

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

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

PCR CORP REPORT NO: NUTUSE9M

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 trial. The aspects of the trial conducted by PCR Corp were performed, where relevant, in accordance with the principles of Good Clinical Research Practice.

Barrie Drewitt
(Principal Investigator)

B. Drewitt
.....

20 / 09 / 2023
Date

Cassie Newall
(Project Manager)

C. Newall
.....

22 / 09 / 2023
Date

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.

Bryan Baker
(Quality Assurance)

B. Baker
.....

21 / 09 / 2023
Date

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1. SUMMARY

Title:	A single-blind, randomized home-use study, in 50 healthy male and female subjects (all with self-assessed or diagnosed digestive or bowel issues), to evaluate the efficacy of an active supplement in treating gastrointestinal distress when compared to a placebo, measured by self-perception questionnaires (SPQ).
Study design:	Single-blind, randomised home-use study.
Test Article:	1. Probiotic 3Biome 2. Placebo
Study Duration:	30 days
Number of subjects:	50
Type of subjects:	Healthy male and female volunteers, aged 40 and over with self-assessed digestion issues, bowel irregularity, and regular bloating affecting waist size. 30 Subjects to take Test Article. 20 Subjects to take Placebo.
Study Method:	Subject exclusion <ul style="list-style-type: none">• No subjects diagnosed medically with a digestive disorder.• No subjects on prescription medication<ul style="list-style-type: none">- Birth control allowed as long as prescription has not been changed in the last 6 months prior to the start of the study.• No pregnant subjects or subjects planning to become pregnant.• No subjects who are currently breastfeeding.• No subjects currently taking a probiotic.<ul style="list-style-type: none">- Over the counter antacids allowed. Subjects attended the study facility (baseline) where informed consent and eligibility were verified. Once accepted, subjects were instructed on how to take the supplement as per Sponsor instruction.

Subjects were issued the product to use for 30 days along with a daily diary to record any adverse effects.

Subjects returned to the study facility at end of study to complete an SPQ.

Claims Substantiated:

100.00% of subjects would recommend Probiotic 3Biome to a friend or family member. 96.67% felt that not only did their overall gut health improve but that they also spent less time in the bathroom each day. 100.00% of subjects agreed that they experienced less digestive discomfort in just 30 days of twice daily use. 96.67% of subjects experienced less heartburn and indigestion in just 30 days. 93.33% of subjects felt they were able to digest foods more easily after just 30 days. After 30 days of use 100.00% of subjects felt their stomach was less upset. 100.00% of subjects experienced less gas in after just 30 days. 96.67% of subjects experienced less belching or flatulence after 30 days. After 30 days of twice daily use 100.00% of subjects experienced less stomach discomfort. 93.33% of subjects agreed they experienced less abdominal bloating after using Probiotic 3Biome for 30 days. 86.67% of subjects noticed a trimmer waistline after just 30 days. After 30 days of twice daily use 100.00% of subjects noticed more regular bowel movements. 93.33% of subjects agreed that they experienced less bowel urgency. 93.33% of subject agreed that they benefited from more predictable bowel movements after 30 days of twice daily use.

Study start date: w/c 17th July 2023

Study end date: w/c 14th August 2023

Location: PCR Corp
164A Plymouth Grove
Ardwick
Manchester
Greater Manchester
M13 0AF, UK

2. KEY STUDY PERSONNEL AND RESPONSIBILITIES

Key personnel	General responsibilities
<p>Principal Investigator (PI) Barrie Drewitt PCR Corp 310 S MacDill Ave Suite 100 Tampa FL 33609 USA Tel: +1 813-864-7364</p>	<p>The Principal Co-ordinator (PC) was responsible for ensuring sufficient resources were available to conduct the study and was responsible for the study design, review of the study protocol and report and ensuring that they concurred with the study design and findings reported.</p>
<p>Project Supervisor (PS) Andrew King PCR Corp 164A Plymouth Grove Ardwick Manchester Greater Manchester M13 0AF United Kingdom Tel: 01617 911797</p>	<p>The Project Supervisors (PS) were responsible for the conduct of the study on a daily basis.</p>
<p>Project Manager (PM) Cassie Newall PCR Corp 8 Richmond Road Dukes Park Chelmsford Essex CM2 6UA United Kingdom Tel: 01245 934050</p>	<p>The Project Manager (PM) will be involved with the study design, compilation of study results, and writing the study protocol and report.</p>
<p>Project Co-ordinator (PC) Dan Watters Nutreance 401 Riversville Rd. Greenwich CT. 06831 USA Email: dwatters29@gmail.com</p>	<p>The Project Coordinator (PC) will be the primary point of contact on behalf of the Sponsor of this study and will represent the Sponsor of this study.</p>

