A SINGLE-BLIND, RANDOMIZED HOME-USE STUDY, IN 50 HEALTHY MALE OR FEMALE SUBJECTS (ALL WITH SELF-ASSESSED OR DIAGNOSED NAFLD), TO EVALUATE THE EFFICACY OF AN ACTIVE SUPPLEMENT IN TREATING ABDOMINAL BLOATING AND INDIGESTION WHEN COMPARED TO A PLACEBO, MEASURED BY SELF-PERCEPTION QUESTIONNAIRES (SPQ).

Prepared for:

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Draft Report v1: 5th July 2020
Draft Report v2: 17th July 2020
Final report:

A SINGLE-BLIND, RANDOMIZED HOME-USE STUDY, IN 50 HEALTHY MALE OR FEMALE SUBJECTS (ALL WITH SELF-ASSESSED OR DIAGNOSED NAFLD), TO EVALUATE THE EFFICACY OF AN ACTIVE SUPPLEMENT IN TREATING ABDOMINAL BLOATING AND INDIGESTION WHEN COMPARED TO A PLACEBO, MEASURED BY SELF-PERCEPTION QUESTIONNAIRES (SPQ).

PCR CORP REPORT NO: NUTUSE8M

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 July 2020

Jack Donnelly
(Project Manager)

.....

Date 20th July 2020

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.

Brent Brown

(Quality Assurance)

.....

Date 20th July 2020

CONTENTS

1 SUMMARY

Title: A single-blind, randomized home-use study, in 50 healthy male or female subjects (All with self-assessed or diagnosed NAFLD), to evaluate the efficacy of an active supplement in treating abdominal bloating and indigestion when compared to a placebo, measured by self-perception questionnaires (SPQ).

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

Test Articles:

1. (A) – Active – NUTREANCE LIVER HEALTH VEGETABLE CAPSULES
2. (B) - Placebo

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

Type of subjects: Healthy male & female volunteers aged over 18 years (all with either self-assessed risk of a fatty liver or have been diagnosed with non-alcoholic fatty liver disease).

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

Conclusion: As can be seen from the data the product (Product A) performed highly favourably under Clearcast guidelines, over the 28 day period shown by Top 2 responses (Strongly agree + Agree) being >80% (regarded as highly favourable) in all but 5 questions, however the remaining questions showed a majority preference (>50% favourability) and therefore claims can still be substantiated.

Claims Substantiated:

- 80.00% of subjects agreed they felt more energy after 28 days of use.
- 80% of subjects had improved digestion with less heartburn after 28 days of use.
- 90.00% of subjects agreed they had less bloating.
- 96.67% of subjects agreed they had less ingestion after 28 days of use.
- 93.33% of subjects agreed they had less abdominal bloating after 28 days.

- within 28 days 96.67% of subjects noticed less ingestion
- within 28 days 96.67% of subjects felt less abdominal bloating
- 4 out of 5 reported increased energy levels
- 4 out of 5 respondents reported less abdominal bloating within 10 days

For further claims, please refer to table 3.

Duration of study: Started: w/c 25th May 2020

Ended: w/e 22nd June 2020

Location: PCR Corp
667A Stockport Road
Ardwick
Manchester
M12 4QE
United Kingdom

2 KEY STUDY PERSONNEL AND RESPONSIBILITIES

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

3 INTRODUCTION AND OBJECTIVES

The objective of this study was to evaluate the efficacy of an active supplement in treating abdominal bloating and indigestion when compared to a placebo, measured by self-perception questionnaires (SPQ).

With the aim of supporting the following targeted claims proposed by sponsor:

93.33% of subjects reported less abdominal bloating.

96.67% of subjects reported less indigestion.

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

4 STUDY DESIGN

Single-blind, randomised home-use study.

5 SELECTION OF SUBJECTS

5.1 Screening

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

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

5.2 Inclusion criteria

a) Healthy male & female volunteers aged over 18 years (all with either self-assessed risk of a fatty liver or have been diagnosed with non-alcoholic fatty liver disease).

