



NEWS RELEASE

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Chemi Nutra's N-Oleyl-Phosphatidyl-Ethanolamine (NOPE) and EGCG Proprietary Ingredient Shown To Enhance Dieting Compliance

White Bear Lake, MN – A newly published study in the peer reviewed journal, *Lipids in Health and Disease*, proves that the consumption of a proprietary compound consisting of NOPE and EGCG (PhosphoLean[®] NOPE+EGCG), combined with dieting, appears to have a positive benefit on both diet compliance and mood.

This randomized, placebo-controlled, double-blind study was led by Gerald Mangine, University of Central Florida, Orlando, FL, along with co-workers. The study involved 34 healthy male and female subjects, from a recruitment group numbering 50, aged 18-46, who participated in an 8 week diet compliance study. One subject group consumed 3 capsules (300 mg; PhosphoLean[®] NOPE+EGCG), while the other subject group consumed 3 capsules of a placebo, on a daily basis. Body mass index (BMI) values of the subjects ranged from 25-39, and each subject visited the investigators six times during the study.

Subjects were instructed to complete a 3-day dietary recall, and a Total Energy Expenditure (TEE) value was determined by formula, using age, height, weight, and reported physical activity. A recommended caloric intake was provided that was 30% or 500 kcals per day (whichever was greater) less than what had been consumed, not to exceed 1,000 kcal per day. Anthropometric measurements included height, body mass, body mass index, waist circumference, and abdominal fat via whole body dual x-ray absorptiometry (DEXA) scans (Prodigy[®]; Lunar Corp., Madison, WI). Subjects answered questionnaires including the Hunger and Satiety Scale (HSS), Profile of Mood States (POMS), and Binge Eating Scale (BES).

It was evident that almost all of the subjects failed to achieve expected weight loss results, due to insufficient calorie restriction. Nevertheless, the PhosphoLean[®] NOPE+EGCG group had a greater decrease in total mood (a favorable response), as well as similar positive outcomes for both fatigue and confusion vs. the placebo group. These findings contrasted with those of Rondanelli (*Br J Nutr* 2009,101:457-464), who found that PhosphoLean[®] NOPE+EGCG provided sustained compliance, and improvements in feelings of both satiety and severity of binge eating. The inability of subjects to actually cut calories while on diets has proven to be a challenging task for researchers engaged in weight loss studies, and this study was further testimony.

The science supporting PhosphoLean[®] NOPE+EGCG involves cell signaling to the brain – that is switching off the hunger signals from the gut. Specifically, it has been found that oleoyl ethanolamide (OEA) is liberated from the NOPE molecule in the small intestine, and this then binds to a receptor class called “peroxisome-proliferator-activated receptor- α ” (PPAR- α) found in the intestinal tract.

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These receptors, when activated, signal a person's brain center to decrease appetite, in turn reduce food intake, and thus reduce body weight. The EGCG polyphenols in PhosphoLean® NOPE+EGCG act synergistically with OEA via sympathetic activation of thermogenesis and increased fat oxidation, thus enhancing the weight management effects markedly.

Scott Hagerman, president of Chemi Nutra said, "Although the results of this study were not quite as impressive as we anticipated, it did show once again that consumption of PhosphoLean® NOPE+EGCG allowed subjects to stay on their diets with less stress, better mood, and improved feelings of fatigue and confusion. It is well known that calorie restrictive dieting can be very, very stressful, and largely because of this, approximately 30% of all dieters fail in the first 5-10 days. PhosphoLean® NOPE+EGCG can significantly help people stay on their diets – any kind of diet, in fact. And for sure, adherence to a diet, for many weeks, is the best guarantee to successful weight loss".

Please visit <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3490828> to access the original scientific publication by *Lipids in Health and Disease*.

Chemi Nutra is the US business unit of parent company Chemi S.p.A., a privately held pharmaceutical and nutraceutical company based in Milan, Italy. Chemi, with cGMP certified manufacturing facilities in Italy and Brazil, is best known in the US nutritional arena for its introduction of phosphatidylserine (PS), the popular dietary supplement which has been granted two qualified health claims by the FDA, and is used to enhance learning, memory, and concentration, exercise performance, and youthful wellbeing, and to reduce stress.

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