3. INTRODUCTION AND OBJECTIVE

The objective of this study was to evaluate the performance of 1 Test Article by subjects at home as measured by self-perception questionnaire (SPQ) over a 30-day period to make the following claims:

- X% of subjects reported...
- X% of subjects agreed...

The Sponsor is responsible 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

50 subjects who met the eligibility criteria were enrolled onto the study. Subjects met the following inclusion and exclusion criteria, were willing to accept the study prohibitions and restrictions and signed written informed consent.

Inclusion criteria

- Healthy male and female volunteers aged 40 and over.
- All ethnicities.
- All skin types.
- Subject has self-assessed digestion issues, bowel irregularity, and regular bloating affecting waist size.
- Subject has not been diagnosed medically with a digestive disorder.
- Subject is not currently taking any prescription medications.
 - Birth control allowed as long as the prescription has not been changed in the last 6 months prior to the start of the study).
- Subject is not pregnant, trying for pregnancy or breastfeeding.
- Subject does not currently use/take a probiotic.
 - Over the counter antacids are allowed.
- Subject agrees to sign consent form.
- Subjects agrees to attend all visits and complete the SPQ.
- Subjects agrees to use the product as instructed.

Exclusion criteria

- Subject has a medically diagnosed digestive disorder.
- Subject does not have self-assessed digestion issues, bowel irregularity, and regular bloating affecting waist size.
- Subject changed birth control prescription 6 months prior to study start.
- Subject is pregnant, nursing, or planning to become pregnant.
- Subject currently uses/takes a probiotic.
- History of malignant disease.
- Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease.
- History of asthma requiring regular medication.
- Known sensitivity/allergy to the test article, similar materials or their constituents.
- Current participation in a similar study or with exclusionary requirements that would interfere with this study.

Prohibitions and restrictions for the duration of the study

- Subject starts a prescription medication course at any point during the course of the study.
- Subject starts using/taking a probiotic.
- Subject becomes pregnant.
- Subjects must use the trial product assigned as instructed.
- Subjects must attend both visits and complete the SPQ.

6. METHOD**Test articles**

The Sponsor supplied the following test articles for the study:

1. Probiotic 3Biome
2. Placebo

Directions for use

Take two capsules a day 30 minutes before food.
Once in morning 30 minutes before breakfast.
Once in evening 30 minutes before dinner.

The Sponsor provided the test articles in plain packaging.

The Sponsor provided the ingredient listings (Appendix 1) and certifies that the products supplied to PCR Corp for the clinical trial had been manufactured/formulated with ingredients that are safe and suitable for the product's stated purpose.

It will be 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 are also the Sponsor's responsibility.

It is 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 are 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 will be accepted.

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

7. STUDY PROCEDURE

Day 1, Visit 1 (Baseline)

Subjects attended the study facility where informed consent and eligibility was verified. Once accepted, subjects were issued the test article, along with a diary and directions for usage.

Issue of the test article and the placebo was randomised. 30 subjects were issued the test article and 20 subjects were issued with the placebo, both to use for 30 days.

Subjects were given a return time for their next visit.

Day 30, Visit 2 (End of Study)

Subjects attended the study facility and had their diary reviewed for any adverse effects. Subjects then completed the end of study SPQ.

8. STUDY ASSESSMENTS

Self-Perception Questionnaire (SPQ)

Subjects completed a self-perception questionnaire on how they found using the product at day 30 (end of study).

RESULTS

Location and Dates of the Study

This was a home-use trial. The product was issued w/c 17th July 2023 for use at home by subjects from w/c 17th July 2023 to w/c 14th August 2023.

Subjects

50 subjects were recruited into the study. 50 subjects completed the study.

30 subjects were given the test article.

20 subjects were given the placebo.

