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).

Prepared for:

Nutreance 401 Riversville Road Greenwich CT. 06831 USA Prepared by:

PCR Corp. 8 Richmond Road Dukes Park Chelmsford Essex, CM2 6UA

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

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| 1 | <u>SUMMARY</u> | |
|---|---------------------|--|
| | 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: 28 th October 2019 |
| | | Ended: w/e 25 th November 2019. |
| | | |

20th December 2019

Location:

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

2 KEY STUDY PERSONNEL AND RESPONSIBILITIES

| Key personnel Principal Investigator (PI) | General responsibilities |
|--|---|
| Barrie Drewitt | The Principal Investigator (PI) will |
| PCR Corp | responsible for ensuring suffic |
| Princeton Forrestal Center | resources are available to cond |
| 307 College Road East | the study according to Good Clin |
| Princeton, NJ 08540 | Practice (GCP), for the study des |
| | compiling the results and writing |
| Tel: 609-455-1112 | clinical report. |
| Project Supervisor (PS) | |
| Andy King | The Project Supervisor (PS) will |
| PCR Corp | responsible for the conduct of |
| 667A Stockport Road | study on a daily basis. |
| Manchester | |
| M12 4QE | |
| United Kingdom | |
| Tel: +44 (0) 161 791 1797 | |
| Project Manager (PM) | |
| Charlie Gould | The Project Manager (PM) will |
| PCR CORP | involved with the study des |
| 8 Richmond Road | compiling the results and writing |
| Dukes Park | clinical report. |
| Chelmsford | |
| Essex, CM2 6UA | |
| United Kingdom | |
| Tel: +44 (0) 1245 934050 | |
| Project Co-ordinator (PC) | |
| Dan Watters | The Project Co-ordinator (PC) will |
| Nutreance | the primary point of contact |
| 401 Riversville Road | behalf of the Sponsor of this proj and will represent the Spor |
| Greenwich CT. 06831 | and will represent the Spor (Nutreance) of this study. |
| 01.00001 | |
| Tel: 1 (800) 749-7776 | |
| Email: support@nutreance.com | |

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 <u>SELECTION OF SUBJECTS</u>

5.1 <u>Screening</u>

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.

5.4 **Prohibitions and Requirements**

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

6 <u>TEST ARTICLES</u>

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 <u>STUDY PROCEDURE</u>

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 sleep.

8 <u>STUDY ETHICS</u>

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 <u>Subject consent</u>

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.

9 <u>RESULTS</u>

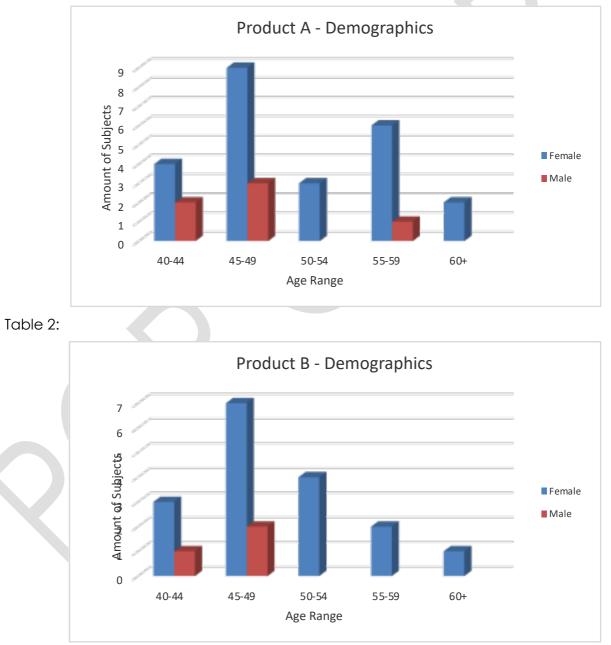
9.1 Location and dates of the study

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

9.2 <u>Subjects</u>

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.