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 TEST ARTICLES

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

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

1. (A) – Active - NUTREANCE LIVER HEALTH VEGETABLE CAPSULES
2. (B) - Placebo

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

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

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

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

7 STUDY PROCEDURE

a) Study Outline

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

b) Test Article Use

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

c) Self-Perception Questionnaire (SPQ)

At the end of the study subjects completed an online SPQ on how the test product reduced abdominal bloating and indigestion.

8 STUDY ETHICS

8.1 Declaration of Helsinki

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

8.2 Subject consent

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

8.3 Indemnity Provision

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

9 RESULTS

9.1 Location and dates of the study

The study was performed at PCR Corp in the United Kingdom, between 25th May 2020 and 22nd June 2020.

9.2 Subjects

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

Table 1:

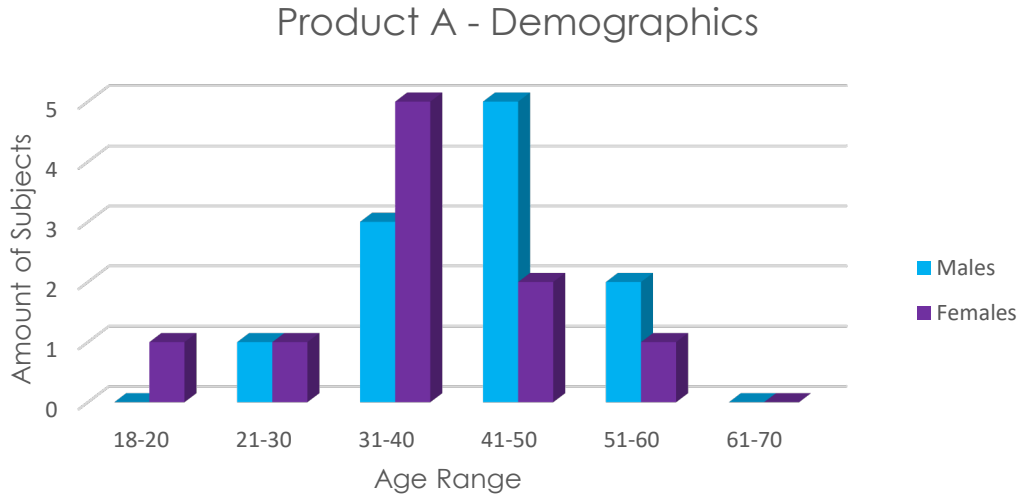
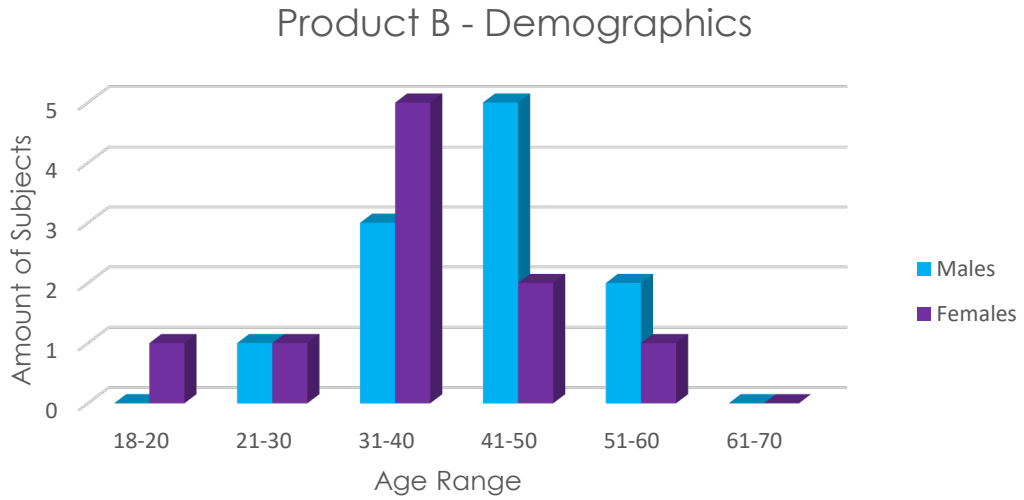


Table 2:

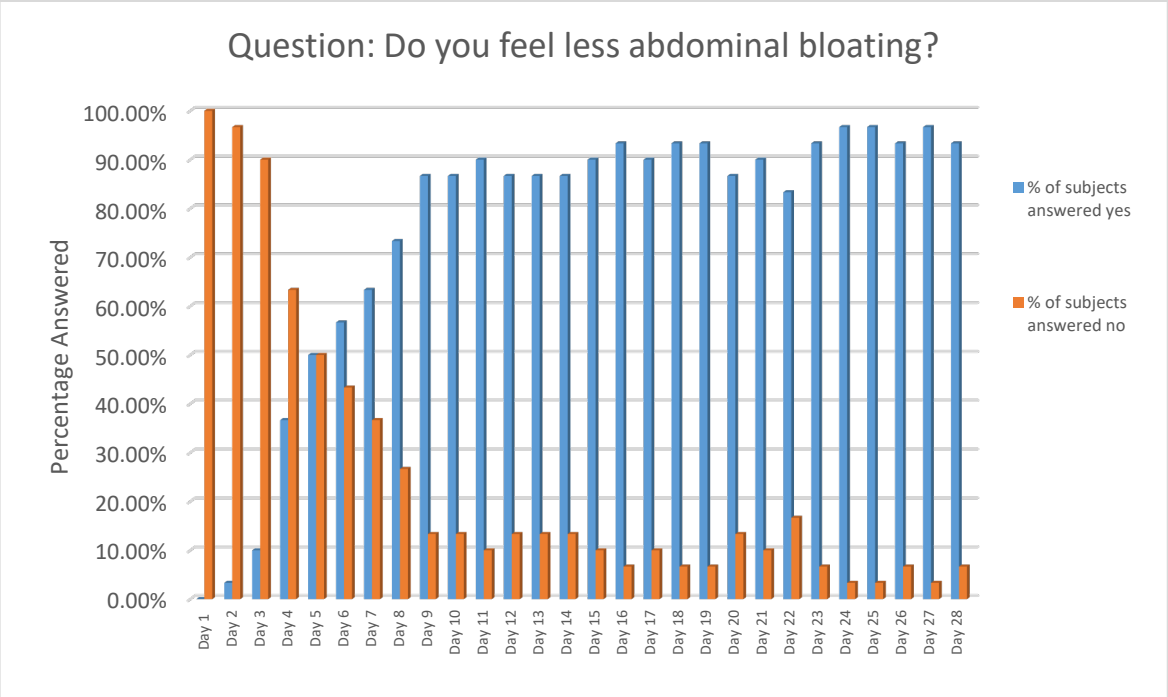


9.3 Adverse events, adverse reactions and subjects not completing the study

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

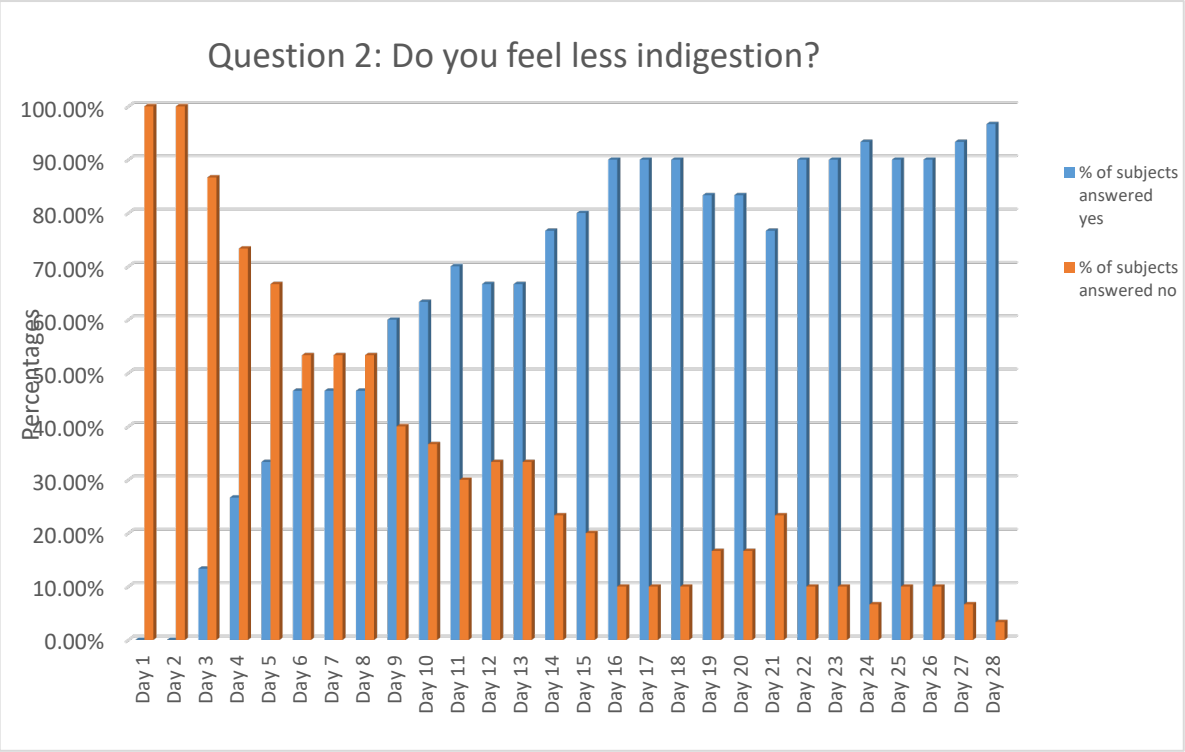
9.4 Subject Diary Questions

Figure 1:



As can be seen from the data, within 21 days, 90.00% of subjects reported an improvement in abdominal bloating. After 28 days 93.33% of subjects agreed they felt less abdominal bloating.

Figure 2:



As can be seen from the data above, after 21 days of use, 76.67% of subjects agreed they felt less indigestion. After 28 days, 96.67% of subjects reported an less indigestion

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).
Did your waistline shrink?	73.33%	20.00%
Did you lose weight?	70.00%	25.00%
Did you experience a reduction in abdominal pain?	80.00%	30.00%
Do you feel more energetic?	80.00%	30.00%
Do you notice less fatigue?	83.33%	20.00%
Did you notice improved digestion?	80.00%	20.00%
Do you experience less heartburn?	80.00%	25.00%
Is your urine now a normal color?	70.00%	30.00%
Do you have less fluid retention in your ankles and feet?	80.00%	30.00%
Do you have improved mental clarity?	76.67%	25.00%
Are you less bloated?	90.00%	35.00%
Is it easier to maintain a normal, healthy diet?	83.33%	40.00%
Is your skin less itchy?	86.67%	50.00%
Is your skin less dry?	76.67%	30.00%

9.6 Conclusions

As can be seen from the data the product (Product A) performed highly favourably under Clearcast guidelines, over the 28 day period shown by Top 2 responses (Strongly agree + Agree) being >80% (regarded as highly favourable) in all but 5 questions, however the remaining questions showed a majority preference (>50% favourability) and therefore claims can still be substantiated.

Claims Substantiated:

- 80.00% of subjects agreed they felt more energy after 28 days of use.
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- Within 28 days 96.67% of subjects felt less abdominal bloating.
- 4 out of 5 reported increased energy levels.
- 4 out of 5 respondents reported less abdominal bloating within 10 days.

For further claims, please refer to table 3.

APPENDIX 1: SUBJECT CONSENT FORM

Study Code: NUTUSE8M

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 reducing fatigue and increasing energy.