Adverse events, adverse reactions

No adverse events or reactions have been reported.

Demographics

Subject No	Sex	Age	Test Article (A)/ Placebo (P)	Subject No	Sex	Age	Test Article (A)/ Placebo (P)
1	Female	46	A	26	Female	48	A
2	Female	57	A	27	Female	44	A
3	Female	40	P	28	Male	60	P
4	Male	48	A	29	Female	44	A
5	Male	44	A	30	Male	43	A
6	Female	54	A	31	Female	64	P
7	Female	50	A	32	Male	41	A
8	Male	49	A	33	Male	42	P
9	Female	41	P	34	Female	55	A
10	Female	53	A	35	Female	57	A
11	Male	47	A	36	Female	58	P
12	Female	46	P	37	Male	41	A
13	Female	42	A	38	Male	58	P
14	Male	59	P	39	Female	49	A
15	Female	42	P	40	Female	45	P
16	Female	55	A	41	Male	40	A
17	Female	47	P	42	Female	62	P
18	Female	46	A	43	Female	52	A
19	Female	44	P	44	Male	58	A
20	Female	52	A	45	Female	51	A
21	Male	43	P	46	Male	49	P
22	Male	49	A	47	Female	44	P
23	Female	44	P	48	Female	49	A
24	Male	56	A	49	Female	52	A
25	Female	49	P	50	Female	42	P

SPQ Results – After 30 days of use

Table 1 - % TopBox analysis (Strongly Agree + Agree)

Questions	(Strongly Agree + Agree)		
	Full Results	Placebo only	Test Article only
1. Did you notice more regular bowel movements?	84.00%	60.00%	100.00%
2. Did you experience less digestive discomfort?	86.00%	65.00%	100.00%
3. Did you notice better quality stools?	78.00%	50.00%	96.67%
4. Did you experience less heartburn and indigestion?	80.00%	55.00%	96.67%
5. Did you experience less bowel urgency?	84.00%	70.00%	93.33%
6. Did you feel your overall gut health improved?	86.00%	70.00%	96.67%
7. Did you experience fewer colon problems?	86.00%	80.00%	90.00%
8. Did you feel your stomach was less upset?	86.00%	65.00%	100.00%
9. Did you experience less gas?	76.00%	40.00%	100.00%
10. Did you experience less stomach discomfort?	92.00%	80.00%	100.00%
11. Did you benefit from more predictable bowel movements?	80.00%	60.00%	93.33%
12. Did you experience less abdominal bloating?	74.00%	45.00%	93.33%
13. Did you feel you were able to digest foods more easily?	82.00%	65.00%	93.33%
14. Did you experience less anxiety surrounding your bowel movements?	78.00%	50.00%	96.67%
15. Were you able to eat foods that you love but normally bother your stomach?	76.00%	50.00%	93.33%
16. Did you spend less time in the bathroom each day?	80.00%	55.00%	96.67%
17. Did you experience fewer stomach cramps?	80.00%	55.00%	96.67%
18. Did you experience less belching or flatulence?	72.00%	35.00%	96.67%
19. Did you notice a trimmer waistline?	70.00%	45.00%	86.67%
20. I would recommend this product to a friend or family member	80.00%	50.00%	100.00%

CONCLUSIONS

Data from the self-perception questionnaire after 30 days of test article use shows that the product performed highly favourably with scores of >86% across all questions.

100.00% of subjects would recommend Probiotic 3Biome to a friend or family member. 96.67% felt that not only did their overall gut health improve but that they also spent less time in the bathroom each day.

100.00% of subjects agreed that they experienced less digestive discomfort in just 30 days of twice daily use.

96.67% of subjects experienced less heartburn and indigestion in just 30 days.

93.33% of subjects felt they were able to digest foods more easily after just 30 days.

After 30 days of use 100.00% of subjects felt their stomach was less upset.

100.00% of subjects experienced less gas in after just 30 days.

96.67% of subjects experienced less belching or flatulence after 30 days.

After 30 days of twice daily use 100.00% of subjects experienced less stomach discomfort.

93.33% of subjects agreed they experienced less abdominal bloating after using Probiotic 3Biome for 30 days.

86.67% of subjects noticed a trimmer waistline after just 30 days.

After 30 days of twice daily use 100.00% of subjects noticed more regular bowel movements.