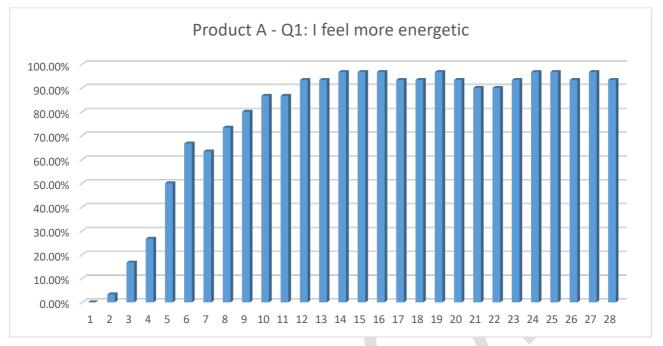


9.3 Adverse events, adverse reactions and subjects not completing the study

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

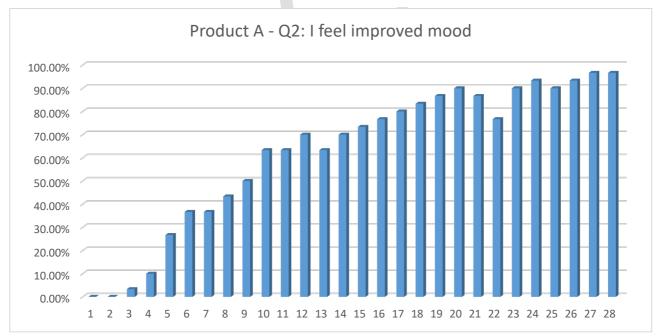
9.4 <u>Subject Diary Questions</u>





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% |
| l 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% |
| Report | | Page 12 of 42 |

20th December 2019

| 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 <u>Conclusions</u>

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).

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.

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.

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 Signature Signature of Person Conducting Consent Discussion Subject Number | Middle Initial |
|--|----------------|
| Subject Number | Date |
| | Date |
| | |
| | |
| | |
| | |

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 |
|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
| 28 th Oct | 29 th Oct | 30 th Oct | 31 st Oct | 1 st Nov | 2 nd Nov | 3 rd Nov |
| Day 1 | Day 2 | Day 3 | Day 4 | Day 5 | Day 6 | Day 7 |
| Visit 1 | | | | | | |
| 4 th Nov | 5 th Nov | 6 th Nov | 7 th Nov | 8 th Nov | 9 th Nov | 10 th Nov |
| Day 8 | Day 9 | Day 10 | Day 11 | Day 12 | Day 13 | Day 14 |
| 11 th Nov | 12 th Nov | 13 th Nov | 14 th Nov | 15 th Nov | 16 th Nov | 17 th Nov |
| Day 15 | Day 16 | Day 17 | Day 18 | Day 19 | Day 20 | Day 21 |
| | | | | | | |
| 18 th Nov | 19 th Nov | 20 th Nov | 21 st Nov | 22 nd Nov | 23 rd Nov | 24 th Nov |
| Day 22 | Day 23 | Day 24 | Day 25 | Day 26 | Day 27 | Day 28 |
| 25 th Nov | | | | | | |
| Day 29 | | | | | | |
| Visit 2 | | | | | | |

<u>Please follow the usage instructions below:</u>

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.

APPENDIX 3: PRE-TREATMENT QUESTIONNAIRE

| FOR OFFICE USE ONLY | | | | | |
|---------------------|-------|--|--|--|--|
| SUBJECT'S INITIA | ALS . | | | | |
| MALE/FEMALE | | | | | |
| AGE | | | | | |
| SUBJECT | | | | | |
| NUMBER | | | | | |

Study Code: NUTUSE7M

STRICTLY CONFIDENTIAL

| Incl | usion Criteria | Yes | No |
|------|---|-----|----|
| ۱. | 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. | | |
| Exc | lusion 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. | | |
| Prof | nibitions 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. | | |

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:

| <u>~</u> . | | |
|------------|------|-----|
| NO | Inat | ure |
| 9.9 | | 0.0 |

Date

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.

APPENDIX 5: SUBJECT DIARY

Please take the test product supplied to you as instructed, <u>2 CAPSULES PER DAY (Before</u> 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.

| Day | Date | Did you take the required amount? | If NO, explain why | Q1: I feel more | Q2: I feel improved |
|-----|------|--|-----------------------|-----------------|---------------------|
| | | Check Box | | energetic | 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 | | \Box Yes \Box 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 | | \Box Yes \Box No | | | |
| 22 | | □ Yes □ No | | | |
| 23 | | 🗆 Yes 🛛 No | | | |
| 24 | | 🗆 Yes 🛛 No | | | |
| 25 | | □ Yes □ No | | | |
| 26 | | \Box Yes \Box No | | | |
| 27 | | □ Yes □ No | | | |
| 28 | | □ Yes □ No | | | |
| 29 | | Please bring back the product and daily. | | | |

PLEASE USE BLACK INK

Comments _

APPENDIX 6: SELF-PERCEPTION QUESTIONNAIRE

NUTUSE7M: Self-Perception Questionnaire (Post-Treatment)

Subject details

Initials

Age

| Q1.1 have more energy after taking this product |
|---|
| Strongly disagree |
| Disagree |
| Neither agree nor disagree |
| Agree |
| Strongly agree |
| |

| Q3.1 lost weight 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 |
| |

Q9. My waistline has gotten smaller since taking this product.

| 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 |
| |

Q4. I feel my metabolism improved 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....

| Q8. I feel less bloated after 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 |

| Q11. I am less anxious after taking this product. |
|---|
| 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 |

| Q17. After taking this product, I felt less irritable | э. |
|---|----|
| 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.....

