

Abstract Number: 166261

OBESITY 2009

27th Annual Scientific Meeting

WASHINGTON, DC OCTOBER 24-28, 2009

Acute Clinical Effects of A Liquid Dietary Supplement Containing A Combination of Indigestible Soluble Fiber, Phenylalanine, N-Acetyl-Tyrosine, Caffeine, Tea Polyphenols and *Lycium barbarum* on Anthropometric Parameters and Resting Metabolic Rate

Harunobu Amagase and Richard Handel. FreeLife International, LLC, Phoenix, AZ 85040

The impact of an orally consumed liquid dietary supplement proprietary blend (TAIslim™= the Product) containing soluble indigestible fiber, L-phenylalanine, N-acetyl-L-tyrosine, caffeine, standardized tea polyphenols and *Lycium barbarum*, some of which improve energy balance, have been examined in 2 separate human clinical studies. The product was provided to a total 48 healthy adults (18-60 years) for 14 or 90 days of consuming 120-180 ml/day. The objective of these clinical studies was to determine whether consumption of the product would have an impact on anthropometric parameters and resting metabolic rate (RMR) as measured by a hand-held indirect calorimeter. Measurements were taken at baseline and on Day 15 or 90.

Study 1: In a randomized, placebo-controlled, double-blind manner, a total of 23 healthy adults (age=33.2 y, BMI=27.8 kg/m²) consumed either the Product or placebo samples (120 ml/day) for 14 days under free-living conditions. A nutritional beverage (360 kcal) was provided at the completion of the 1st RMR background measurement after 12h fasting. Second RMR measurement 2 hours after sample intake in a group consuming the product (n=11) and placebo (n=12) was increased by 255 and 150 kcal, about 14% and 8% of baseline (1,823 kcal), respectively. The Product increased RMR to a greater extent than placebo (P < 0.05).

Study 2: All 25 subjects (age=40.7 y, BMI=29.9 kg/m²) were required to engage in a daily 30-minute walk monitored by pedometer and to curtail caloric intake after 7 PM during the 90-day test period. A protein-based diet with multi-vitamin and *Lycium barbarum* supplement resume program (about 1,200 kcal/d) was required and monitored by diary. The product (60 ml) was consumed 3 times a day immediately before every meal (total 180 ml/d). Average parameters were significantly reduced by 6.3% (body weight), 6.1% (BMI), 7.4% (waist circumference), 5.4% (waist/hip ratio), 5.4% (total body fat), 14.5% (fasting blood glucose level), blood pressure (SBP by 8.4%, DBP by 14.3%), and heart rate by 7.2% (P < 0.05) from the starting point. On Day 90, RMR was significantly increased by 220 kcal, about 14% over baseline (1,679 kcal) 2h after the Product consumption. Baseline RMR on Day 90 was unchanged from the starting point. No severe adverse reactions or abnormal symptoms were observed.

These results suggest that the product may affect anthropometric parameters by enhancing energy expenditure without any adverse effects. A longer term study may further clarify potential for body weight control.

Other Information:

Track: Clinical Studies

Category: Intervention Studies - Diet and/or Physical Activity-Adult

Financial Disclosures:

Harunobu Amagase	
Position 1	Employee
Company 1	FreeLife International
Richard Handel	
Position 1	Employee
Company 1	FreeLife International