significantly better and I am now fully recovered."
I.S.
Patient, Los Angeles, California

"Previous experiences from other doctors relied on a trial-and-error approach with medication that yielded limited results and sometimes had significant side effects. Seeking a more effective and personalized treatment, I met with Dr. Niculescu, who suggested the MindX test to find the right medications for my issue based on the results of a blood test. Though I was initially skeptical of the unorthodox approach, the results ended up creating a therapeutic approach tailored to my genetic profile and based upon two low-dose medications rather than a non-specific high-dose one. Having been on this therapy for a year, I can say that this medical management proved to be the most effective psychiatric help I've received so far and is the one I continue to use to this day."
S.Y.
Patient, Indianapolis, Indiana

MindX One

HOW TO GET STARTED: 6 EASY STEPS

1. A clinician can prescribe MindX Blood Testing with the <u>prescription form</u> located on our website. Patients can also <u>order directly,</u> but they need to have a clinician to receive the results.

2. Patient will be provided with a kit containing special blood test tubes and a pre-paid FedEx box

3. We can arrange for complimentary blood draw in the convenience of their home, or they can get blood drawn at the doctor's office if they prefer.

4. The tubes are FedExed to our laboratory where the tests are performed in a CLIA setting.

5. The testing results are sent by MindX Sciences to the clinician and a copy is sent to the patient.

6. A complimentary video consultation can be arranged to discuss and interpret the results.

Get MindX One Blood Test Scan QR code

Life x Improve

Life x Improve is a digital life improvement tool that delivers personalized risk reduction and life improvement strategies.

- Dual use. It can also be used by clinicians to improve the life of their patients and their mental health.

- Based on the Niculescu Convergent Functional Information for Suicidality Scale (CFI-S)

Life x Improve Results   2024-08-22 20:27:28Z

Score: HIGH
82/100

You may be fine for now, but consider improving the following items:

- Comply with healthcare treatment recommendations.
- Avoid drugs and reduce alcohol use.
- Consider developing your coping skills in the face of stress.
- Do your best to get 7 to 8 hours of good quality sleep every night.

MindX Sciences   1   cd7194ab-d1a3-48ad-8346-fa8078191f4b0
Org: MindX - Internal Tests
2024-04-20/bdf4e20d-37cd-4576-b277-6975a5498a7a

Life x Improve Results   2024-08-22 20:21:27Z

Score: INTERMEDIATE
39/100

Consider focusing on the following items:

- Comply with healthcare treatment recommendations.
- Get better treatment for medical health issues.
- Consider getting counseling for grief or loss.
- Consider getting counseling for feelings of uselessness.
- Seek out things that make you happy.
- Take action to improve your life and seek to become more optimistic.
- Avoid drugs and reduce alcohol use.
- Seek the supportive company of others and positive relationships.
- Consider developing your coping skills in the face of stress.
- Consider getting counseling to help you deal with your feelings of guilt.
- Do your best to get 7 to 8 hours of good quality sleep every night.
- If you are having suicidal thoughts, call 988 or go to the nearest ER, and consider giving your guns and extra medications for safe keeping to a trusted person.
- Consider discussing with a spiritual or religious leader.

MindX Sciences   1   04554438-4d3a-408b-9776-39067abbb0a1
Org: MindX - Internal Tests
2024-04-20/bdf4e20d-37cd-4576-b277-6975a5498a7a

Life x Improve Results   2024-08-22 20:23:30Z

Score: LOW
12/100

Address the following items as soon as possible (consider seeking help for them):

- Comply with healthcare treatment recommendations.
- Get better treatment for medical health issues.
- Consider getting counseling for grief or loss.
- Consider getting counseling for feelings of uselessness.
- Seek out things that make you happy.
- Take action to improve your life and seek to become more optimistic.
- Avoid drugs and reduce alcohol use.
- Consider counseling and develop better or new relationships.
- Seek the supportive company of others and positive relationships.
- Consider seeking counseling for impulsivity and anger management.
- Consider developing your coping skills in the face of stress.
- Get treatment for hearing voices in your head (auditory hallucinations)!
- Consider getting counseling for past exposure to violence.
- Consider getting counseling for vengeful thoughts and behaviors.
- Consider getting counseling to help you deal with your feelings of guilt.
- Do your best to get 7 to 8 hours of good quality sleep every night.
- If you are having suicidal thoughts, call 988 or go to the nearest ER, and consider giving your guns and extra medications for safe keeping to a trusted person.
- Consider getting mentoring or help with your work or schoolwork.
- Consider getting professional advice or help with financial matters.
- Consider getting professional advice or help with legal matters.
- Consider discussing with a spiritual or religious leader.