Q21. After taking this product, my skin felt less dry. 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....

Q14. After taking this product, I have better concentration. 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....

Q18. After taking this product, I had less brain fog. 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 |

20th December 2019

APPENDIX 7: DAILY DIARY QUESTIONS PRODUCT A -

| Sub No | Day 1 Did you take the required amount | lf NO please explain why | Q1: I feel more energetic | Q2: I feel improved mood | Day 2 Did you take the required amount | lf 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 |
| bjects answered yes | 100.00% | | 0.00% | 0.00% | 100.00% | | 3.33% | 0.00% | 100.00% | | 16.67% | 3.33% |
| bjects answered no | 0.00% | | 100.00% | 100.00% | 0.00% | | 96.67% | 100.00% | 0.00% | | 83.33% | 96.67% |

| PCR CO | ORP REP | ORT: NUTU | ISE7M | | | | | | | | | | 20 th | ¹ Decemb | er 2019 |
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| 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 energefic | Q2: I feel improved mood | Day 6 Did you take the required amount | If NO please explain why | Q1: I feel more energefic | | Day 7 Did you take the required amount | If NO please explain why | Q1: I feel more energelic | Q2: I feel improved moo |
| 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% |

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|---|--------------------------|---------------------------|--------------------------|--|--------------------------|---------------------------|--------------------------|---|--------------------------|---------------------------|------------------------|
| 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 mo |
| 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 | 7 | 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% |

| °CR CORF | P REPORT | : NUTUSE7M | | | | | | | | 20 th Dece | ember 2019 |
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| 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 | lf 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 improve 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 | 1 | 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% |

| | REPORT: NUT | USE/W | | | | | | | | 20 th Decer | nber 2019 |
|--|--------------------------|---------------------------|--------------------------|---|--------------------------|---------------------------|------------------------|---|--------------------------|---------------------------|------------------------|
| 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 mo |
| 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% |

| | | | | | | | | | | | mber 2019 |
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| Day 17 Did you ake 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 mo |
| Yes | | Yes | 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 | 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 |

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| 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 | lf NO please explain why | Q1: I feel more energetic | Q2: I feel improve 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 | | 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% |

| 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 moo |
|--|-----------------------------|---------------------------|-----------------------------|--|--------------------------|---------------------------|--------------------------|--|--------------------------|---------------------------|-------------------------|
| Yes | | Yes | 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 | | 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% |

| 000 | RP REPORT: N | | | | | | | | | | mber 2019 |
|--|--------------------------|---------------------------|--------------------------|--|--------------------------|---------------------------|--------------------------|---|--------------------------|---------------------------|-------------------------|
| 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 moo |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | Yes | Yes | Yes | | Yes | Yes |
| Yes | | Yes | Yes | Yes | | 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% |

20th December 2019

DAILY DIARY QUESTIONS PRODUCT B -

| Sub No | Day 1 Did you take the required amount | lf NO please explain why | Q1: I feel more energetic | Q2: I feel improved mood | Day 2 Did you take the required amount | lf 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 |
| f subjects answered yes | 100.00% | | 0.00% | 0.00% | 100.00% | | 0.00% | 0.00% | 100.00% | | 0.00% | 0.00% |
| f 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 | lf NO please explain why | Q1: I feel more energetic | | Day 5 Did you take the required amount | If NO please explain why | Q1: I feel more energetic | | 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 | | 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% |

