

### Clinical Studies on BiosLife

No.	Name	Year	Location	Researchers	N	Design	Intervention	Outcomes	Inclusion	BL	EOT	%	% vs Placebo	Publications
1	Cleveland Clinic	2001	Cleveland Clinic Foundation, Cleveland, OH	Dennis L. Sprecher, Gregory L. Pearce	99	DBPC	8 weeks							Sprecher DL, Pearce GL (2002) Fiber-multivitamin combination therapy: a beneficial influence on low-density lipoprotein and homocysteine Metabolism 51, 1166-70.
								Active						
								TC		237	227	-4.2%	-5.9%	
								LDL	>130	159	145	-8.8%	-12.0%	
								HDL		48	51	6.3%	0.0%	
								TG		146	119	-18.5%	-5.6%	
								GLU		83	83	0.0%	-3.7%	
								ApoB		139	110	-20.9%	-20.9%	
								Hcy		9.8	8.7	-11.2%	-9.1%	
								Weight		85	84	-1.2%	-2.4%	
								Placebo						
								TC		242	246	1.7%		
								LDL	>130	158	163	3.2%		
								HDL		48	51	6.3%		
								TG		140	122	-12.9%		
								GLU		82	85	3.7%		
								ApoB		135	135	0.0%		
								Hcy		9.4	9.2	-2.1%		
								Weight		80	81	1.3%		
2	Phillipines	2003	Angeles University Foundation Medical Center, Angeles City, Philippines	Edwin B. Balajadia, Amiel S Valerio, Norberto Yumul	103	Open label	4 weeks							Balajadia E, Valerio A, Yumul N. Beneficial effects of Bios Life 2 (Dietary Fiber Supplement) in patients with dyslipidemia. in 34th Annual Convention of the Philippine College of Physicians. 2004.
								TC		267	222	-16.9%		
3	Diabetes in control #1	1999	Deerfield, IL	Steven H. Freed, David J. Joffe	15	Open label	12 weeks							Freed S, Joffe D (2000) The Clinical Impact of Fiber Supplementation for the Reduction of Postprandial Blood Glucose and Risk Reduction of Complications from Diabetes Diabetes in Control 12-8.
								TC		210			-12%	
								HDL		35	37		6%	
								TG		299	173		-42%	
								GLU pre		150	125		-17%	
								GLU post		250	160		-36%	
								HbA1c		9.2	7.8		-15.2%	
								Weight		208	202		-2.9%	



6	Pacific Rim	2005	The doctor's clinic, Tamuning, GU	Vincent Duenas, Julie Duenas, Evelyn Burke, Peter Verdegem	24	Open label	6 weeks												Duenas V, Duenas J, Burke E, Verdegem P (2006) A new fiber drink provides a natural first line treatment option in mild hypercholesterolemia Arterioscler Thromb Vasc Biol 26, e53-e107.																																																																													
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7	Utah #2	2006	Orem, UT	Peter J.E. Verdegem	39	Open label	8 weeks												Verdegem P, Duenas V, Duenas J, Burke E. LDL- and HLD-cholesterol optimization using phytonutrient combination therapy: first line intervention and adjunct therapy to statins. in 1st Asian Preventive Cardiology & Cardiac Rehabilitation Conference. 2006. Hong Kong.																																																																													
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