A single-blind, randomised home-use study, in 50 healthy male or female volunteers (80% Women) (all with self-reported thyroid issues not taking thyroid medication), to evaluate the efficacy of an active supplement compared to a placebo in subjects to assess decreased fatigue and increased energy, as measured by Self- Perception Questionnaire (SPQ).

PCR CORP

Prepared for:

Nutreance
401 Riversville Road
Greenwich
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USA

Prepared by:

PCR Corp.
8 Richmond Road
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Draft Report v1: 9th December 2019
Draft Report v2: 19th December 2019
Final report: 20th December 2019

A single-blind, randomised home-use study, in 50 healthy male or female volunteers (80% Women) (all with self-reported thyroid issues not taking thyroid medication), to evaluate the efficacy of an active supplement compared to a placebo in subjects to assess decreased fatigue and increased energy, as measured by Self- Perception Questionnaire (SPQ).

PCR CORP REPORT NO: NUTUSE7M

I declare that the following report constitutes a true and faithful account of the procedures adopted and the results obtained in the performance of this study. The aspects of the study conducted by PCR Corp. were performed, where relevant, in accordance with the principles of Good Clinical Research Practice.

Barrie Drewitt
(Principal Investigator)

.....

Date.....20th December 2019

Charlie Gould
(Project Manager)

.....

Date.....20th December 2019

QUALITY ASSURANCE STATEMENT

This report has been audited and is considered to be an accurate description of the methods used and an accurate presentation of the data obtained during the conduct of the study.

Ella Smith
(Quality Assurance)

.....

Date.....20th December 2019

PCR CORP

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1 SUMMARY

Title: A single-blind, randomised home-use study, in 50 healthy male or female volunteers (80% Women) (all with self-reported thyroid issues not taking thyroid medication), to evaluate the efficacy of an active supplement compared to a placebo in subjects to assess decreased fatigue and increased energy, as measured by Self- Perception Questionnaire (SPQ).

Study design: Single blind, randomized home-use study.

Test Articles:

1. (A) – Active – Nutreance Thyroid Support Vegetable Capsules
2. (B) - Placebo

Number of subjects: Fifty (50) subjects completed the study.

Type of subjects: Healthy male and female volunteers, aged over 40 years (all with self-reported thyroid issues not taking thyroid medication).

Method: Subjects attended the test centre at baseline (Day 1) to complete the informed consent form (ICF). Subjects were either issued the active test article or the placebo, as well as a diary and instruction sheet for use. They were instructed on how to take their product, complete their diary over 4 weeks. At the end of the study subjects returned to the test centre to complete a Self-Perception Questionnaire (SPQ)

Conclusion: As can be seen from the data the product performed highly favourably under Clearcast guidelines, over the 28-day testing period shown by Top 2 responses (Strongly Agree + Agree) being >80% (regarded as highly favourable) in all but one question, however this showed a majority preference (>50% favourability). As can be seen from the data, within 21 days, 90.00% of subjects reported an improvement in energy level. After 28 days 93.33% of subjects agreed they felt more energetic. As can be seen from the data, after 28 days of use, 96.67% of subjects agreed they felt an improvement in their mood. After 20 days, 90.00% of subjects reported an improvement in their mood. The data shows, within 28 days over 90.00% of subjects agreed they felt an improvement in their metabolism after taking the products, with 80.00% (4 out of 5) subjects reporting weight loss. Data also shows that within 28 days, 93.33% of subjects reported an improved mental alertness. 90.00% of subjects agreed after taking the product they had less brain fog.

Duration of study: Started: 28th October 2019

Ended: w/e 25th November 2019.

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Location: PCR Corp
8 Richmond Road,
Dukes Park,
Chelmsford,
Essex CM2 6UA
United Kingdom

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2 KEY STUDY PERSONNEL AND RESPONSIBILITIES

Key personnel	General responsibilities
Principal Investigator (PI) Barrie Drewitt PCR Corp Princeton Forrestal Center 307 College Road East Princeton, NJ 08540 Tel: 609-455-1112	The Principal Investigator (PI) will be responsible for ensuring sufficient resources are available to conduct the study according to Good Clinical Practice (GCP), for the study design, compiling the results and writing the clinical report.
Project Supervisor (PS) Andy King PCR Corp 667A Stockport Road Manchester M12 4QE United Kingdom Tel: +44 (0) 161 791 1797	The Project Supervisor (PS) will be responsible for the conduct of the study on a daily basis.
Project Manager (PM) Charlie Gould PCR CORP 8 Richmond Road Dukes Park Chelmsford Essex, CM2 6UA United Kingdom Tel: +44 (0) 1245 934050	The Project Manager (PM) will be involved with the study design, compiling the results and writing the clinical report.
Project Co-ordinator (PC) Dan Watters Nutreance 401 Riversville Road Greenwich CT. 06831 Tel: 1 (800) 749-7776 Email: **support@nutreance.com**	The Project Co-ordinator (PC) will be the primary point of contact on behalf of the Sponsor of this project and will represent the Sponsor (Nutreance) of this study.

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3 INTRODUCTION AND OBJECTIVES

The objective of this study was to evaluate the efficacy of an active supplement compared to a placebo in subjects to assess decreased fatigue and increased energy, as measured by Self-Perception Questionnaire (SPQ). With the aim of supporting the following targeted claims proposed by sponsor:

X% of subjects reported less Fatigue.

X% of subjects noticed increased energy.

Please note that it is the responsibility of the sponsor to determine the testing and study designs required for submission to entities such as the Home Shopping Network, QVC, etc.

4 STUDY DESIGN

Single-blind, randomised home-use study.

5 SELECTION OF SUBJECTS

5.1 Screening

Fifty (50) subjects were enrolled into the study to allow for fifty subjects completed the active phase. Subjects satisfied the following inclusion and exclusion criteria, and the subjects accepted the prohibitions and restrictions and gave written informed consent (Appendix 1 & 2).

The suitability of potential subjects was confirmed before their acceptance onto the study by review of a study specific pre-treatment questionnaire (Appendix 3).

5.2 Inclusion criteria

a) Healthy male & female volunteers aged over 40 years (all with self-reported thyroid issues not taking thyroid medication).

b) Subjects have completed a written informed consent.

5.3 Exclusion criteria

a) Subject is currently on prescription medication likely to affect the results of the study.

b) Subject is pregnant, nursing, or planning to become pregnant;

c) A current skin disease of any type (e.g. eczema, psoriasis) apart from mild facial acne.

d) History of malignant disease.

e) Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease.

f) History of asthma requiring regular medication.

g) Known sensitivity to the test article, similar materials or their constituents.

h) Subject is not currently participating, at PCR or other clinical testing facility, in a study utilizing the same test site (body area) or product or with conflicting inclusion/exclusion criteria.

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5.4 Prohibitions and Requirements

a) Subjects agree to use the trial product assigned as instructed.

6 TEST ARTICLES

To the best of the Sponsor's knowledge and based on the information available, PCR Corp considered the test article to be safe for use in man.