| | REPORT: N | IUTUSE7M | | | | | | | | | | 20 th Dec | embe | er 2019 |
|--|--------------------------|--|---|--|--------------------------------------|---|--|--|--|---|---|---|--|---|
| Day 7 Did you take the required amount | If NO please explain why | Q1: I feel more energe | tic Q2: I feel improve | | 8 Did you take the equired amount | If NO please explain | in why Q | 21: 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 energ | etic Q2: I f | feel improved mod |
| 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% 0.00% | | 20.00% | 15.00% | | 100.00% | | | 25.00% | 15.00% | 100.00% | | 30.00% | | 15.00% |
| 0.0076 | | 80.00% | 85.00% | | 0.00% | | | 75.00% | 85.00% | 0.00% | | 70.00% | | 85.00% |
| Day 10 Did you take | If NO please explain why | | | Day 11 Did you take the | J If NO please G | | feel improved | Day 12 Did you d take the If N | D please Q1: I feel more | Q2: I feel improved | | ease explain | e energetic | Q2: I feel improve |
| ay 10 Did you take | If NO please explain why | | | | J | | feel improved mood | Day 12 Did you d take the If N | | | Day 13 Did you take the If NO pl required amount | | e energetic | |
| ay 10 Did you take the required amount Yes | If NO please explain why | Q1: I feel more energefic (| 32: I feel improved mood No | take the required amount Yes | J If NO please G | energetic No | mood | d Day 12 Did you take the If N required exp amount Yes | D please lain why No | Q2: I feel improved mood | take the If NO pl required amount Yes | ease explain why | - - | Q2: I feel improv mood |
| ay 10 Did you take the required amount Yes Yes | If NO please explain why | Q1: I feel more energetic (No Yes | 32: I feel improved mood No No | take the required amount Yes Yes | J If NO please G | energetic No Yes | Mo No | bay 12 Did you take the take the amount Yes Yes | D please Iain why energetic No Yes | Q2: I feel improved mood No | take the required amount If NO pl required Yes | ease explain why Ni Ye | D IS | Q2: I feel improv mood No |
| ay 10 Did you take the required amount Yes Yes Yes | If NO please explain why | Q1: I feel more energefic No Yes No | Q2: I feel improved mood No No | take the required amount Yes Yes Yes | J If NO please G | energetic No Yes No | No No No | Day 12 Did you take the If N required exp amount Yes Yes Yes | D please lain why Q1: I feel more energetic No Yes No | Q2: I feel improved mood No No | take the required amount Yes Yes Yes | ease explain why View hy View hy National States National Stat | | Q2: I feel improv mood No No |
| the required amount Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energetic No Yes No Yes | 32: I feel improved mood No No No Yes | take the required amount Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes | Mo No No Yes | Day 12 Did you take the if N required exp amount Yes Yes Yes | D please lain why Yes No Yes | Q2: I feel improved mood No No Yes | d take the required amount Yes Yes Yes Yes Yes | ease explain why Ni Ye Ye Ye |) 15) 15 | Q2: I feel improv mood No No Yes |
| y 10 Did you take the required amount Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energefic No Yes No Yes No | Q2: I feel improved mood No No No Yes No | take the required amount Yes Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes No Yes No No | Mo No No Yes No | Day 12 Did you take the the the required exp amount Yes Yes Yes Yes Yes | D please lain why No Yes No Yes No | Q2: I feel improved mood No No Yes No | I take the required amount If NO pl amount Yes Yes Yes Yes Yes | ease explain why R1: I feel more Ye Nk | | Q2: I feel impro mood No No Yes No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energetic No Yes No Yes No No | 22: I feel improved mood No No Yes No No | take the required amount Yes Yes Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes No No No | mood No No Yes No No | Day 12 Did you take the if N required exp amount Yes Yes Yes Yes Yes Yes Yes | D please lain why Yes No Yes No No No No | Q2: I feel improved mood No No Yes No No | Itake the required amount If NO pl required Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | ease explain why | | Q2: I feel improv mood No No Yes |
| ay 10 Did you take the required amount Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energefic No Yes No Yes No | Q2: I feel improved mood No No No Yes No | take the required amount Yes Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes No Yes No No | Mo No No Yes No | Day 12 Did you take the the the required exp amount Yes Yes Yes Yes Yes | D please lain why No Yes No Yes No | Q2: I feel improved mood No No Yes No | I take the required amount If NO pl amount Yes Yes Yes Yes Yes | ease explain why R1: I feel more Ye Nk | | Q2: I feel improv mood No No Yes No No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energetic No Yes No No Yes No No No | 22: I feel improved mood No No Yes No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | No Yes | mood No No Yes No No No No No | Day 12 Did you take the travel amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | D please Iain why No Yes No Yes No No Yes No No No No No | Q2: I feel improved mood No No Yes No No No No No | d take the required amount If NO pl res Yes | ease explain why Q1: I feel more Ye Ni Ye Ye Ni Ni Ye Ni | | Q2: I feel improv mood No No Yes No No No No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energetic No Yes No Yes No Yes No Yes | 22: I feel improved mood No No Yes No No No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes No Yes No Yes No No No No No No No No | mood No No Yes No No No No No No | Day 12 Did you take the travel of N required exp amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | D please lain why No Yes No Yes No Yes No Yes No No No No No No No No | Q2: I feel improved mood No No Yes No No No No No No | d take the required amount If NO pl required Yes Yes | ease explain why | | Q2: I feel improv mood No No No No No No No Yes |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energetic No Yes No No Yes No No No No No | 22: I feel improved mood No No Yes No No No No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes No Yes No Yes No | No No No Yes No | Day 12 Did you