MindX Sciences   1   8a3a4b3b-22fb-4778-b9a9-ab00afe6ace6
Org: MindX - Internal Tests
2024-04-20/bdf4e20d-37cd-4576-b277-6975a5498a7a

**Get Life x Improve Digital Testing
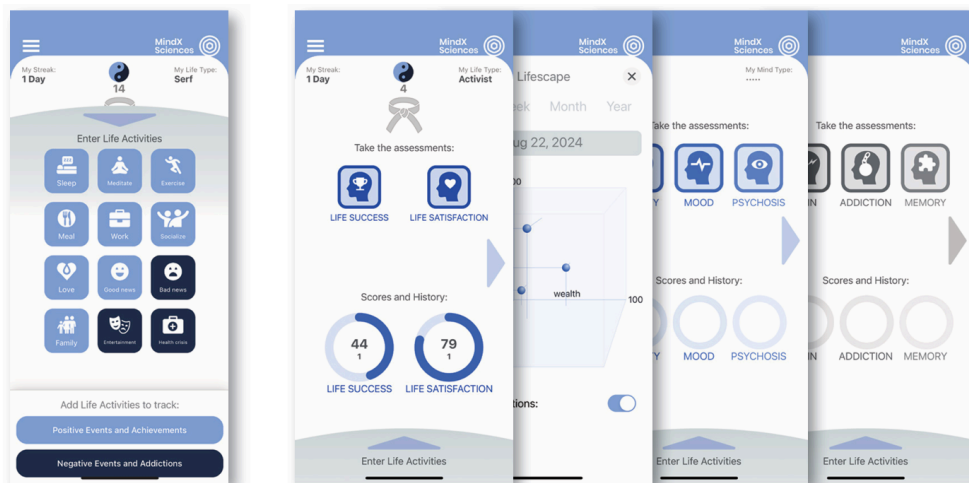Scan QR code**

* Free of charge for Veterans.

Life x Mind

Live. Happier. Longer.

The Life X Mind App is a science-based, simple, easy, and comprehensive self-assessment and self-tracker. It helps measure and understand the interplay of how people feel, think and behave leading to optimized performance.

- Complementing our blood tests for a comprehensive solution
- For measurement –based care.
- A complete mental state exam that can be done at the time of clinical visits
- It helps with the diagnosis and clinical management.
- It can also be used at home in a targeted way to measure how patients feel and think in between appointments, and how they respond to treatment.

Get Life x Mind App
Scan QR code

THE SCIENCE OF MINDX SCIENCES

Biomarkers in Psychiatry

Psychiatry is still being largely practiced using a 19th century approach, relying on what patients are telling us and on our clinical impression.

Most other fields of medicine are relying on more modern, 21st century approaches, using laboratory tests and other objective and quantitative assessments to help diagnose and treat people.

The relative lack of accessibility of the brain to biopsies has created the need for indirect and/or peripheral ways of assessing brain function.

Biomarkers, as their name implies, are biological measures that serve as quantitative markers of the function of an organ or system. In the case of the brain , they can be molecular, electrophysiological, or imaging.

For the brain, surrogate molecular markers can be found in peripheral tissues and fluids. The later include CSF, saliva, blood. In particular blood, containing secretion products of various tissues, and cells of the immune system, has become a useful accessible source of biomarkers. In cancer, the term of the art for this is "liquid biopsy". Our own approach has focused on whole-blood gene expression (RNA) biomarkers.

We have published studies to date for eight indications : suicidality, pain, stress (PTSD), memory (Alzheimer's), longevity, mood disorders (depression/bipolar), anxiety, and more recently psychosis (schizophrenia). Other diseases are forthcoming in the near future.

PUBLICATIONS

R. Bhagar, S. S. Gill, H. Le-Niculescu, C. Yin, K. Roseberry, J. Mullen, M. Schmitz, E. Paul, J. Cooke, C. Tracy, Z. Tracy, A. S. Gettelfinger, D. Battles, M. Yard, G. Sandusky, A. Shekhar, S. M. Kurian, P. Bogdan & A. B. Niculescu. *Next-generation precision medicine for suicidality prevention.* **Translational Psychiatry**; 2024 Sep 6; doi: 10.1038/s41398-024-03071-y.

M. D. Hill, S. S. Gill, H. Le-Niculescu, O. MacKie, R. Bhagar, K. Roseberry, O. K. Murray, H. D. Dainton, S. K. Wolf, A. Shekhar, S. M. Kurian, A. B. Niculescu. *Precision medicine for psychotic disorders*: *objective assessment, risk prediction, and pharmacogenomics*. **Molecular Psychiatry**; 2024 Feb 8; doi: 10.1038/s41380-024-02433-8.