The following test article was supplied by the Sponsor labelled as follows:

1. (A) – Active - Nutreance Thyroid Support Vegetable Capsules
2. (B) - Placebo

The test articles and placebo were provided in plain packaging plastic bags/pots by the Sponsor. The Sponsor provided the ingredient listings for the test article (see Appendix 4).

It was the responsibility of the Sponsor to determine, for each batch of the test article, the identity, strength, purity, composition and other characteristics which appropriately define the test article, before its use in the study. The determination of its stability and documentation of methods of synthesis or derivation were also the Sponsor's responsibility.

It was the responsibility of the Sponsor that the test article meets all necessary transport regulations, particularly those regulations involving the carriage of hazardous goods and the import/export of goods or equipment, and that any costs including tax/duty were fully met by the Sponsor prior to receipt of the test article at PCR Corp. No liability with regard to safe receipt or costs involved in the carriage of goods or equipment to any PCR Corp site was accepted.

On study completion any remaining unused test articles were disposed of, unless otherwise requested by the Sponsor, after issuance of the final report or 28 days after study completion, whichever came first. Sponsors requesting the return of products were liable for any costs incurred.

7 STUDY PROCEDURE

a) Study Outline

Subjects attended the test centre at baseline (Day 1) to complete the informed consent form (ICF). Subjects were issued the test product (according to Randomisation), diary (Appendix 5) and instructions for how to use the product at home for 4 weeks. At the end of the study subjects returned to the test centre to complete a Self-Perception Questionnaire (SPQ).

b) Test Article Use

The test articles were used at home throughout the duration of the study. According to the usage instructions (Appendix 2).

c) Self-Perception Questionnaire (SPQ)

At the end of the study subjects completed an online SPQ (Appendix 8&9) on how the test product improved their energy.

8 STUDY ETHICS

8.1 Declaration of Helsinki

The study conformed to the requirements of the 1964 Declaration of Helsinki and its subsequent amendments (*World Medical Association; 2013)*.

8.2 Subject consent

Subjects were informed of the nature, purpose and known risk of the study both orally and in writing and gave their written informed consent to participate in the study prior to any study procedures being performed (Appendix 1). Subjects were advised that they were free to withdraw from the study at any time without being obliged to give a reason. They were compensated for their time.

8.3 Indemnity Provision

The Sponsor was responsible, without regard to legal liability, and indemnified PCR Corp or any of their respective officers or employees in the event of claims for compensation from subjects suffering injury or other deterioration in health or well-being as a result of participation in this study, except and insofar as such claims arise as a result of any negligent act or omission on the part of PCR Corp employees or any persons undertaking or involved in the study by arrangement with PCR Corp.

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9 RESULTS

9.1 Location and dates of the study

The study was performed at PCR Corp, between 28th October 2019 and 25th November 2019.

9.2 Subjects

Fifty (50) male and female subjects were enrolled onto the study and fifty (50) subjects completed the study. There were 30 subjects that tested Product A and 20 subjects that tested Product B.

Table 1:

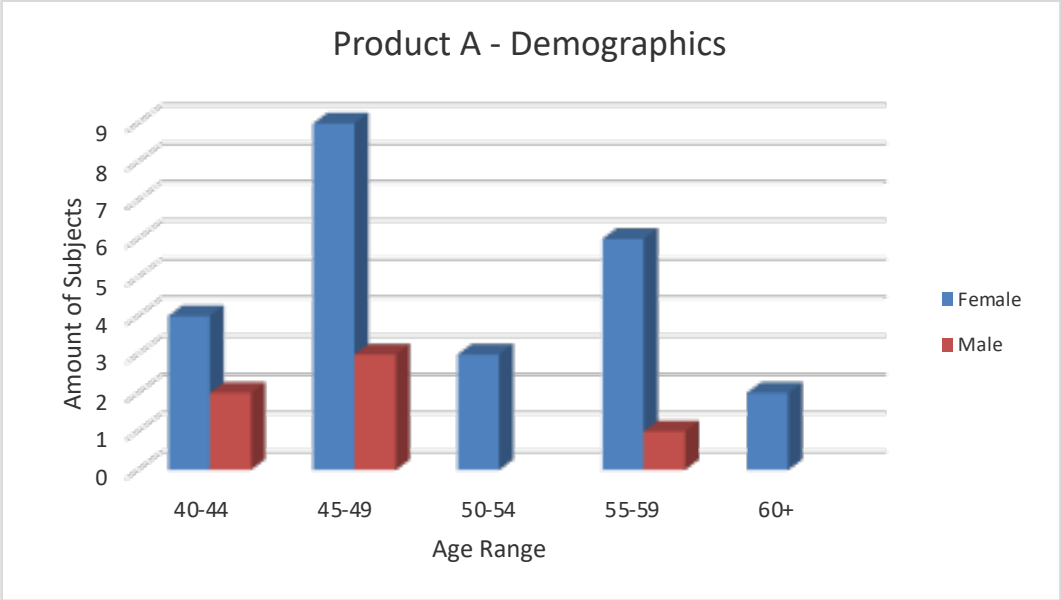
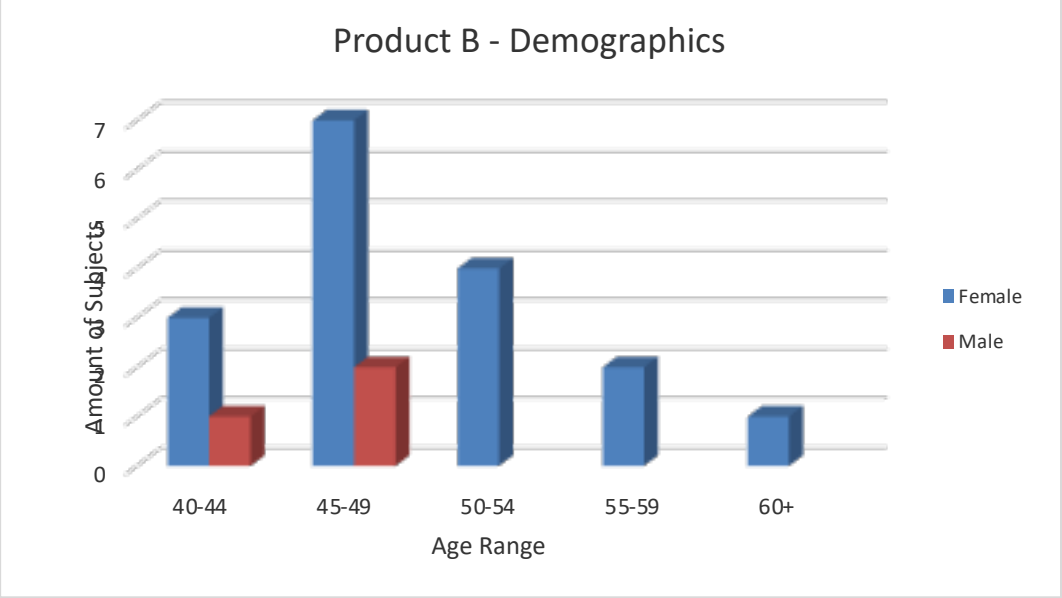


