Weight Management and Vasomotor Relief Ingredients, Science and Efficacy

Synetrim® CQ (Cissus quadrangularis)
- Patented Standardized Natural Extract
- Clinically demonstrated to support weight management

Synetrim® CQ helps manage menopausal body changes*
- Demonstrated benefits for weight management
  - Body weight, body fat, waist circumference and cardiovascular health markers
- Safe and effective weight management
  - Two double-blind placebo-controlled human clinical studies8,9
    » No adverse events
  - Two animal safety studies10,11
    » No mutagenicity or genotoxicity
    » No observed adverse effects at highest tested dose
    » No histopathological changes

Clinically proven results:
- After 6 weeks8
  » Statistically significant reductions in weight and blood glucose levels
  » Improved serum lipid levels
- After 10 weeks9
  » Statistically significant improvements in body weight, body fat, waist size, total plasma cholesterol, LDL cholesterol, and fasting blood glucose level.

* THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.
Vasomotor Symptom Relief*
Proven efficacy and safety of Black Cohosh and Soy Isoflavones for addressing menopausal vasomotor symptoms*

Black Cohosh (Cimicifuga racemosa)
- Guaranteed North American
- Standardized Natural Extracts
  Triterpene glycosides
- Clinical Studies in over 1500 patients report positive symptom response1-6
- Used for Centuries

Soybean (Glycine max)
- Standardized Soybean Isoflavone Concentrate
  Ratio resembles natural soybeans
- Clinically Studied – over 185 scientific papers
- Effective Clinically Supported Doses7
  Isoflavones: > 50 mg per serving
  Genistein: > 19 mg per serving
- Consumed for Centuries

Black Cohosh at 12 weeks reduced:
- Hot Flash Intensity/Frequency 53% vs Baseline
- Kupperman Index 47%
  For women with moderate symptoms

Soy Isoflavones for six weeks to 12 months significantly reduced:
- Hot flash frequency by more than 20% vs. placebo
  Greater reductions observed after 12 weeks
  Greater effects (50 to 200%) observed for higher genistein content
- Hot flash severity by more than 26% vs. placebo

References
8 Oben, J.E., et al., The effect of Cissus quadrangularis (CODR-300) and a cissus formulation (CORE) on obesity and obesity-induced oxidative stress, 6 (2007): 4.

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