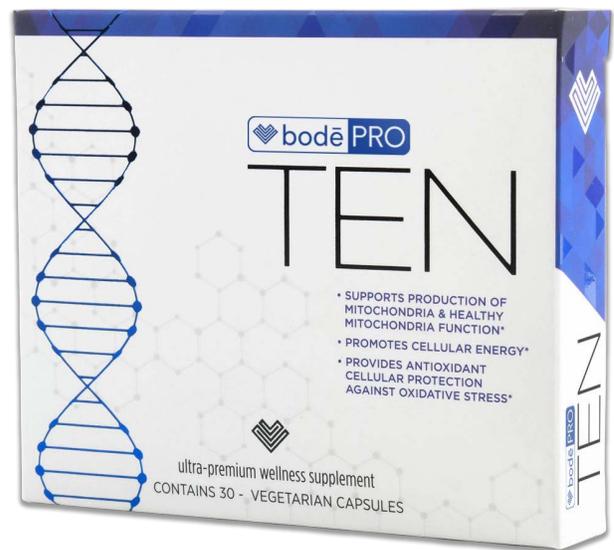




# 5TH CLINICAL SYNOPSIS





## THE EFFECTS OF BOD•Ē PRO TEN ON CORTISOL

Human Clinical Study 5th Pilot Study

### ABSTRACT

A pilot study was undertaken to observe of the effects of Bod•ē Pro TEN, a dietary supplement, on Cortisol levels. Subjects' Cortisol (hormone marker for stress levels) were assessed monthly up to 12 weeks taking two Bod•ē Pro TEN supplements daily. Ten individuals participated in the study and took two Bod•ē Pro TEN daily.

Although sample sizes were small, statistical evaluation using matched pairs T test. The results indicated that Bod•ē Pro TEN supplementation may have supported maintaining healthy cortisol levels within the normal range. A study is warranted to observe this effect in a larger population. No untoward side effects were observed in either group supplementing with Bod•ē Pro TEN for 12 weeks.

### METHODS

Ten (10) participants, three (3) females and (7) males, between the ages of 40 and 70 signed a voluntary Informed Consent Form (ICF) and were informed of the dietary supplements' ingredients, Bod•ē Pro TEN, and safety. Blood tests were taken every 30 days: month 0, 4, 8, and 12. The AM Cortisol level was taken as the standard level.

The study lasted 12 weeks (84 days) in order to measure changes in Cortisol levels properly.

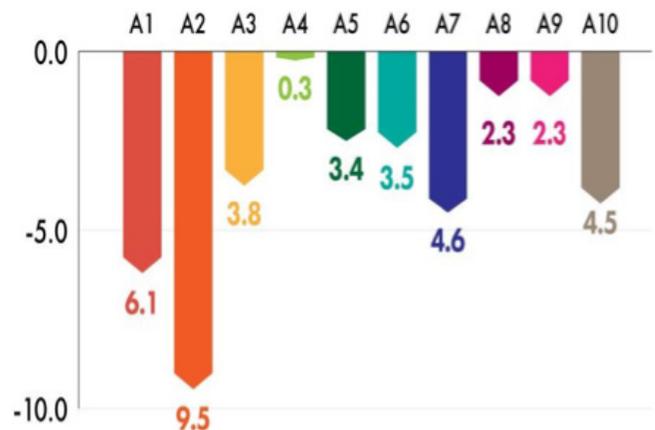
#### Cortisol - Total Blood Levels

6:00 a.m. to 8 a.m.	10 – 20 micrograms per deciliter (mcg/dL)
Around 4 p.m.	3 to 10 mcg/dL-1

### RESULTS

The ten subjects involved in the study observed cortisol levels decrease 0.3 – 9.5 mcg/dL. The average reduction in cortisol levels within the normal range was 4.1 mcg/dL; a 33% change from the starting participant cortisol average.

	Cortisol		
	WEEK 0	WEEK 12	CHANGE
Participant A1	24.1	18.0	16.1
Participant A2	19.6	10.1	19.5
Participant A3	10.5	6.7	13.8
Participant A4	4.5	4.2	10.3
Participant A5	9.3	5.9	13.4
Participant A6	9.9	6.4	13.5
Participant A7	12.3	7.7	14.6
Participant A8	17.7	15.4	12.3
Participant A9	5.8	3.5	12.3
Participant A10	9.6	5.1	14.5





### EVALUATION

The ten subjects in Group A consuming two Bod•ē Pro TEN daily were evaluated using two sample matched pairs T test with a significant result.

The group of subjects who were experiencing higher blood Cortisol levels dropped the level consuming two Bod•ē Pro TEN daily.

Both statistical evaluations assumed the data was normally distributed. Subject groups were extremely small, but each subject had measurements taken before and after 12 weeks of supplementation, therefore these differences could be evaluated.

### CONCLUSION

This preliminary evaluation shows the possibility that this supplement, Bod•ē Pro TEN, may have a beneficial effect towards helping support healthy blood cortisol levels within the normal range and warrants further study with a larger population.\*

### REFERENCES

1. <https://www.healthline.com/health/cortisol-urine#outlook>.
2. ©2018 University of Rochester Medical Center Rochester, NY.

\*These statements have not been evaluated by the Food & Drug Administration. These products are not intended to diagnose, treat cure or prevent any disease.