93.33% of subjects agreed that they experienced less bowel urgency.

93.33% of subject agreed that they benefited from more predictable bowel movements after 30 days of twice daily use.

APPENDIX 1: INCIS

TEST ARTICLE 1 – Probiotic 3Biome

Supplement Facts		
Serving Size: 1 Vegetable Capsule		
Servings Per Container: 30		
<hr/>		
Amount Per Serving		%DV
<hr/>		
3Biome™ Proprietary Blend	5 billion CFU	†
Bacillus coagulans (SNZ1969), Bacillus subtilis (SNZ1972), Bacillus clausii (SNZ1971)		
<hr/>		
† Daily Value not established.		

Other Ingredients: Microcrystalline Cellulose, Vegetable Capsule, Magnesium Stearate.

TEST ARTICLE 2 - Placebo

PCR

APPENDIX 2: INFORMED CONSENT

CONSENT FORM

Study Code: NUTUSE9M

Subject#: _____



INTRODUCTION

You are being asked to participate in a research study. Prior to giving your consent to be a subject, it is important that you take the time to read and understand what your participation would 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 study is to evaluate the performance of 1 Test Article by subjects at home as measured by self-perception questionnaire (SPQ) over a 30 day period.

TEST ARTICLES

Dietary Supplement.

STUDY PROCEDURES

You will be one of approximately 50 subjects enrolled onto this study. Your participation in this study will last 30 days and will require 2 visits to the testing facility.

Day 1, Visit 1 (Baseline)

Subjects will attend the study facility where informed consent and eligibility will be verified. Once accepted, subjects will be issued the test article, along with a diary and directions for usage. Once completed, subjects will be given a return time for their next visit.

Day 30, Visit 2 (End of Study)

Subjects will attend the study facility where their diary will be reviewed for any adverse effects. Subjects will complete the end of study SPQ.

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 article categories are mild in nature and may include the following: redness, itching, stinging or burning. 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 skincare products 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 products are being tested will receive a copy of the study records. The data will be uniquely coded to protect your identity. In addition, the study investigator, third party regulatory authorities, including the U.S. Food and Drug Administration (FDA), IRB/IEC or the sponsor (including monitors and auditors), may inspect the records of the study. Therefore, total privacy cannot be guaranteed.

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

IN CASE OF STUDY RELATED INJURY

If you are injured while participating in this study, PCR Corp will provide you with treatment. If your illness or injury is the result of the study products or any procedure required by the study that you would not have undergone were it not for your participation in the study, the sponsor will pay usual and customary medical fees for reasonable and necessary treatment, provided you have not already otherwise been properly reimbursed by your insurance, a government program, or other third party coverage for such medical expenses. The sponsor is not responsible for expenses that are due to pre-existing medical conditions, underlying disease, procedures which would have been performed even if you were not participating in the study, your negligence or willful misconduct, or the negligence or willful misconduct of institution, principal investigators, or third parties. No funds have been set aside by the sponsor to compensate you for lost wages, disability, or discomfort due to your participation in this study. You do not give up any legal rights as a research participant by signing this consent form.

COMPENSATION FOR INJURY

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 study staff at PCR Corp, or you will be referred for appropriate treatment at no cost to you. Provisions of such medical care are 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.

In no way does signing this consent form waive your legal rights nor does it relieve the investigators, Sponsor or involved institutions from their legal and professional responsibilities.

FEMALES OF CHILDBEARING POTENTIAL

Pregnant and/or nursing women may not take part in this study. Signing and dating this consent form means that you are stating that you are not pregnant, planning a pregnancy, or nursing at the start of the study.

The test products may involve unknown risks to you, your nursing infant, or your unborn child if you become pregnant while on the study. By signing this form, you agree to practice an acceptable method of birth control for the duration of the study.

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 you are 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 **01617 911797** 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 event and accompanying illness, or if you do not follow study instructions.

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 with anyone outside of the testing facility. By your signature on the Consent you are agreeing to abide by this condition of participation.

COMPENSATION

If you agree to participate in this study, you will be paid £ upon completion of the study.