TEST ARTICLES
The test article is a supplement to reduce abdominal bloating and indigestion. 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 28 – 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 Name Printed: First Middle Initial Last

_____

Subject's Signature Date

_____

Signature of Person Conducting Consent Discussion Date

_____

Subject Number

APPENDIX 2: SUBJECT INFORMATION SHEET

Study Code: NUTUSE8M

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:

1st Visit – Study Day 0 – 25th May 2020
2nd Visit – Study Day 29 – 22nd June 2020

Please follow the usage instructions below:

Directions
- Take two Hepagards per day in the morning with 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 8th June, 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 INITIALS		
MALE/FEMALE		
AGE		
SUBJECT NUMBER		

Study Code: NUTUSE8M

STRICTLY CONFIDENTIAL

Inclusion Criteria		Yes	No
1.	Healthy male & female volunteers aged over 18 years (all with either self-assessed risk of a fatty liver or have been diagnosed with non-alcoholic fatty liver disease).	☐	☐
2.	Subject has completed a written informed consent.	☐	☐
Exclusion Criteria		Yes	No
1.	Subject is pregnant, nursing, or planning to become pregnant	☐	☐
2.	A current skin disease of any type at the test site (e.g. eczema, psoriasis)	☐	☐
3.	Subject is currently on prescription medication that may affect the result of the study.	☐	☐
4.	History of malignant disease	☐	☐
5.	Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease, which in the opinion of the Investigator would compromise the safety of the subject;	☐	☐
6.	History of asthma requiring regular medication.	☐	☐
7.	Known sensitivity to the test article, similar materials or their constituents.	☐	☐
8.	Subject is not currently participating, at PCR or other clinical testing facility, in a study utilizing similar products or with conflicting inclusion/exclusion criteria.	☐	☐
Prohibitions and Restrictions		Yes	No
1.	Subjects agree to use the trial product assigned as instructed.	☐	☐

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

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

Questionnaire checked and confirmed by:

_____ _____

Signature Date

APPENDIX 4: TEST ARTICLES INCI LISTINGS

Active Supplement (A) – Nutreance Thyroid Support Vegetable Capsules

S No	RM Code	Label Claim	Unit	Ingredients	Actual Unit Wt	Unit	Source	OV	Required per Batch in KG	Actual Wt	RM Lot#	Weighed By/Date	Checked By/Date
1	RM-0313	150	mg	Milk Thistle 80% Extract	153	mg	Milk Thistle 80% Extract (80% silymarin)	2%					
2	RM-0321	100	mg	N-Acetyl-L-Cysteine	104.1	mg	N-Acetyl-L-Cysteine (98%)	2%					
3	RM-0149	50	mg	Dandelion Root Powder	50	mg	Dandelion Root Powder						
4	RM-0901	40	mg	Artichoke Leaf Powder	40	mg	Artichoke Leaf Powder						
5	RM-0115	10	mg	Choline Bitartrate	10.5	mg	Choline Bitartrate (98%)	2%					
6	CA-0002				100	mg	Size #0 Vegetable Capsules						
7	RM-0257				72.4	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,

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 0161 791 1797 during business hours, 9:00am to 5:00pm.

PLEASE USE BLACK INK

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

Comments _____

_____

APPENDIX 6: SELF-PERCEPTION QUESTIONNAIRE

NUTUSE8M: Self-Perception Questionnaire (Post-Treatment)

Subject details

Initials ……

Age ……

Q1. Did your waistline shrink?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q2. Did you lose weight?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q3. Did you experience a reduction in abdominal pain?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q4. Do you feel more energetic?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q5. Do you notice less fatigue?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q6. Do you notice improved digestion?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q7. Do you experience less heartburn?.
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q8. Is your urine now a normal color?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q9. Do you have less fluid retention in your ankles and feet?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q10. Do you have improved mental clarity?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □
Agree…… □
Strongly agree…… □

Q11. Are you less bloated?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □

Q12. Is it easier to maintain a normal, healthy diet?
Strongly disagree…… □
Disagree…… □
Neither agree nor disagree…… □

Agree..... □
Strongly agree..... □

Agree..... □
Strongly agree..... □

Q13. Is your skin less itchy?
Strongly disagree..... □
Disagree..... □
Neither agree nor disagree..... □
Agree..... □
Strongly agree..... □

Q14. Is your skin less dry?
Strongly disagree..... □
Disagree..... □
Neither agree nor disagree..... □
Agree..... □
Strongly agree..... □

*For Individual SPQ and daily question responses, please refer to the data sheets provided to the sponsor.