K. Roseberry, H. Le-Niculescu, D. F. Levey, R. Bhagar, K. Soe, J. Rogers, S. Palkowitz, N. Pina, W. A. Anastasiadis, S. S. Gill, S. M. Kurian, A. Shekhar, and A. B. Niculescu. *Towards precision medicine for anxiety disorders: objective assessment, risk prediction, pharmacogenomics, and repurposed drugs.* **Molecular Psychiatry**; 2023 March 7; doi: 10.1038/s41380-023-01998-0. PMID: 36878964

M. Cheng, K. Roseberry, Y. Choi, L. Quast, M. Gaines, G. Sandusky, J. A. Kline, P. Bogdan, A. B. Niculescu. *Polyphenic risk score shows robust predictive ability for long-term future suicidality.* **Discover Mental Health**; 2022 June 13; doi: 10.1007/s44192-022-00016-z. PMID: 35722470

Alexander B. Niculescu, Helen Le-Niculescu. *Precision medicine in psychiatry: biomarkers to the forefront*. **Neuropsychopharmacology**; 2021 Sept 28; doi: 10.1038/s41386-021-01183-3. PMID: 34584209

Le-Niculescu H, Roseberry K, Gill SS, Levey DF, Phalen PL, Mullen J, Williams A, Bhairo S, Voegtline T, Davis H, Shekhar A, Kurian SM, Niculescu AB. *Precision medicine for mood disorders*: *objective assessment, risk prediction, pharmacogenomics, and repurposed drugs.* **Molecular Psychiatry**; 2021 Apr 8; doi: 10.1038/s41380-021-01061-w. [Epub ahead of print]. PMID: 33828235

Niculescu AB, Le-Niculescu H, Roseberry K, Wang S, Hart J, Kaur A, Robertson H, Jones T, Strasburger A, Williams A, Kurian SM, Lamb B, Shekhar A, Lahiri DK, Saykin AJ. *Blood biomarkers for memory: toward early detection of risk for Alzheimer disease, pharmacogenomics, and repurposed drugs*. **Molecular Psychiatry**; 2019 Dec 2; doi: 10.1038/s41380-019-0602-2. [Epub ahead of print]. PMID: 31792364

Le-Niculescu H, Roseberry K, Levey DF, Rogers J, Kosary K, Prabha S, Jones T, Judd S, McCormick MA, Wessel AR, Williams A, Phalen PL, Mamdani F, Sequeira A, Kurian SM, Niculescu AB. *Towards precision medicine for stress disorders: diagnostic biomarkers and targeted drugs*. **Molecular Psychiatry**; 2019 March 12; doi: 10.1038/s41380-019-0370-z. [Epub ahead of print]. PMID: 30862937

Niculescu AB, Le-Niculescu H, Levey DF, Roseberry K, Soe KC, Rogers J, Khan F, Jones T, Judd S, McCormick MA, Wessel AR, Wiliams A, Kurian SM, White FA. *Towards precision medicine for pain*: *diagnostic biomarkers and repurposed drugs*. **Molecular Psychiatry**; 2019 Feb 12; doi: 10.1038/s41380-018-0345-5. [Epub ahead of print]. PMID: 30755720

Rangaraju S, Levey DF, Nho N, Jain N, Andrews KD, Le-Niculescu H, Salomon DR, Saykin AJ, Petrascheck M, and Niculescu AB. *Mood, Stress and Longevity*: *Convergence on ANK3*. **Molecular Psychiatry**; 2016 Aug;21(8):1037-49; doi: 10.1038/mp.2016.65. Epub 2016 May 24. PMID: 27217151

Niculescu AB, Levey DF, Phalen PL, Le-Niculescu H, Dainton HD ,Jain N, Belanger E, James A, George S, Weber H, Graham DL, Schweitzer R, Ladd TB, Learman R, Niculescu EM, Vanipenta NP, Khan FN, Mullen J, Shankar G, Cook S, Humbert C, Ballew A, Yard M, Gelbart T, Shekhar A, Schork NJ, Kurian SM, Sandusky GE, Salomon DR. *Understanding and predicting suicidality using a combined genomic and clinical risk assessment approach*. **Molecular Psychiatry**; 2015 20: 1266–1285; doi:10.1038/mp.2015.112; Epub August 18 . PMID: 26283638

MindX Sciences

CONTACT US:

Address:
Emerging Technology
Center Room 101
351 West 10th Street
Indianapolis, IN, 46202
Phone number:+1.317.220.8590
Fax number: +1.317.663.2177
Email:info@mindxsciences.com
Website:mindxsciences.com