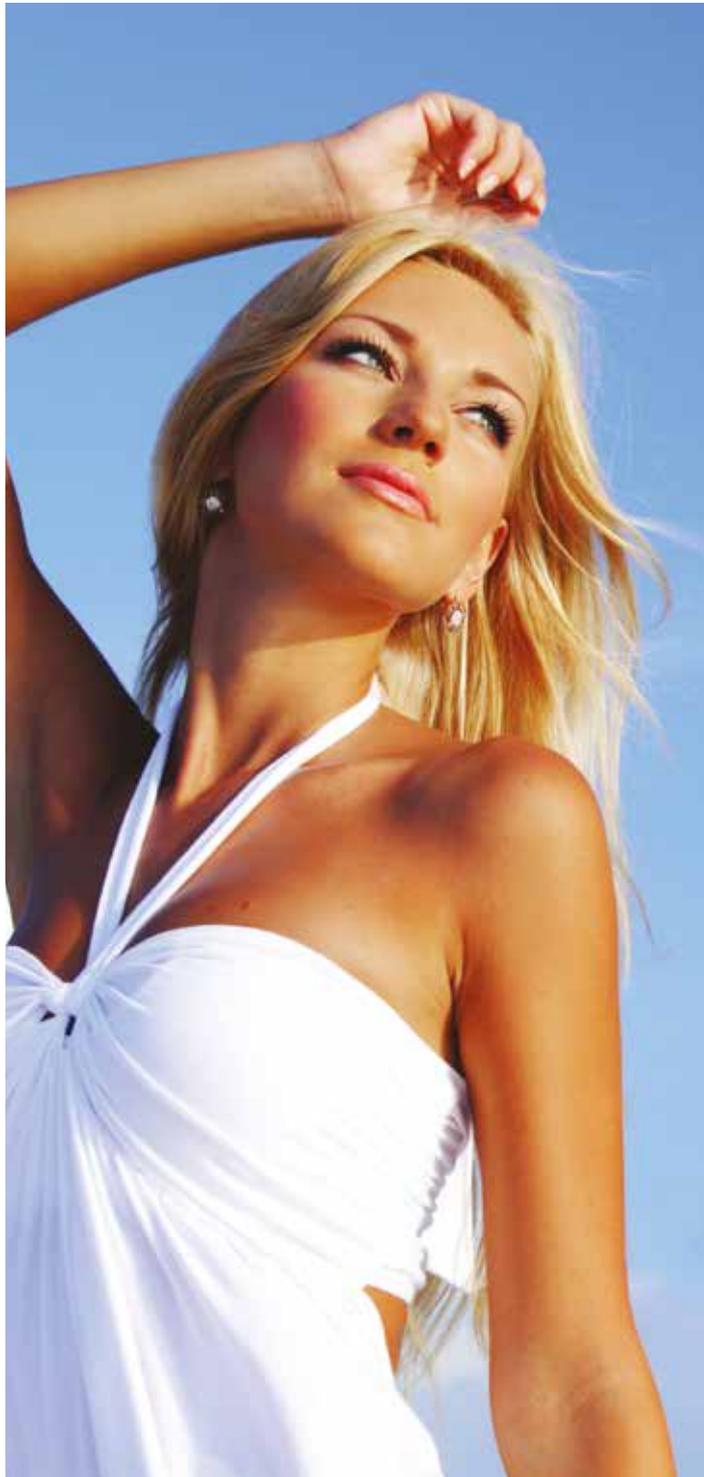




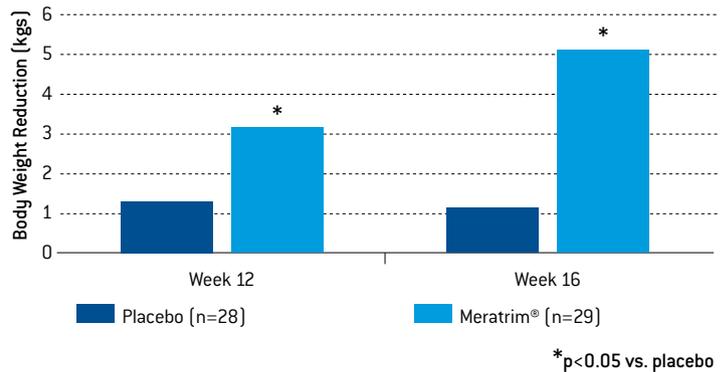
# Meratrim®

## Weight Management Ingredient



- A blend of two plant extracts, Sphaeranthus Indicus Flower Heads and Garcinia Mangostana Fruit Rind.
- Three randomized placebo controlled trials.#
- Found to help reduce weight, hip and waist size in combination with diet and exercise.

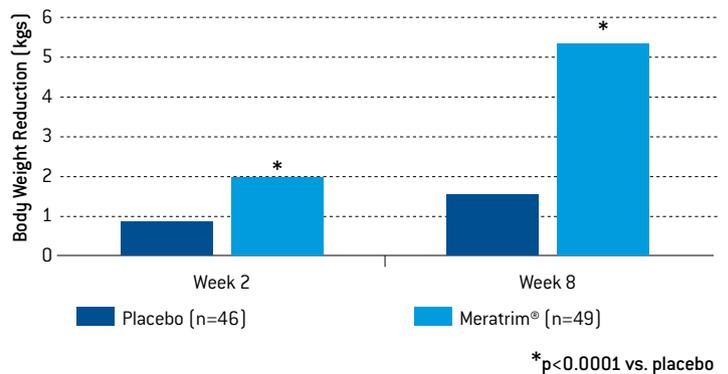
Healthy Overweight Study†



Graph 1

†Kudiganti V, et al. *Lipids Health Dis.* 2016;15:136-147.

Obesity Study‡



Graph 2

‡Stern JS, et al. *J Med Food.* 2013;16:529-537.

#All three clinical studies conducted in India.

1.) Three human clinical efficacy studies published in peer reviewed journals.<sup>1,3</sup>

2.) Supplementation with 800 mg of the Meratrim® ingredient per day for 8 weeks in obese subjects combined with movement and a 2000 kcal diet resulted in significantly higher weight reduction than the placebo group.<sup>2,3</sup>

3.) Supplementation with 800 mg of the Meratrim® ingredient per day in obese and healthy overweight subjects combined with exercise and diet resulted in reductions in waist size, this statistically significant effect was seen as early as 2 weeks and 4 weeks of supplementation in obese and overweight subjects, respectively.<sup>1,3</sup>

