

Weight Management and Vasomotor Relief Ingredients, Science and Efficacy

Synetrim® CQ (*Cissus quadrangularis*)

- Patented Standardized Natural Extract
- Clinically demonstrated to support weight management

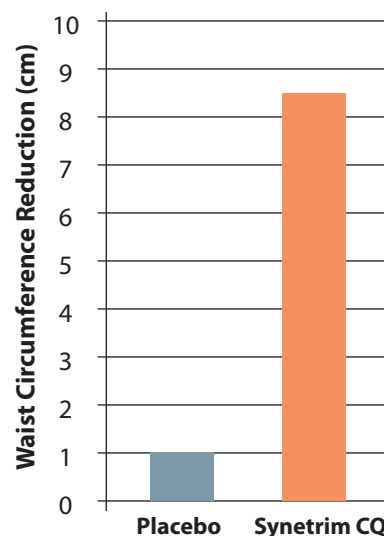
Synetrim® CQ helps manage menopausal body changes*

- 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 studies^{8,9}
 - » No adverse events
 - Two animal safety studies^{10,11}
 - » 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.

Managing Weight
Waist Circumference⁹
After 10 Weeks



* 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

Black Cohosh at 12 weeks reduced¹

- Hot Flash Intensity/Frequency 53% vs Baseline
 - Kupperman Index 47%
- For women with moderate symptoms

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



Soy Isoflavones for six weeks to 12 months significantly reduced⁷

- 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

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- 7 Taku, K. et al. Extracted or synthesized soybean isoflavones reduce menopausal hot flash frequency and severity: a systematic review and meta-analysis of randomized controlled trials. *Menopause* 19 (2012):776-790.
- 8 Oben, J.E., et al., The effect of Cissus quadrangularis (CQR-300) and a cissus formulation (CORE) on obesity and obesity-induced oxidative stress, 6 (2007): 4.
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- 10 Kothari, S. et al., Safety assessment of Cissus quadrangularis extract (CQR-300); Subchronic toxicity and mutagenicity studies., *Food and Chemical Toxicology*, 49 (2011) 3343-3357.
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