



## RESEARCH BRIEFS

### Weight Control

- **124 obese/overweight Caucasian adults (double blind, placebo controlled) Length of study: 12 weeks**  
**Weight Loss phase, 24 weeks Weight Maintenance**

Weight Loss Phase:

Phase 2 (1QP-PV-101)	Placebo
-2.91 kg (6.4 lb)	.92 kg (2 lb)
30% lost 5% of body weight	8.2 % lost 5 % body weight
<i>Dose: 1000mg ( 2- 500 mg tablets ac meals) with a diet 500 calories below basal energy needs, 40% carbohydrates</i>	

Weight Maintenance Phase:

73.5 % maintained weight loss on Liberal diet with 1000 mg Phase 2 ac meals.

Grube, B et al. Weight Reduction and maintenance with IQP-PV-101: a 12 week Randomized Controlled Study with a 24 Week Open Label Period. *Obesity* 2013 (published online)

- **40 obese human subjects (double blind, placebo controlled) Length of study: 12 weeks**

Phase 2:	- 7.7 lbs	Placebo - 2.64 lbs
<i>Dose: 400mg with 3 meals</i>		

Thom, E, et al. A Randomized Double Blind, Placebo Controlled Trial of a New Weight Reducing Agent of Natural Origin. *Journal of Int. Medical Research* 2000; 28: 229-233.

- **60 overweight human subjects (double blind, placebo controlled) Length of study: 30 days**

Phase 2:	-6.45 lbs	Placebo - 1 lb
<i>Dose: 445 mg prior to one main meal high in carbohydrate per day</i>		

Celleno, L et al. A Dietary Supplement containing Standardized Phaseolus Vulgaris Extract Influences Body Composition of Overweight Men and Women. *Int. J. Med .Sci*, 2007; 4 :45-52.

- **27 obese human subjects (double blind, placebo controlled), Length of study: 8 weeks**

Phase 2:	-3.8 lbs (.47 lb/week)	Placebo -1.65 lbs (.21 lb/week)
<i>Dose: 1500 mg -1.47" waist</i>		
		<i>-1.07" waist</i>

with 2 meals -26.3 mg/dl triglycerides - 8.2 mg/dl triglycerides

Udani, J.et al. Blocking Carbohydrate Absorption and Weight Loss: a Clinical Trial Using Phase 2 Brand Proprietary Fractionated Bean Extract. *Alternative Medicine Review*. 2004; 9: 63-69.

- **25 healthy subjects with BMI ranging 23-31. (double bind, placebo controlled) Length of study: 4 weeks**

Phase 2:	-6 lbs	Placebo -4.7
<i>Dose: 1000 mg with two meals per day</i>		

Subjects with the highest total carbohydrate intake (small sample size) had greatest weight loss:

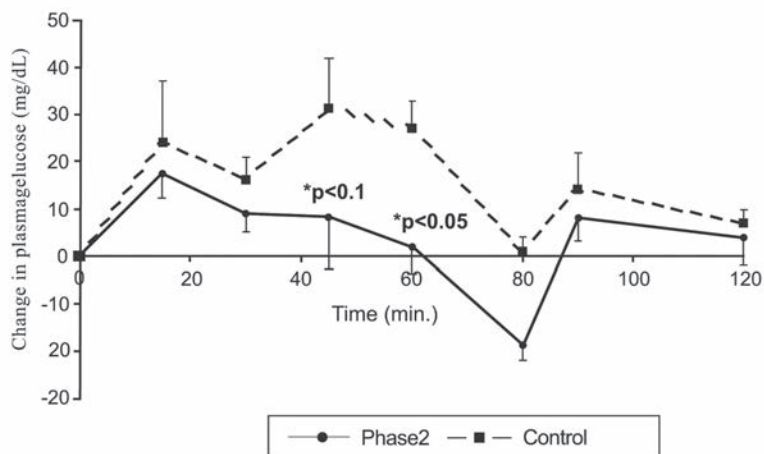
Phase 2:	-8.7 lbs	Placebo -1.7 lbs
	-3.3" waist	-1.3" waist

Udani, J and Singh, B. Blocking Carbohydrate Absorption and Weight Loss: A Clinical Trial Using A Proprietary Fractionated White Bean Extract. *Alternative Therapies*. 2007; 13:32-37.

### Glycemic Effect and Absorption of Starch

**66% inhibition of starch absorption** as glucose with 1500 mg Phase 2 mixed with 4 slices white bread and margarine (61g carbohydrate) in 11 normoglycemic subjects.

**Only 1/3 of the carbohydrates were absorbed.**



**Fig. (1).** Comparison of 1.5 g of Phase 2 vs. control on changes in plasma glucose after consumption of 4 slices of white bread and margarine (mean  $\pm$  standard error of mean). \*Significance vs. control.

**Blood glucose returned to baseline earlier than control (62 minutes compared to 80 minutes)** 28-41% inhibition was documented with 7 subjects adding 750mg Phase 2 to a mixed meal containing 64g carbohydrate.

Vinson, Joe A, et al. Investigation of an amylase Inhibitor on Human Glucose Absorption after Starch Consumption. *The Open Nutraceuticals Journal*. 2009; 2: 88-91.

### Safety

**Toxicity:** No effects in doses up to 10 grams in humans.

**In 2006 the FDA allowed the following structure/function claims:**

- May assist in weight control when used in conjunction with a sensible diet and exercise
- May reduce the enzymatic digestion of dietary starches

**For more information and full text research studies:**

**[www.phase2info.com](http://www.phase2info.com)**