take the required exp amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | D please Iain why Rain why Yes No Yes No Yes No No No No No No No | Q2: I feel improved mood No No Yes No No No No No No No | Itake the required amount If NO pl res Yes | ease explain why Q1: I feel more Yes No. Yes No. No. No. Yes No. No. Yes No. No. Yes No. No. Yes No. No. No. No. No. No. No. No. No. No. | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | Q2: I feel improv mood No No No No No No No No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energefic No Yes No Yes No Yes No Yes No Yes No Yes No Yes No No | 22: I feel improved mood No No No Yes No No No No No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes No | mood No | Day 12 Did you take the exp amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | D please lain why Ples No Yes No Yes No No No No No No No No No No No No No | Q2: I feel improved mood No No Yes No No No No No No No No | Itake the required amount If NO pl res Yes Yes | ease explain why Q1: I feel more why Q1: I feel more N Ye N N Ye N N N Ye N N Ye N N Ye N N N Ye N N N N | 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 0 | Q2: I feel improv mood No No No No No No No Yes No No No No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energefic No Yes No Yes No Yes No No Yes No No No No No No No No No No | 22: I feel improved mood No No Yes No No No No No No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | No No Yes No Yes No Yes No | Mood No | Day 12 Did you take the required exp amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | D please Iain why Q1: I feel more energetic No Yes No Yes No Yes No | Q2: I feel improved mood No No Yes No No No No No No No No No | Itake the required amount If NO pl amount Yes | ease exploin why Q1: I feel more yes yes No yes No yes No | 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 | Q2: I feel improv mood No No No No No No No No No No No No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energefic No Yes No No Yes No Yes No Yes No No Yes No No Yes | 22: I feel improved mood No No No No No No No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes No | mood No | Day 12 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | D please lain why No Yes No Yes No No Yes No No No No No No No No No No No No No | Q2: I feel improved mood No No | Itake the required amount If NO pl res Yes | ease explain why Q1: I feel more why Ni Ve Ve Ni Ni Ve Ni Ni Ve Ni | 0 15 15 15 15 15 15 15 15 15 15 | Q2: I feel improv mood No No No No No No No No No No No No No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energetic No Yes No Yes No Yes No Yes No No No No Yes No Yes Yes | 22: I feel improved mood No No Yes No No No No No No No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | No Yes No Yes No Yes No Yes Yes | mood No | Day 12 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | D please contract of the second secon | Q2: I feel improved model No No Yes No No No No No No No No No Yes | Itake the required amount If NO pl regularity Yes | ease explain why Q1: I feel more why Q1: I feel more Ye N N N N N N N N N N N N N N N N N N | 0 15 0 15 0 15 0 0 0 0 0 0 0 0 0 0 0 0 0 | Q2: I feel improv mood No No Yes No No No No No No No No No No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energefic No Yes No No Yes No Yes No Yes No No Yes No No Yes | 22: I feel improved mood No No No No No No No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes No | mood No | Day 12 Did you take the required amount If Nr exp amount Yes If Nr exp amount Yes Yes | D please lain why No Yes No Yes No No Yes No No No No No No No No No No No No No | Q2: I feel improved mood No No | Itake the required amount If NO pl res Yes | ease explain why Q1: I feel more why Ni Ve Ve Ni Ni Ve Ni Ni Ve Ni | 0 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 05 1 | Q2: I feel improv mood No No No No No No No No No No No No No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energetic No Yes No Yes No Yes No No No No No No No No No No | No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | energetic No Yes No Yes No Yes No Yes No No | Mood No | Day 12 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | D please Q1: I feel more energetic No No Yes No No Yes No No No No No No No No No No No Yes No No Yes No No No No No No No No No No No No No | Q2: I feel improved mood No No Yes No No No No No No No No No No No No No | Itake the required amount If NO pl regulared Yes Yes | ease explain why Q1: I feel more years Ye NN NN Ye NN NN NN Ye NN | D D S S D D D S S D D D D D S S D D D D | Q2: I feel improv mood No No No No No No No No No No No No No |
| ay 10 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energefic No No Yes No No Yes No No Yes No No No No No No No No No No No Yes No No No Yes | 22: I feel improved mood No No No No No No No No No No | Take the required amount Yes Yes | J If NO please G | energetic No Yes No Yes No No | mood No No | Day 12 Did you take the required amount If N exp amount Yes If Ne Yes Yes Yes Yes | D please Q1: I feel more energetic No Yes No Yes No No No No No No No No No Yes No No No No No No No No No No No No No | Q2: I feel improved mood No No No Yes No No No No No No Yes Yes No No No Yes | Itake the required amount If NO pl res Yes 1 Yes 1 | ease explain why Q1: I feel more why Q1: I feel more N Ye N Ye N N Ye N N Ye N N Ye N Ye N | D D D Sis | Q2: I feel improv mood No No </td |
| Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | If NO please explain why | Q1: I feel more energetic 0 No Yes No Yes No Yes No Yes No No Yes No No Yes No Yes No Yes No No No No Yes No No No | 22: I feel improved mood No No No Yes No No No No No No No No No No | take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | J If NO please G | No No Yes No Yes No Yes No Yes No | mood No No No Yes No | bay 12 Did you take the required amount Yes Yes Yes Yes Yes Yes Yes Yes Yes Yes | D please Iain why Control Control Cont | Q2: I feel improved mood No No | Itake the required amount If NO pl amount Yes | ease explain why Q1: I feel more years Of the second secon | D 0 D 0 SS 0 D 0 | Q2: I feel improv mood No No No No No No No No No No No No No |