Table 2:

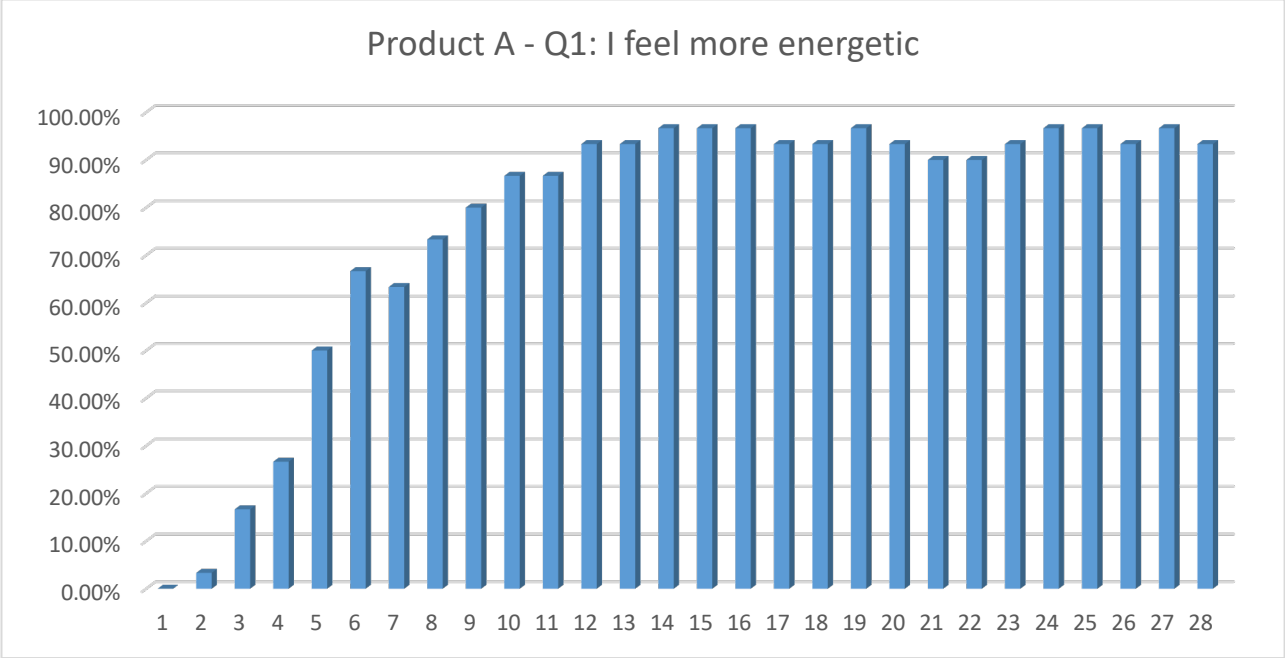


9.3 Adverse events, adverse reactions and subjects not completing the study

No Adverse Events were reported. No subjects withdrew from the study. No subjects reported any side effects from using the test product.

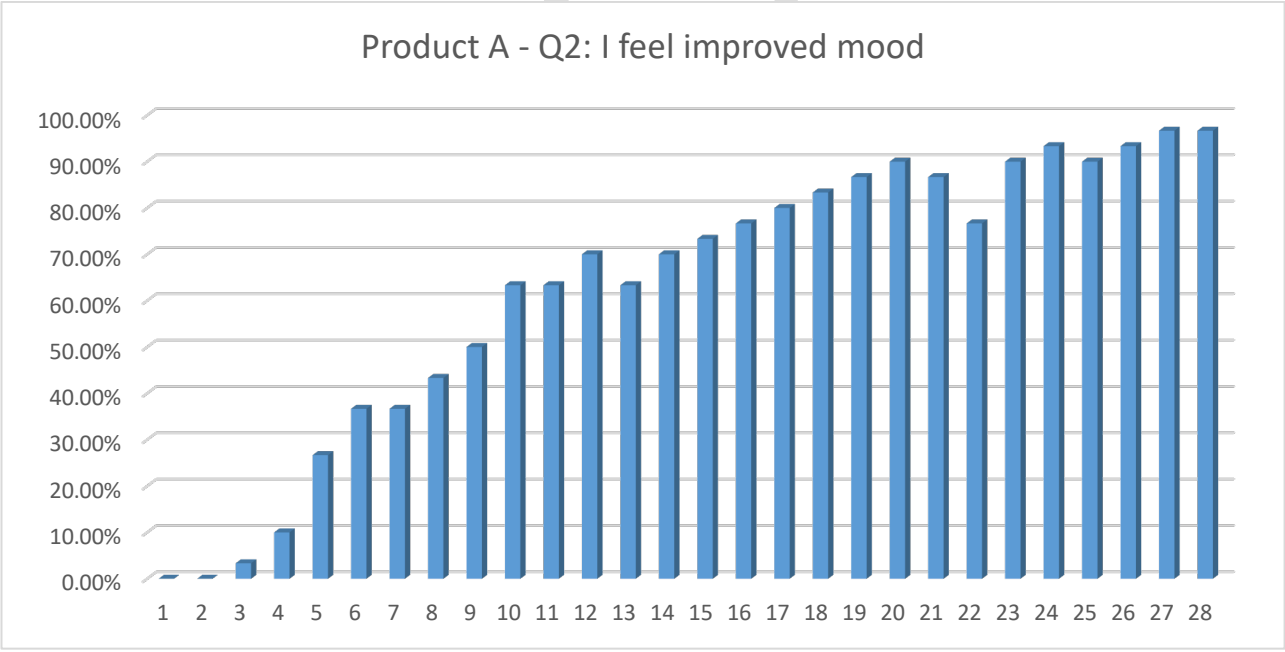
9.4 Subject Diary Questions

Figure 1:



As can be seen from the data, within 21 days, 90.00% of subjects reported an improvement in energy level. After 28 days 93.33% of subjects agreed they felt more energetic.

Figure 2:



As can be seen from the data above, after 28 days of use, 96.67% of subjects agreed they felt an improvement in their mood. After 20 days, 90.00% of subjects reported an improvement in their mood.

9.5 SUBJECT SELF-PERCEPTION QUESTIONNAIRE TOP BOX (STRONGLY AGREE & AGREE) RESULTS

As can be seen from the data the products performed statistically favourably over the 30 days study in all of the attributes under Clearcast guidelines (>80% favourability) of advertising.

