SCIENTIFICA CONSULTING

Preliminary Report – NanoVi® Pre/Post Session Wellness Questionnaire

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1. Methods

Participants completed an online questionnaire immediately before and after a single NanoVi® session. The questionnaire contained 10 items assessing specific wellness outcomes, each rated on a 0–5 scale:

1. Current state of mind (emotional state)
2. Freedom from anxiety
3. Freedom from stress
4. Level of relaxation
5. Mental clarity
6. Freedom from fatigue
7. Energy level
8. Freedom from aches and pains
9. Physical comfort
10. Overall sense of well-being

As of June 2026, 8 pre-session questionnaire responses and 21 post-session questionnaire responses had been submitted. These responses corresponded to 8 unique individuals, including 3 females and 5 males, with a mean age of 53.7 years.

Data were extracted and analyzed using GraphPad Prism 8.0. Normality was assessed using the Shapiro–Wilk test and within-group comparisons (pre vs. post) were performed with the Mann–Whitney test. Statistical significance was set at $p < 0.05$. Percent change values were calculated relative to the pre-session scores.

2. Results

Several outcomes showed statistically significant improvements from pre- to post-session. Significant increases were observed in freedom from stress (+35%; $p = 0.0115$), relaxation (+30%; $p = 0.0306$), mental clarity (+21%; $p = 0.0082$), freedom from fatigue (+22%; $p = 0.0237$), and energy level (+17%; $p = 0.0496$). The total wellness score, calculated as the sum of the 10 individual items, increased by 19% after the session and was also statistically significant ($p = 0.0035$).

Although not all individual outcomes reached statistical significance, all 10 wellness-related measures improved from pre- to post-session, with percentage increases ranging from +5% for emotional state to +35% for freedom from stress.

Table 1. Percentage Change in Wellness Outcomes From Pre- to Post-Session

Outcome	% Change Post vs. Pre
Emotional state	+5%
Freedom from anxiety	+13%
Freedom from stress	+35%
Relaxation	+30%
Mental clarity	+21%
Freedom from fatigue	+22%
Energy level	+17%
Freedom from aches/pains	+20%
Physical comfort	+16%
Overall well-being	+19%

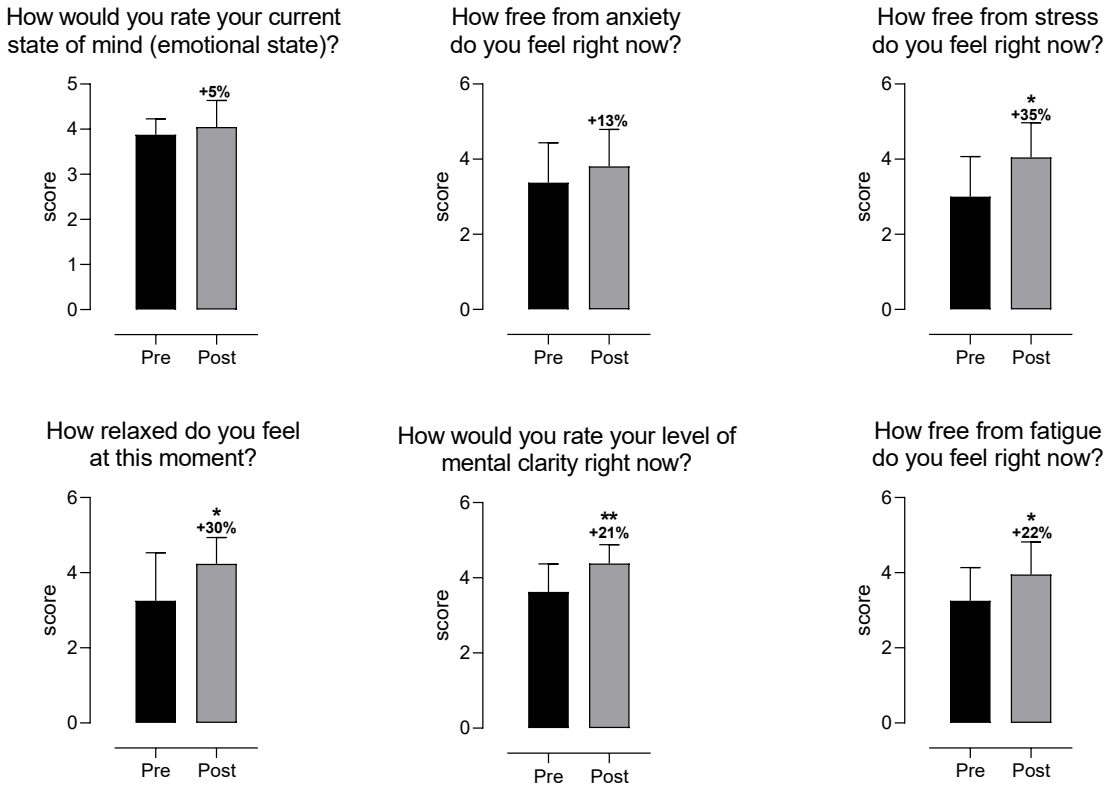

Figure 1. Percentage changes from pre- to post-session in emotional state, freedom from anxiety, freedom from stress, relaxation, mental clarity, and freedom from fatigue.