4.) Supplementation with 800 mg of the Meratrim® ingredient per day for 16 weeks combined with exercise and diet was found to normalize the sensation of appetite as assessed via Visual Analogue Scale.<sup>1</sup>

5.) Supplementation with 800 mg of the Meratrim® ingredient per day for 16 weeks combined with exercise and diet was found to normalize serum triglycerides, cholesterol, LDL and VLDL levels.<sup>1</sup>

6.) After 16 weeks of supplementation with 800 mg of the Meratrim® ingredient per day combined with exercise and diet, the mood profiles of subjects were found to be more stable compared to placebo as assessed via Profile of Mood States (POMS) and Total Mood Disturbance Score.<sup>1</sup> This confirms earlier findings from the Impact of Weight on Quality of Life-Questionnaire (IWQOL) which showed an average increase in scores for self-esteem and physical function.<sup>2</sup>

7.) Good safety profile, well tolerated.<sup>1,4</sup>

8.) Patent Pending.

## References:

1. Kudiganti V, et al. *Lipids Health Dis.* 2016;15:136-147.
2. Stern JS, et al. *J Med Food.* 2013;16:529-537.
3. Stern JS, et al. *Obesity.* 2013;21:921-927.
4. Saiyed Z, et al. *Food Chem Toxicol.* 2015;78:122-129.



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