Table 3:

Questions:	Strongly Agree + Agree (Product A)	Strongly Agree + Agree (Product B).
I have more energy after taking this product.	96.67%	25.00%
I feel less fatigued after taking this product.	96.67%	30.00%
I lost weight after taking this product.	80.00%	20.00%
I feel my metabolism improved after taking this product.	93.33%	20.00%
I feel less cold after taking this product.	80.00%	15.00%
My hair seems fuller or thicker after taking this product.	80.00%	15.00%
I feel lighter and leaner after taking this product.	86.67%	20.00%
I feel less bloated after taking this product.	96.67%	15.00%
My waistline has gotten smaller since taking this product.	76.67%	20.00%
I have more sustained energy throughout the day after taking this product.	96.67%	25.00%
I am less anxious after taking this product.	83.33%	30.00%
This product was easy to include in my daily routine.	100.00%	100.00%
It was easy for me to swallow this product.	100.00%	90.00%
After taking this product I have better concentration.	83.33%	15.00%
After taking this product I slept better.	90.00%	30.00%
I would recommend this product to a friend or family member?	96.67%	25.00%

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After taking this product I felt less irritable.	93.33%	40.00%
After taking this product I had less brain fog.	90.00%	25.00%
After taking this product I was more mentally alert.	93.33%	20.00%
After taking this product my skin seemed clearer.	90.00%	35.00%
After taking this product my skin felt less dry.	83.33%	35.00%

The data above shows, within 28 days over 90.00% of subjects agreed they felt an improvement in their metabolism after taking the products, with 80.00% (4 out of 5) subjects reporting weight loss. Data also shows that within 28 days, 93.33% of subjects reported an improved mental alertness. 90.00% of subjects agreed after taking the product they had less brain fog.

9.6 Conclusions

As can be seen from the data the product performed highly favourably under Clearcast guidelines, over the 28-day testing period shown by Top 2 responses (Strongly Agree + Agree) being >80% (regarded as highly favourable) in all but one question, however this showed a majority preference (>50% favourability).

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APPENDIX 1: SUBJECT CONSENT FORM

Study Code: NUTUSE7M

Subject #: _____

INTRODUCTION
You are being asked for your consent to participate in a research study. Prior to giving your consent, it is important that you take the time to read and understand what participation will involve. This consent form may contain technical language which you may not understand. If you do not understand any of this consent form, please ask the clinical staff any questions you may have.

You will be provided with a signed copy of this consent form and any other necessary written information prior to the start of the study.

OBJECTIVE
The objective of this research study is to determine the efficacy of one test article at increasing energy and decreasing fatigue.

TEST ARTICLES
The test article is a supplement to increase overall energy and to decrease fatigue. The test article used will be through normal everyday use following usage instructions provided.

STUDY PROCEDURES
You will be one of approximately 50 subjects enrolled onto this study. Your participation in this study will last approximately four weeks and will include two visits to the testing facility.

Visit 1 *(Study day 1 – approximately 30 minutes):* Prior to acceptance on the study, you will be screened for eligibility to participate on the study and on confirmed eligibility consented to participate. Following verification of your acceptance and your written consent, you will be issued with the test product (with usage instructions and diary) to use at home for the next four weeks.

Visits 2 *(Study day 30 – approximately 15 minutes):* You will attend the study centre to complete a questionnaire, return any unused test product and receive compensation.

RISKS
To the best of our knowledge, these products are not expected to induce an allergic reaction. While the potential for irritation or other reactions during this study are minimal, it is possible for a reaction to occur. Expected reactions for these test articles categories are mild in nature and may include the following: tiredness, headache, upset stomach. In addition to the risks described, there may be other risks that are currently unforeseeable.

No significant adverse reactions are expected to occur. However, if you develop an adverse reaction or complication as a result of your participation in this study, medical treatment will be provided by clinical staff nurses at PCR CORP or you will be referred for appropriate treatment at no cost to you, as long as you have followed the study instructions. Provisions of such medical care is not an admission of legal responsibility. You will be followed by PCR CORP until the adverse reaction has resolved. No additional compensation will be available to you. Neither the sponsoring company nor the investigating company will be held responsible for any future medical expenses.

BENEFITS
While it is likely that you will not receive any direct benefit from your participation in the study, the study results may have the potential to increase scientific knowledge about nutritional supplements and may allow for new and improved products to be marketed.

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CONFIDENTIALITY
Information concerning you that is obtained in connection with this study will be kept confidential by PCR CORP, except that the sponsoring company whose product is being tested will receive a copy of the study records. The records will be uniquely coded to protect your and your child's identity. In addition, third party regulatory authorities, including the U.S. Food and Drug Administration (FDA), may inspect the records of the study. In all cases, your confidentiality will be maintained and your identity will remain private.

Your signature on the Informed Consent provides your permission for these agencies to view your personal information and the study data.

NEW FINDINGS
Any new information that is discovered during the study and which may influence your willingness to continue in the study will be made available to you.

MEDICAL TREATMENT
In the event of an emergency, dial 999. If you receive any medical care during the course of the study, inform medical personnel that your participating in a research study. Please contact PCR CORP staff as soon as possible to inform them of your condition.

WHO TO CONTACT
If you have any questions about this study or in the case of an emergency, contact **Andy King** on **0161 791 1797**during normal business hours.

VOLUNTARY PARTICIPATION/WITHDRAWAL
Your participation in this research study is strictly voluntary. You may refuse to participate or may discontinue participation at any time during the study without penalty or loss of benefits to which you are otherwise entitled. However, you must contact the test facility and inform a clinical staff member of your decision to withdraw from the study.

If you agree to participate in the study, you are also agreeing to provide PCR CORP with accurate information and to follow study instructions as given to you. If you fail to follow study instructions, you may be asked to discontinue participation.

Your participation in the study may be discontinued at any time without your consent by PCR CORP, regulatory agencies, or the sponsoring company for reasons of but not limited to a severe side effect and accompanying illness, or if you do not follow study instructions.

COMPENSATION
If you agree to your participation in this study, you will be paid £XX upon completion of the study.

NON-DISCLOSURE
As a condition to your participation in the study you are asked not to discuss any information regarding the products that you are testing, your experiences with the products, or your opinion of the products, nor share the products that you are testing with anyone outside of the testing facility. By your signature on the Consent you are agreeing to abide by this condition of participation.

CONSENT TO PARTICIPATE
I know that my participation in this study is voluntary and that I have the right to refuse to participate. I know that I may withdraw from the study at any time without penalty or loss of benefits to which I am otherwise entitled. If, at the discretion of the Investigator, it is best to discontinue my participation for reasons other than a failure to obey the directions of the study, I will be paid in full or for the portion of the study we have completed once the study is over.

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CONSENT

I have read all of the pages of this consent form and have been given an opportunity to ask questions about this study. Answers to such questions (if any) were satisfactory. I am at least eighteen years old and without reservation give my consent to serve as a subject in this study. By signing this form, I have not given up any of my legal rights as a research subject. I will receive a copy of this signed consent document.

You are making a decision whether or not to participate. Your signature indicates that you have decided to participate, having read the information provided above.