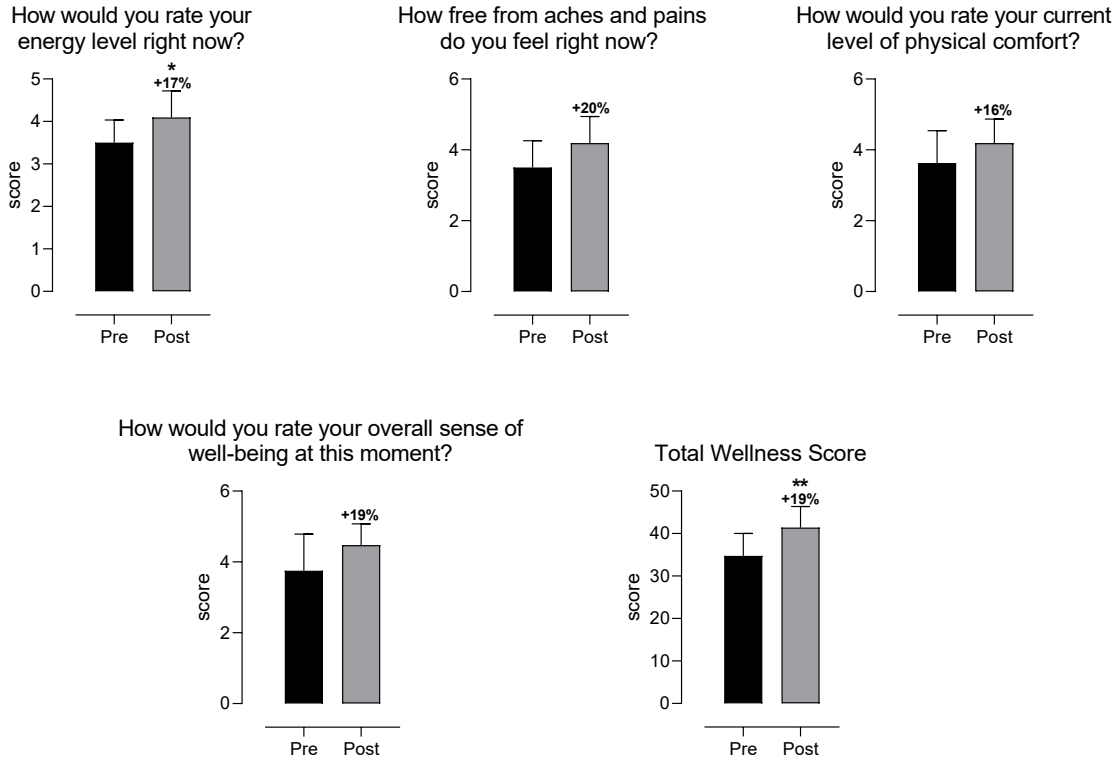

Figure 2. Percentage change from pre- to post-session in energy level, freedom from aches and pains, physical comfort, overall sense of well-being, and total wellness score.

3. Interpretation

Preliminary findings suggest that a single NanoVi® session was associated with short-term improvements in several self-reported wellness outcomes. Statistically significant improvements were observed in freedom from stress (+35%), relaxation (+30%), mental clarity (+21%), freedom from fatigue (+22%), and energy level (+17%). The total wellness score, calculated as the sum of the 10 individual items, also increased significantly after the session (+19%).

Although not all individual outcomes reached statistical significance, all 10 wellness-related measures improved from pre- to post-session, with percentage changes ranging from +5% for emotional state to +35% for freedom from stress. These findings suggest a consistent positive pattern across perceived wellness domains following the session.

However, the findings should be interpreted cautiously due to the small number of unique participants and the preliminary nature of the dataset. Expanding the sample in future phases will help determine whether these improvements remain consistent across a larger group of participants and will allow for more robust statistical analysis.

ABOUT US

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†Disclaimer

This report was developed by Scientifica Consulting to present the results of data collected in connection with a preliminary study involving the NanoVi® product. It is intended solely for internal use by employees, affiliates, influencers, and partners associated with NanoVi®.

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