| 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 | lf NO please explain why | Q1: I feel more energetic | Q2: feel improved mood | Day 16 Did you take the required amount | lf NO please explain why | Q1: I feel more energetic | Q2: I feel improved moo |
|---|--------------------------|---|---|--|--------------------------|--|--|---|--------------------------|---|---|
| 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 Yes | | No No | No | Yes Yes | | No No | No No | Yes Yes | | No | No No |
| Yes | 1 | 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 Yes | | No Yes | No Yes | Yes Yes | | No Yes | No Yes | Yes Yes | | No Yes | No Yes |
| Yes | | No | No | Yes | | No | No | Yes | | No | No |
| | | | | 163 | | | | | | | |
| 100.00% | | 35.00% | 25.00% | 100.00% | | | | | | 40.00% | 25.00% |
| <u>100.00%</u> 0.00% | | 35.00% 65.00% | 25.00% 75.00% | 100.00% 0.00% | | 30.00% 70.00% | 25.00% 75.00% | 100.00% 0.00% | | 40.00% 60.00% | 25.00% 75.00% |
| 0.00% Day 17 Did you | f NO please explain why | 65.00% | 75.00% | 0.00% Day 18 Did you | If NO please explain why | 30.00% 70.00% | 25.00% 75.00% | 100.00% | If NO please explain why | | 75.00% |
| 0.00% Day 17 Did you ake the required | f NO please explain why | 65.00% | 75.00% | 0.00% Day 18 Did you take the required | If NO please explain why | 30.00% 70.00% | 25.00% 75.00% | 100.00% 0.00% Day 19 Did you take the required | If NO please explain why | 60.00% | 75.00% |
| 0.00% Day 17 Did you ake the required amount | f NO please explain why | 65.00% Q1: I feel more energetic | 75.00% Q2: I feel improved mood | 0.00% Day 18 Did you take the required amount | If NO please explain why | 30.00% 70.00% Q1: I feel more energetic | 25.00% 75.00% Q2: I feel improved mood | 100.00% 0.00% ay 19 Did you take the required amount | lf NO please explain why | 60.00% Q1: I feel more energefic | 75.00% Q2: I feel improved mo |
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| ay 20 Did you take the required amount | If NO please exp | olain why | | • | Q2: I feel improved mod | amount | If NO please explain why | Q1: I feel more energetic | Q2: I feel improv mood | required amount | If NO please explain why | energetic | Q2: I feel improve 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 | 1 | 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 |
| Yes 100.00% | | | 31 | No 0.00% | No 35.00% | Yes 100.00% | | No 30.00% | No 30.00% | Yes 100.00% | | No 30.00% | No 30.00% |
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| 100.00% 0.00% | f NO please explain why | Q1: I feel mo | 30 | 0.00% | 35.00% 65.00% | 100.00% | Q1: I feel more | 30.00% 70.00% | 30.00% 70.00% | 100.00% 0.00% | ease explain why | 30.00% | 30.00% |
| 100.00% 0.00% ay 23 Did you take the required amount | | | 30 70 ore energetic | 0.00% 0.00% Q2: I feel improve mood | d Day 24 Did you take the required amount | 100.00% 0.00% | | 30.00% 70.00% | 30.00% 70.00% | 25 Did you take the required amount | please explain why | 30.00% 70.00% Q1: I feel more energetic | 30.00% 70.00% Q2: I feel improved m |
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| 100.00% 0.00% utake the required amount Yes | | N Yi N Yi N N N N N N N N N N N N N N N | 31 71 ore energetic lo es lo lo lo lo lo lo lo lo lo lo lo lo lo | Q2: I feel improve mood No Yes No Yes No No No No No No No No No | 35.00% 65.00% d Day 24 Did you take the required amount Yes | 100.00% 0.00% | No Yes No Yes No Yes No No No No | 30.00% 70.00% | 30.00% 70.00% Improved mood No Yes No Yes No Yes No | 100.00% 0.00% v25 Did you take the required amount Yes | explain why | 30.00% 70.00% 70.00% Q1: I feel more energetic No Yes No Yes No Yes No | 30.00% 70.00% Q2: I feel improved n No No No Yes No No Yes No No No No No No No No No No No No |
| 100.00% 0.00% ay 23 Did you take the required amount Yes | | N Yi N N N Yi Yi N N N N N N N N N N N N | 3 7 7 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 9 | N00% 0.00% 0.00% Q2: I feel improve mood No No Yes No Yes No Yes No Yes No No | 35.00% 65.00% d Day 24 Did you take the required amount Yes | 100.00% 0.00% | No Yes No Yes No Yes No No No No No | 30.00% 70.00% | 30.00% 70.00% Improved mood No Yes No Yes No Yes No | 100.00% 0.00% 0.00% take the required amount Yes | ease explain why | 30.00% 70.00% Q1: I feel more energetic No Yes No Yes No Yes No Yes No | 30.00% 70.00% Q2: I feel improved n No No Yes No No Yes No No No No No No No No No No No No No |