_____

Subject's Name Printed: First Middle Initial Last

_____

Subject's Signature Date

_____

Signature of Person Conducting Consent Discussion Date

_____

Subject Number

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APPENDIX 2: SUBJECT INFORMATION SHEET

Study Code: NUTUSE7M

You have agreed to your participation in a research study. By agreeing to participate, you are also agreeing to the following prohibitions and restrictions:

- **Subjects agree to use the trial product assigned as instructed.**

The study schedule is as follows:

Mon	Tue	Wed	Thurs	Fri	Sat	Sun
28th Oct Day 1 **Visit 1**	29th Oct Day 2	30th Oct Day 3	31st Oct Day 4	1st Nov Day 5	2nd Nov Day 6	3rd Nov Day 7
4th Nov Day 8	5th Nov Day 9	6th Nov Day 10	7th Nov Day 11	8th Nov Day 12	9th Nov Day 13	10th Nov Day 14
11th Nov Day 15	12th Nov Day 16	13th Nov Day 17	14th Nov Day 18	15th Nov Day 19	16th Nov Day 20	17th Nov Day 21
18th Nov Day 22	19th Nov Day 23	20th Nov Day 24	21st Nov Day 25	22nd Nov Day 26	23rd Nov Day 27	24th Nov Day 28
25th Nov Day 29 **Visit 2**						

Please follow the usage instructions below:

Directions

- Take 2 capsules in the morning before consuming food.

*You must come in for all visits; no misses will be allowed. If you are unable to come in for a visit, your participation will be discontinued. Upon completion of this study on 25th November 2019, you will receive £XX for your participation.

If you have any questions about this study or in the case of a suspected allergic reaction, call **Andy King** on **0161 791 1797**during normal business hours.

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APPENDIX 3: PRE-TREATMENT QUESTIONNAIRE

FOR OFFICE USE ONLY		
SUBJECT'S INITIALS		
MALE/FEMALE		
AGE		
SUBJECT NUMBER		

Study Code: NUTUSE7M

STRICTLY CONFIDENTIAL

	Inclusion Criteria	Yes	No
1.	Healthy male & female volunteers, aged over 40 years (all with self-report thyroid issues and not taking thyroid medication).	☐	☐
2.	Subject has completed a written informed consent.	☐	☐
	Exclusion Criteria	**Yes**	**No**
1.	Subject is pregnant, nursing, or planning to become pregnant	☐	☐
2.	A current skin disease of any type at the test site (e.g. eczema, psoriasis)	☐	☐
3.	Subject is currently on prescription medication that may affect the result of the study.	☐	☐
4.	History of malignant disease	☐	☐
5.	Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease, which in the opinion of the Investigator would compromise the safety of the subject;	☐	☐
6.	History of asthma requiring regular medication.	☐	☐
7.	Known sensitivity to the test article, similar materials or their constituents.	☐	☐
8.	Subject is not currently participating, at PCR or other clinical testing facility, in a study utilizing the same test site (body area) or product or with conflicting inclusion/exclusion criteria.	☐	☐
	Prohibitions and Restrictions	**Yes**	**No**
1.	Subjects agree to use the trial product assigned as instructed, instead of their usual brand for the duration of the study.	☐	☐

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APPENDIX 3 – CONTINUED

Have you ever had any problems related to the use of any of the following types of material?

Material	Yes			No	When? – Which products? – What happens?
Nutritional Supplements					
Other Personal Care Products – please specify					

Questionnaire checked and confirmed by:

_____ _____

Signature Date

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APPENDIX 4: TEST ARTICLES INCI LISTINGS

Active Supplement (A) – Nutreance Thyroid Support Vegetable Capsules

SNo	RM Code	Label Claim	Unit	Ingredients	Actual Unit Wt	Unit	Source	OV
1	RM-0282	150		L-Tyrosine	160	mg	L-Tyrosine (98%)	2%
2	RM-0456	100		Turmeric 95% Extract	102	mg	Turmeric Root 95% Extract (standardized to 95% curcuminoids)	2%
3	RM-064	50		Bladderwrack 10:1 Extract	50	mg	Bladderwrack 10:1 Extract	
4	RM-0730	50		Kelp	50	mg	Kelp	
5	RM-0057	5		Bioperine® Black Pepper Extract	5	mg	Bioperine® Black Pepper Extract	
6	CA-0002				100	mg	Size #0 Vegetable Capsules	
7	RM-0257				63	mg	Dicalcium Phosphate	
8	RM-0496				20	mg	Vegetable Magnesium Stearate	

Placebo Supplement (B)

Ingredients: Hide Bovine Gelatin purified water, titanium dioxide, colorants F.F. &C. or D. &C.

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APPENDIX 5: SUBJECT DIARY

Please take the test product supplied to you as instructed, **2 CAPSULES PER DAY (Before consuming food) in the morning**.

Please answer the 2 questions in the table every day, following the answer key below.

If you have any problems with the product please call the office at 01245 934050 during business hours, 9:00am to 5:00pm.

PLEASE USE BLACK INK

Day	Date	Did you take the required amount? ☑ Check Box	If NO, explain why	Q1: I feel more energetic	Q2: I feel improved mood
1		☐ Yes ☐ No			
2		☐ Yes ☐ No			
3		☐ Yes ☐ No			
4		☐ Yes ☐ No			
5		☐ Yes ☐ No			
6		☐ Yes ☐ No			
7		☐ Yes ☐ No			
8		☐ Yes ☐ No			
9		☐ Yes ☐ No			
10		☐ Yes ☐ No			
11		☐ Yes ☐ No			
12		☐ Yes ☐ No			
13		☐ Yes ☐ No			
14		☐ Yes ☐ No			
15		☐ Yes ☐ No			
16		☐ Yes ☐ No			
17		☐ Yes ☐ No			
18		☐ Yes ☐ No			
19		☐ Yes ☐ No			
20		☐ Yes ☐ No			
21		☐ Yes ☐ No			
22		☐ Yes ☐ No			
23		☐ Yes ☐ No			
24		☐ Yes ☐ No			
25		☐ Yes ☐ No			
26		☐ Yes ☐ No			
27		☐ Yes ☐ No			
28		☐ Yes ☐ No			
29		Please bring back the product and daily.			

Comments _____

_____

PROOF

APPENDIX 6: SELF-PERCEPTION QUESTIONNAIRE

NUTUSE7M: Self-Perception Questionnaire (Post-Treatment)

Subject details

Initials …….

Age ……..

