

Clinical Research Summary

As of December 2008

abs+ Research Summary



Research #1 - abs+ clinical trial to determine weight loss effects

Dr Kathee Andrews and Dr Venket Rao, University of Toronto.

Main Outcome: In a randomized, double-blind, placebo-controlled study, 34 adults over 30 years of age (BMI of 25 or more, waist circumference of 80cm or more for females and 94cm or more for males), were assigned randomly to either a control group who received six placebo capsules containing no active ingredients, or a treatment group who received six **abs+** capsules - each containing 567mg CLA and 45mg of EGCG for a total daily intake of 3,400mg CLA and 270mg EGCG. A significant reduction in the body weight of subjects ingesting **abs+** compared to placebo was observed: close to 60% of the subjects in the placebo group either gained weight or had no change during the course of the 12 weeks, whereas in the **abs+** group 70% of the subjects either lost weight or had no change in their body weight. Research published in the *Journal of Herbs, Spices and Medicinal Plants* 2006;12(3): 67-76.

Research #2 - Pilot study shows abs+ may prevent weight gain in patients taking antidepressant medications

Dr. Martin Katzman, et al. START Clinic for Mood and Anxiety Disorders

Background: Weight gain is often a primary concern among patients taking antidepressants and other medications for the treatment of mental health disorders.

Main Outcome: A pilot study involving adults with primary generalized anxiety disorder and undergoing treatment with the psychiatric drug quetiapine (Seroquel®) for periods ranging from 10-24 weeks, showed that with daily self-administration of **abs+** containing conjugated linoleic acid and green tea extract resulted in consistent decreased total body fat mass, decreased body fat percentage and increased lean body mass. This is a very remarkable finding, particularly because this class of medication is associated with significant weight gain in periods as short as eight weeks. The findings were published in the prestigious peer-reviewed journal, *Lipids in Health and Disease* (May, 2007.)

Based on the positive outcome of these case reports and their consistency with other **abs+** research, larger scale clinical trials are pending.

healthy bones Research Summary



Research #3 - In vitro test indicates healthy bones more useful than just Calcium and Vitamin D alone in bone formation and osteoporosis.

University of Toronto researchers set out to determine if the **healthy bones** formula can stimulate the human osteoblast cells responsible for bone formation. In addition to calcium and vitamin D, **healthy bones** contains 9 other trace mineral and antioxidant ingredients to support bone health.

Main outcome: **healthy bones**, compared to control extracts, had a significant influence on the formation of bone in vitro, that is the product influenced both the number of bone nodules and the size of the growth. These results were dose and time dependent. For example, the more **healthy bones** and the longer the exposure to the ingredients over time, the more the growth.

As summarized by the authors, "Results suggest that nutritional supplements containing several trace elements can play a beneficial role in bone formation and in the prevention of osteoporosis, beyond standard recommendations for calcium and vitamin D."

Rao L, et al. Presented at the IOF World Congress on Osteoporosis, Bangkok, Thailand, Dec 2008. Rao L, et al. Presented at the 5th International Meeting on Advances in Antioxidants, Tunisia, Oct 2008.

perfect skin Research Summary

Research #3: Published case studies show perfect skin can improve acne and mood/well-being.



In a series of 5 case reports, researchers from the renowned Lasky Skin Clinic in Beverly Hills, CA observed the influence of the **perfect skin** supplement on moderate acne and mental outlook. Although the study was observational only, the results in these 5 cases were remarkable: On average there were 22 less acne lesions on the faces of the individuals who used **perfect skin** at 4 capsules daily for 2 months. There was a specific influence on inflammatory lesions, with a 70% improvement in lesions including the marked, and very visible redness associated with inflammatory lesions.

In addition to visible improvements, based on the Arizona Integrative Outcomes Scale, there was a 24% improvement in global aspects of well-being, including mental, emotional, and social well-being, among users. With more controlled research to follow, these initial observations of **perfect skin** are very encouraging and certainly indicate an influence on both acne presentation and the associated depressive symptoms that often accompany the condition.

Rubin M, et al. Lipids in Health & Disease 2008;7(1):36

Research in Progress:



o3mega extra strength

A study was conducted on heart rate regulation through the Institute of Cardiology at the University of Montreal. A pilot study involving 45 patients at the Montreal Heart Institute showed that up to 2.4 grams of EPA/DHA had no adverse effects on heart rhythm. The subjects were consuming up to four softgels of **o3mega+ extra strength** for a period of 7 and a half months without ill effect. Dr Anil Nigam and his colleagues reported that the **o3mega extra strength** was safe, well-tolerated and without any major side effects, including bleeding and heart rhythm abnormalities (which have been anecdotally connected to certain fish oil supplements). A large-scale double-blind study is scheduled to start Fall/Winter 2008. Completion expected by Fall 2010.



o3mega+ joy

A study establishing **o3mega+ joy**'s efficacy in the treatment of social phobia is currently being conducted through the University of Toronto, University of Guelph and the START Clinic for Mood and Anxiety Disorders. A secondary objective is to determine if treatment outcome is related to:

- plasma phospholipid essential fatty acid status,
- niacin skin flush (abnormal flushing is linked to low omega-3 status), and/or
- lipid and protein oxidation.

40 subjects. Results are expected Spring 2009.



o3mega+ think

A study researching the affects of **o3mega+ think** on the symptoms of ADHD in children through the University of Alberta. Results are expected Spring 2009.