| 100.00% 0.00% according to the second sec | | N Y. N Y. N N Y. Y. N N N N N Y. Y. Y. Y. Y. Y. | 31 71 07 e energefic 10 10 10 10 10 10 10 10 10 10 10 10 10 | Q2: I feel improve mood No Yes No Yes No | 35.00% 65.00% d Day 24 Did you take the required amount Yes | 100.00% 0.00% | No Yes No Yes No No No No No No No Yes | 30.00% 70.00% | 30.00% 70.00% Improved mood No Yes No Yes No No < | 100.00% 0.00% v25 Did you take the required amount Yes | lease explain why | 30.00% 70.00% 70.00% Q1: I feel more energetic No Yes No Yes No | 30.00% 70.00% 70.00% 90% 90% 90% 90% 90% 90% 90% 90% 90% |
| 100.00% 0.00% occorrelation take the required amount Yes | | N N N N N N N N N N N N N Y Y Y Y Y Y | 31 71 72 73 74 74 74 74 75 75 75 75 75 75 75 75 75 75 | 0.00% 0.00% 0.00% 0.00% 0.00% 0.00% 0.00% 0.00% No No Yes No No No | 35.00% 65.00% d Day 24 Did you take the required amount Yes | 100.00% 0.00% | No Yes No Yes No Yes No No No No No No Yes Yes | 30.00% 70.00% | 30.00% 70.00% Improved mood No Yes No Yes No Yes No Yes No Yes Yes | 100.00% 25 Did you take the required amount Yes | Jease explain why | 30.00% 70.00% 70.00% Q1: I feel more energetic No Yes No Yes No Yes No Yes Yes Yes | 30.00% 70.00% 70.00% Q2: I feel improved m No No Yes No No No Yes No No No Yes Yes Yes |
| 100.00% 0.00% 0.00% take the required amount Yes | | N Y Y N N N N N N N N N N N N N N N N N | 31 71 07 e energefic 10 10 10 10 10 10 10 10 10 10 10 10 10 | Q2: I feel improve mood No Yes No Yes No | 35.00% 65.00% d Day 24 Did you take the required amount Yes | 100.00% 0.00% | No Yes No Yes No No No No No No No Yes | 30.00% 70.00% | 30.00% 70.00% Improved mood No Yes No Yes No No < | 100.00% 0.00% v25 Did you take the required amount Yes | explain why | 30.00% 70.00% 70.00% Q1: I feel more energetic No Yes No Yes No | 30.00% 70.00% 70.00% 90% 90% 90% 90% 90% 90% 90% 90% 90% |
| 100.00% 0.00% 0.00% utake the required amount Yes | | N Y Y N N Y Y N N N N N N N Y Y Y Y Y N | 3 7 7 7 7 7 7 7 7 7 7 7 7 7 | 0.00% 0.00% 0.00% 0.00% Q2: I feel improve mood No No Yes No Yes No Yes No Yes No No No No No No No No Yes No No No No No No No | 35.00% 65.00% d Day 24 Did you take the required amount Yes | 100.00% 0.00% | No Yes No Yes No No No No No No No No No No No No | 30.00% 70.00% | 30.00% 70.00% Improved mood No Yes No Yes No Yes No No Yes No Yes No No No No Yes No Yes No | 100.00% 0.00% 100.00% | blease explain why | 30.00% 70.00% 70.00% Q1: I feel more energetic No Yes No Yes No Yes No Yes No No No No No No No | 30.00% 70.00% 70.00% Q2: I feel improved n No No Yes No No No No No No No No No No No No No |
| 100.00% 0.00% take the required amount Yes | | N Y Y N N N N N N N N N N N N N N N N N | 3 7 7 7 7 7 7 7 7 7 7 7 7 7 | N00% 0.00% 0.00% Q2: I feel improve mood No No Yes No Yes No Yes No No | 35.00% 65.00% d Day 24 Did you take the required amount Yes Yes | 100.00% 0.00% | No Yes No Yes No No No No No Yes Yes No No Yes | 30.00% 70.00% | 30.00% 70.00% 70.00% Improved mood No Yes No Yes No Yes No Yes No No | 100.00% 25 Did you take the required amount If NO required Yes If NO required Yes Yes | lease explain why | 30.00% 70.00% 70.00% Q1: I feel more energetic No Yes No Yes No Yes No Yes No No | 30.00% 70.00% 70.00% 00% 00% 00% 00% 00% 00% 00% 00% 00 |
| 100.00% 0.00% according take the required amount Yes Yes < | | N Y Y N Y N N N N N N N N N N N N N | 31 71 71 71 71 71 71 71 71 71 71 71 71 71 | Q2: I feel improve mood No No Yes No Yes No | 35.00% 65.00% d Day 24 Did you take the required amount Yes Yes | 100.00% 0.00% | No Yes No Yes No No No No No No No Yes Yes No No No No | 30.00% 70.00% energetic Q2: I fee | 30.00% 70.00% 70.00% Improved mood No Yes No Yes No Yes Yes Yes No | 100.00% 0.00% v25 Did you take the required amount Yes | Jease explain why | 30.00% 70.00% 70.00% Q1: I feel more energetic No Yes No Yes No | 30.00% 70.00% 70.00% 70.00% 70% No No No No No No No No No No No No No |
| 100.00% 0.00% take the required amount Yes | | N N N N N N N N N N N N N N N N N N N | 31 71 71 71 71 71 71 71 71 71 71 71 71 71 | N00% 0.00% 0.00% Q2: I feel improve mood No No Yes No Yes No Yes No No | 35.00% 65.00% d Day 24 Did you take the required amount Yes Yes | 100.00% 0.00% | No Yes No Yes No No No No No Yes Yes No No Yes | 30.00% 70.00% energetic Q2: I fee | 30.00% 70.00% 70.00% Improved mood No Yes No Yes No Yes No Yes No No | 100.00% 25 Did you take the required amount If NO required Yes If NO required Yes Yes | ease explain why | 30.00% 70.00% 70.00% Q1: I feel more energetic No Yes No Yes No Yes No Yes No No | 30.00% 70.00% 70.00% Q2: I feel improved n No No Yes No No Yes No No No Yes No No No No No Yes No No Yes No No Yes No No Yes |