Q1.I have more energy after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

Q2. I feel less Fatigued after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

Q3.I lost weight after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

Q4. I feel my metabolism improved after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

Q5. I feel less cold after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

Q6. My hair seems fuller or thicker after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

Q7. I feel lighter and leaner after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

Q8. I feel less bloated after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

Q9. My waistline has gotten smaller since taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

Q10. I have more sustained energy throughout the day after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…….. □

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Q11. I am less anxious after taking this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q12. This product was easy to include in my daily routine.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q13. It was easy for me to swallow this product.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q14. After taking this product, I have better concentration.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q15.After taking this product, I slept better.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q16. I would recommend this product to a friend or family member.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q17. After taking this product, I felt less irritable.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q18. After taking this product, I had less brain fog.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q19. After taking this product, I was more mentally Alert.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q20. After taking this product, my skin seemed clearer.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q21. After taking this product, my skin felt less dry.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

PCR CORP

APPENDIX 7: DAILY DIARY QUESTIONS PRODUCT A –

Sub No	Day 1 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 2 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 3 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
1	Yes		No	No	Yes		No	No	Yes		No	No
2	Yes		No	No	Yes		No	No	Yes		No	No
3	Yes		No	No	Yes		No	No	Yes		No	No
4	Yes		No	No	Yes		No	No	Yes		Yes	No
5	Yes		No	No	Yes		No	No	Yes		No	No
6	Yes		No	No	Yes		No	No	Yes		No	No
7	Yes		No	No	Yes		No	No	Yes		No	No
8	Yes		No	No	Yes		No	No	Yes		No	No
9	Yes		No	No	Yes		No	No	Yes		No	No
10	Yes		No	No	Yes		No	No	Yes		No	No
11	Yes		No	No	Yes		No	No	Yes		No	No
12	Yes		No	No	Yes		No	No	Yes		No	No
13	Yes		No	No	Yes		No	No	Yes		Yes	No
14	Yes		No	No	Yes		No	No	Yes		No	No
15	Yes		No	No	Yes		No	No	Yes		No	No
16	Yes		No	No	Yes		No	No	Yes		No	No
17	Yes		No	No	Yes		No	No	Yes		No	No
18	Yes		No	No	Yes		No	No	Yes		No	No
19	Yes		No	No	Yes		No	No	Yes		No	No
20	Yes		No	No	Yes		No	No	Yes		Yes	No
21	Yes		No	No	Yes		No	No	Yes		No	No
22	Yes		No	No	Yes		No	No	Yes		No	No
23	Yes		No	No	Yes		No	No	Yes		No	No
24	Yes		No	No	Yes		Yes	No	Yes		Yes	No
25	Yes		No	No	Yes		No	No	Yes		No	No
26	Yes		No	No	Yes		No	No	Yes		Yes	Yes
27	Yes		No	No	Yes		No	No	Yes		No	No
28	Yes		No	No	Yes		No	No	Yes		No	No
29	Yes		No	No	Yes		No	No	Yes		No	No
30	Yes		No	No	Yes		No	No	Yes		No	No
% of subjects answered yes	100.00%		0.00%	0.00%	100.00%		3.33%	0.00%	100.00%		16.67%	3.33%
% of subjects answered no	0.00%		100.00%	100.00%	0.00%		96.67%	100.00%	0.00%		83.33%	96.67%

PCR CORP

Day 4 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 5 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 6 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 7 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		No	No	Yes		No	No	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		Yes	No	Yes		Yes	Yes	Yes		No	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	Yes	Yes		Yes	Yes	Yes		No	Yes
Yes		No	No	Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	Yes	Yes		No	Yes	Yes		No	Yes
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes
Yes		No	Yes	Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		No	Yes	Yes		No	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		Yes	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
100.00%		26.67%	10.00%	100.00%		50.00%	26.67%	100.00%		66.67%	36.67%	100.00%		63.33%	36.67%
0.00%		73.33%	90.00%	0.00%		50.00%	73.33%	0.00%		33.33%	63.33%	0.00%		36.67%	63.33%

PCR CORP

Day 8 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 9 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 10 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	Yes	Yes		No	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
100.00%		**73.33%**	**43.33%**	**100.00%**		**80.00%**	**50.00%**	**100.00%**		**86.67%**	**63.33%**
0.00%		**26.67%**	**56.67%**	**0.00%**		**20.00%**	**50.00%**	**0.00%**		**13.33%**	**36.67%**

PCR CORP

Day 11 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 12 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 13 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		No	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		No	No	Yes		Yes	Yes	Yes		Yes	No
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
100.00%		**86.67%**	**63.33%**	**100.00%**		**93.33%**	**70.00%**	**100.00%**		**93.33%**	**63.33%**
0.00%		**13.33%**	**36.67%**	**0.00%**		**6.67%**	**30.00%**	**0.00%**		**6.67%**	**36.67%**

PCR CORP REPORT

Day 14 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 15 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: feel improved mood	Day 16 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	Yes	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
100.00%		**96.67%**	**70.00%**	**100.00%**		**96.67%**	**73.33%**	**100.00%**		**96.67%**	**76.67%**
0.00%		**3.33%**	**30.00%**	**0.00%**		**3.33%**	**26.67%**	**0.00%**		**3.33%**	**23.33%**

PCR CORP

Day 17 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 18 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 19 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	Yes	Yes		No	No	Yes		Yes	No
Yes		No	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
100.00%		**93.33%**	**80.00%**	**100.00%**		**93.33%**	**83.33%**	**100.00%**		**96.67%**	**86.67%**
0.00%		**6.67%**	**20.00%**	**0.00%**		**6.67%**	**16.67%**	**0.00%**		**3.33%**	**13.33%**

PCR CORP

Day 20 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 21 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 22 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		No	Yes	Yes		No	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		No	Yes	Yes		No	Yes	Yes		No	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
100.00%		**93.33%**	**90.00%**	**100.00%**		**90.00%**	**86.67%**	**100.00%**		**90.00%**	**76.67%**
0.00%		**6.67%**	**10.00%**	**0.00%**		**10.00%**	**13.33%**	**0.00%**		**10.00%**	**23.33%**

PCR CORP

Day 23 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 24 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 25 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	Yes	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
100.00%		**93.33%**	**90.00%**	**100.00%**		**96.67%**	**93.33%**	**100.00%**		**96.67%**	**90.00%**
0.00%		**6.67%**	**10.00%**	**0.00%**		**3.33%**	**6.67%**	**0.00%**		**3.33%**	**10.00%**

PCR CORP

Day 26 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 27 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 28 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	Yes	Yes		Yes	Yes	Yes		No	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
100.00%		**93.33%**	**93.33%**	**100.00%**		**96.67%**	**96.67%**	**100.00%**		**93.33%**	**96.67%**
0.00%		**6.67%**	**6.67%**	**0.00%**		**3.33%**	**3.33%**	**0.00%**		**6.67%**	**3.33%**

PCR CORP REPORT

DAILY DIARY QUESTIONS PRODUCT B –

Sub No	Day 1 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 2 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 3 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
31	Yes		No	No	Yes		No	No	Yes		No	No
32	Yes		No	No	Yes		No	No	Yes		No	No
33	Yes		No	No	Yes		No	No	Yes		No	No
34	Yes		No	No	Yes		No	No	Yes		No	No
35	Yes		No	No	Yes		No	No	Yes		No	No
36	Yes		No	No	Yes		No	No	Yes		No	No
37	Yes		No	No	Yes		No	No	Yes		No	No
38	Yes		No	No	Yes		No	No	Yes		No	No
39	Yes		No	No	Yes		No	No	Yes		No	No
40	Yes		No	No	Yes		No	No	Yes		No	No
41	Yes		No	No	Yes		No	No	Yes		No	No
42	Yes		No	No	Yes		No	No	Yes		No	No
43	Yes		No	No	Yes		No	No	Yes		No	No
44	Yes		No	No	Yes		No	No	Yes		No	No
45	Yes		No	No	Yes		No	No	Yes		No	No
46	Yes		No	No	Yes		No	No	Yes		No	No
47	Yes		No	No	Yes		No	No	Yes		No	No
48	Yes		No	No	Yes		No	No	Yes		No	No
49	Yes		No	No	Yes		No	No	Yes		No	No
50	Yes		No	No	Yes		No	No	Yes		No	No
% of subjects answered yes	100.00%		0.00%	0.00%	100.00%		0.00%	0.00%	100.00%		0.00%	0.00%
% of subjects answered no	0.00%		100.00%	100.00%	0.00%		100.00%	100.00%	0.00%		100.00%	100.00%

Day 4 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 5 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 6 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		Yes	No	Yes		Yes	No
Yes		No	Yes	Yes		No	No	Yes		No	No
Yes		No	Yes	Yes		No	No	Yes		No	No
Yes		No	Yes	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	Yes
Yes		No	Yes	Yes		No	No	Yes		No	No
100.00%		0.00%	20.00%	100.00%		10.00%	5.00%	100.00%		10.00%	10.00%
0.00%		100.00%	80.00%	0.00%		90.00%	95.00%	0.00%		90.00%	90.00%

PCR CORP

Day 7 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 8 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 9 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		No	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
100.00%		**20.00%**	**15.00%**	**100.00%**		**25.00%**	**15.00%**	**100.00%**		**30.00%**	**15.00%**
0.00%		**80.00%**	**85.00%**	**0.00%**		**75.00%**	**85.00%**	**0.00%**		**70.00%**	**85.00%**

Day 10 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 11 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 12 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 13 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		No	No	Yes		No	No	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		No	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No	Yes		No	No
100.00%		**35.00%**	**15.00%**	**100.00%**		**30.00%**	**15.00%**	**100.00%**		**30.00%**	**20.00%**	**100.00%**		**35.00%**	**20.00%**
0.00%		**65.00%**	**85.00%**	**0.00%**		**70.00%**	**85.00%**	**0.00%**		**70.00%**	**80.00%**	**0.00%**		**65.00%**	**80.00%**

PCR CORP

Day 14 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 15 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: feel improved mood	Day 16 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		No	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
100.00%		**35.00%**	**25.00%**	**100.00%**		**30.00%**	**25.00%**	**100.00%**		**40.00%**	**25.00%**
0.00%		**65.00%**	**75.00%**	**0.00%**		**70.00%**	**75.00%**	**0.00%**		**60.00%**	**75.00%**

Day 17 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 18 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 19 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		No	No	Yes		No	No	Yes		No	Yes
Yes		Yes	No	Yes		Yes	Yes	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	No	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
100.00%		**25.00%**	**25.00%**	**100.00%**		**30.00%**	**25.00%**	**100.00%**		**30.00%**	**25.00%**
0.00%		**75.00%**	**75.00%**	**0.00%**		**70.00%**	**75.00%**	**0.00%**		**70.00%**	**75.00%**

PCR CORP

Day 20 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 21 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 22 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		No	Yes	Yes		No	No	Yes		No	No
Yes		No	No	Yes		Yes	Yes	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	Yes	Yes		No	No	Yes		No	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
100.00%		**30.00%**	**35.00%**	**100.00%**		**30.00%**	**30.00%**	**100.00%**		**30.00%**	**30.00%**
0.00%		**70.00%**	**65.00%**	**0.00%**		**70.00%**	**70.00%**	**0.00%**		**70.00%**	**70.00%**

Day 23 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 24 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 25 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
100.00%		**30.00%**	**30.00%**	**100.00%**		**30.00%**	**30.00%**	**100.00%**		**30.00%**	**30.00%**
0.00%		**70.00%**	**70.00%**	**0.00%**		**70.00%**	**70.00%**	**0.00%**		**70.00%**	**70.00%**

PCR CORP

Day 26 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 27 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood	Day 28 Did you take the required amount	If NO please explain why	Q1: I feel more energetic	Q2: I feel improved mood
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		No	No	Yes		No	No	Yes		No	No
Yes		Yes	Yes	Yes		Yes	Yes	Yes		Yes	Yes
Yes		No	No	Yes		No	No	Yes		No	No
100.00%		**30.00%**	**30.00%**	**100.00%**		**30.00%**	**30.00%**	**100.00%**		**30.00%**	**25.00%**
0.00%		**70.00%**	**70.00%**	**0.00%**		**70.00%**	**70.00%**	**0.00%**		**70.00%**	**75.00%**

PCR CORP

APPENDIX 8: COMPLETE SELF PERCEPTION QUESTIONNAIRE – PRODUCT A

Sub No	Q1.I have more energy after taking this product?	Q2. I feel less Fatigued after taking this product?	Q3.I lost weight after taking this product?	Q4. I feel my metabolism improved after taking this product?	Q5. I feel less cold after taking this product?
1	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
2	Agree	Agree	Agree	Agree	Agree
3	Agree	Agree	Strongly Agree	Agree	Neither Agree Nor Disagree
4	Agree	Agree	Agree	Strongly Agree	Agree
5	Strongly Agree	Agree	Agree	Agree	Agree
6	Agree	Strongly Agree	Neither Agree Nor Disagree	Agree	Strongly Agree
7	Agree	Agree	Agree	Strongly Agree	Strongly Agree
8	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
9	Agree	Agree	Agree	Agree	Agree
10	Agree	Agree	Agree	Agree	Agree
11	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
12	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
13	Agree	Agree	Agree	Agree	Agree
14	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
15	Agree	Agree	Agree	Agree	Strongly Agree
16	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree
17	Agree	Agree	Agree	Strongly Agree	Agree
18	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree
19	Agree	Agree	Agree	Agree	Agree
20	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Neither Agree Nor Disagree
21	Agree	Agree	Agree	Agree	Agree
22	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
23	Agree	Agree	Disagree	Neither Agree Nor Disagree	Agree
24	Strongly Agree	Agree	Agree	Strongly Agree	Agree
25	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
26	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
27	Strongly Agree	Agree	Strongly Agree	Agree	Agree
28	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
29	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
30	Agree	Agree	Agree	Agree	Agree