| | RP REPORT: N | 01032/141 | | | | | | | | 20 00001 | mber 2019 |
|--|--------------------------|---------------------------|--------------------------|--|--------------------------|---------------------------|--------|---|--------------------------|---------------------------|------------------------|
| 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 | | Day 28 Did you take the required amount | If NO please explain why | Q1: I feel more energetic | Q2: I feel improved mo |
| 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 | Nó | 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% |

| CORP REPORT: NUTUSE7M 20th DIX 8: COMPLETE SELF PERCEPTION QUESTIONNAIRE – PRODUCT A 20th | | | | | | | | |
|---|---|--|---|--|---|--|--|--|
| 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 tak this product? | | | |
| 1 | Agree | Agree | Neither Agree Nor Disagree | Agree | Agree | | | |
| | Agree | Agree | Agree | Agree | Agree | | | |
| | Agree | Agree | Strongly Agree | Agree | Neither Agree Nor Disagr | | | |
| | Agree | Agree | Agree | Strongly Agree | Agree | | | |
| | Strongly Agree | Agree | Agree | Agree | Agree | | | |
| | Agree | Strongly Agree | Neither Agree Nor Disagree | Agree | Strongly Agree | | | |
| | Agree | Agree | Agree | Strongly Agree | Strongly Agree | | | |
| | Strongly Agree | Strongly Agree | Strongly Agree | Strongly Agree | Strongly Agree | | | |
| | 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 Disagr | | | |
| 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 Disagr | | | |
| 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 Disagr | | | |
| 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 Disagr | | | |
| 29 | Agree | Agree | Neither Agree Nor Disagree | Agree | Agree | | | |
| 30 | Agree | Agree | Agree | Agree | Agree | | | |

| PCR CORP REPORT: | 20th December 2019 | | | | | | | | | |
|---|--|---|--|---|--|---|--|--|--|--|
| 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 REPORT: NUTUS | SE7M | | R CORP REPORT: NUTUSE7M | | | | | | | | | |
|---|---|---|---|---|--|--|--|--|--|--|--|--|
| 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 | | | | | | | | |

| 18. 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 |

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? | Q3.1 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 REPORT: NUTUSE7 | M | | | 20 th December 2019 |
|--|---|---|---|---|
| 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 REPORT: NUTUSE | 7M | | | 20 th December 2019 |
|--|--|---|--|---|
| 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 REPORT: NUTUSE7M 20th December 2019 | | | | | |
|---|---|--|---|---|--|
| 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? |
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