PCR CORP

Q6. My hair seems fuller or thicker after taking this product?	Q7. I feel lighter and leaner after taking this product?	Q8. I feel less bloated after taking this product?	Q9. My waistline has gotten smaller since taking this product?	Q10. I have more sustained energy throughout the day after taking this product?	Q11. I am less anxious after taking this product?	Q6. My hair seems fuller or thicker after taking this product?
Disagree	Agree	Agree	Agree	Strongly Agree	Agree	Disagree
Agree	Agree	Agree	Agree	Agree	Agree	Agree
Neither Agree Nor Disagree	Agree	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
Agree	Strongly Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
Agree	Agree	Agree	Agree	Agree	Agree	Agree
Strongly Agree	Agree	Strongly Agree	Neither Agree Nor Disagree	Strongly Agree	Strongly Agree	Strongly Agree
Strongly Agree	Agree	Agree	Strongly Agree	Agree	Agree	Strongly Agree
Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
Agree	Agree	Agree	Agree	Agree	Agree	Agree
Agree	Agree	Agree	Agree	Agree	Agree	Agree
Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Agree
Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree	Agree	Agree	Agree
Agree	Strongly Agree	Strongly Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
Agree	Agree	Agree	Agree	Agree	Strongly Agree	Agree
Agree	Agree	Agree	Agree	Strongly Agree	Agree	Agree
Agree	Agree	Agree	Agree	Agree	Agree	Agree
Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
Agree	Agree	Agree	Agree	Agree	Agree	Agree
Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Strongly Agree	Agree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree	Agree	Agree	Agree
Strongly Agree	Agree	Strongly Agree	Agree	Agree	Agree	Strongly Agree
Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Strongly Agree	Strongly Agree	Agree
Agree	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
Agree	Agree	Agree	Agree	Agree	Agree	Agree
Neither Agree Nor Disagree	Agree	Strongly Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
Agree	Disagree	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
Agree	Agree	Strongly Agree	Agree	Strongly Agree	Agree	Agree

PCR CORP

Q13. It was easy for me to swallow this product?	Q14. After taking this product, I have better concentration?	Q15.After taking this product, I slept better?	Q16. I would recommend this product to a friend or family member?	Q17. After taking this product, I felt less irritable?
Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
Agree	Agree	Agree	Agree	Agree
Agree	Strongly Agree	Agree	Agree	Agree
Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
Agree	Agree	Agree	Agree	Agree
Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
Agree	Agree	Agree	Strongly Agree	Strongly Agree
Strongly Agree	Neither Agree Nor Disagree	Strongly Agree	Strongly Agree	Strongly Agree
Agree	Agree	Agree	Agree	Agree
Agree	Agree	Agree	Agree	Agree
Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
Agree	Agree	Agree	Agree	Agree
Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
Strongly Agree	Agree	Agree	Agree	Agree
Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
Agree	Agree	Agree	Agree	Agree
Agree	Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree	Agree
Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
Agree	Agree	Agree	Agree	Agree
Agree	Agree	Strongly Agree	Agree	Strongly Agree
Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
Agree	Agree	Agree	Agree	Agree
Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
Strongly Agree	Agree	Agree	Agree	Strongly Agree
Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
Agree	Strongly Agree	Agree	Agree	Agree

PCR CORP

Q18. After taking this product, I had less brain fog?	Q19. After taking this product, I was more mentally Alert?	Q20. After taking this product, my skin seemed clearer?	Q21. After taking this product, my skin felt less dry?
Strongly Agree	Agree	Agree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree
Agree	Strongly Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree
Agree	Agree	Agree	Agree
Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
Agree	Agree	Agree	Strongly Agree
Neither Agree Nor Disagree	Agree	Strongly Agree	Strongly Agree
Agree	Agree	Agree	Agree
Agree	Agree	Agree	Agree
Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
Agree	Agree	Agree	Agree
Agree	Agree	Agree	Agree
Strongly Agree	Agree	Strongly Agree	Strongly Agree
Agree	Agree	Agree	Agree
Strongly Agree	Strongly Agree	Agree	Strongly Agree
Agree	Agree	Agree	Agree
Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree
Strongly Agree	Agree	Strongly Agree	Strongly Agree
Agree	Agree	Agree	Agree
Strongly Agree	Agree	Agree	Agree
Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
Agree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree
Agree	Agree	Strongly Agree	Strongly Agree
Agree	Agree	Agree	Strongly Agree
Agree	Agree	Agree	Agree
Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
Strongly Agree	Strongly Agree	Agree	Agree

PCR CORP

APPENDIX C: COMPLETE SELF PERCEPTION QUESTIONNAIRE – PRODUCT B

Sub No	Q1.I have more energy after taking this product?	Q2. I feel less Fatigued after taking this product?	Q3.I lost weight after taking this product?	Q4. I feel my metabolism improved after taking this product?	Q5. I feel less cold after taking this product?
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Agree	Agree	Agree	Agree	Neither Agree Nor Disagree
33	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
34	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
35	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
36	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Agree	Agree	Agree	Agree	Agree
38	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
39	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
40	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
41	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
42	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
43	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
44	Agree	Agree	Agree	Agree	Agree
45	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
46	Disagree	Disagree	Disagree	Disagree	Disagree
47	Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
48	Disagree	Disagree	Disagree	Disagree	Disagree
49	Agree	Agree	Agree	Agree	Disagree
50	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree

PCR CORP

Q6. My hair seems fuller or thicker after taking this product?	Q7. I feel lighter and leaner after taking this product?	Q8. I feel less bloated after taking this product?	Q9. My waistline has gotten smaller since taking this product?	Q10. I have more sustained energy throughout the day after taking this product?
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Strongly Agree	Agree	Strongly Agree	Agree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Disagree	Disagree	Disagree	Disagree	Neither Agree Nor Disagree
Disagree	Disagree	Disagree	Disagree	Disagree
Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Disagree	Disagree	Disagree	Disagree	Disagree
Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
Disagree	Disagree	Disagree	Disagree	Disagree
Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree

PCR CORP

Q11. I am less anxious after taking this product?	Q12. This product was easy to include in my daily routine?	Q13. It was easy for me to swallow this product?	Q14. After taking this product, I have better concentration?	Q15.After taking this product, I slept better?
Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree	Agree
Neither Agree Nor Disagree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree	Agree
Disagree	Agree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Strongly Agree	Strongly Agree	Agree	Agree
Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Disagree
Disagree	Agree	Strongly Agree	Disagree	Disagree
Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Neither Agree Nor Disagree	Agree	Strongly Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Disagree	Agree	Agree	Disagree	Disagree
Agree	Strongly Agree	Strongly Agree	Disagree	Agree
Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Disagree	Agree	Neither Agree Nor Disagree	Disagree	Disagree
Disagree	Agree	Agree	Disagree	Disagree
Disagree	Strongly Agree	Strongly Agree	Disagree	Disagree
Agree	Agree	Agree	Agree	Agree
Agree	Agree	Agree	Neither Agree Nor Disagree	Agree

PCR CORP

Q16. I would recommend this product to a friend or family member?	Q17. After taking this product, I felt less irritable?	Q18. After taking this product, I had less brain fog?	Q19. After taking this product, I was more mentally Alert?	Q20. After taking this product, my skin seemed clearer?	Q21. After taking this product, my skin felt less dry?
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree	Agree	Agree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Disagree	Disagree
Agree	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Agree	Agree	Agree	Agree	Agree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
Neither Agree Nor Disagree	Agree	Disagree	Disagree	Agree	Agree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Disagree	Disagree	Disagree	Disagree	Disagree	Disagree
Agree	Agree	Agree	Agree	Strongly Agree	Agree
Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Disagree	Neither Agree Nor Disagree	Disagree	Disagree	Disagree	Disagree
Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Disagree
Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
Neither Agree Nor Disagree	Agree	Agree	Agree	Agree	Agree

PCR CORP