PHOTOGRAPHY AUTHORIZATION

As an additional part of this study, study staff may take photographs or videotape during the study. These photos or videos may be used for the following purposes: training of PCR materials, PCR advertising, documentation of study procedures/results or upon request of the sponsor. By signing this consent form you are giving your authorization for PCR to take, use, reproduce, and distribute these photographs/videotapes taken during your participation in this study.

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 I 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
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Subject's Signature	Date
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Signature of Person Conducting Consent Discussion	Date
--	-------------

Subject Number

APPENDIX 3: PRE-TREATMENT QUESTIONNAIRE

Study Code:

FOR OFFICE USE ONLY			
Subject No.			
Initials			
Age			
MALE/FEMALE			

STRICTLY CONFIDENTIAL

Inclusion Criteria		Yes	No
1	Healthy male and female volunteers aged 40 and over.	<input type="checkbox"/>	<input type="checkbox"/>
2	All ethnicities.	<input type="checkbox"/>	<input type="checkbox"/>
3	All skin types.	<input type="checkbox"/>	<input type="checkbox"/>
4	Subject has self-assessed digestion issues, bowel irregularity, and regular bloating affecting waist size.	<input type="checkbox"/>	<input type="checkbox"/>
5	Subject has not been diagnosed <u>medically</u> with a digestive disorder.	<input type="checkbox"/>	<input type="checkbox"/>
6	Subject is not currently taking any prescription medications. - Birth control allowed as long as the prescription has not been changed in the last 6 months prior to the start of the study).	<input type="checkbox"/>	<input type="checkbox"/>
7	Subject is not pregnant, trying for pregnancy or breastfeeding.	<input type="checkbox"/>	<input type="checkbox"/>
8	Subject does not currently use/take a probiotic. - Over the counter antacids are allowed.	<input type="checkbox"/>	<input type="checkbox"/>
9	Subject agrees to sign consent form.	<input type="checkbox"/>	<input type="checkbox"/>
10	Subjects agrees to attend all visits and complete the SPQ.	<input type="checkbox"/>	<input type="checkbox"/>
11	Subjects agrees to use the product as instructed.	<input type="checkbox"/>	<input type="checkbox"/>
Exclusion Criteria		Yes	No
1	Subject has a <u>medically</u> diagnosed digestive disorder.	<input type="checkbox"/>	<input type="checkbox"/>
2	Subject does not have self-assessed digestion issues, bowel irregularity, and regular bloating affecting waist size.	<input type="checkbox"/>	<input type="checkbox"/>
3	Subject changed birth control prescription 6 months prior to study start.	<input type="checkbox"/>	<input type="checkbox"/>
4	Subject is pregnant, nursing, or planning to become pregnant.	<input type="checkbox"/>	<input type="checkbox"/>
5	Subject currently uses/takes a probiotic.	<input type="checkbox"/>	<input type="checkbox"/>
6	History of malignant disease.	<input type="checkbox"/>	<input type="checkbox"/>
7	Significant past medical history of hepatic, renal, cardiac, pulmonary, digestive, haematological, neurological, locomotor or psychiatric disease.	<input type="checkbox"/>	<input type="checkbox"/>
8	History of asthma requiring regular medication.	<input type="checkbox"/>	<input type="checkbox"/>
9	Known sensitivity/allergy to the test article, similar materials or their constituents.	<input type="checkbox"/>	<input type="checkbox"/>
10	Current participation in a similar study or with exclusionary requirements that would interfere with this study.	<input type="checkbox"/>	<input type="checkbox"/>
Prohibitions and Restrictions		Yes	No
1	Subject starts a prescription medication course at any point during the course of the study.	<input type="checkbox"/>	<input type="checkbox"/>
2	Subject starts using/taking a probiotic.	<input type="checkbox"/>	<input type="checkbox"/>
3	Subject becomes pregnant.	<input type="checkbox"/>	<input type="checkbox"/>
4	Subjects must use the trial product assigned as instructed.	<input type="checkbox"/>	<input type="checkbox"/>

5	Subjects must attend both visits and complete the SPQ.	<input type="checkbox"/>	<input type="checkbox"/>
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Have you ever had any skin problems related to the use of any of the following types of material?

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

Questionnaire checked and confirmed by:

Signature

Date

PCR CORP

APPENDIX 4: SUBJECT INFORMATION SHEET

Study Code: NUTUSE9M

You have agreed to your participation in a home-use trial. By agreeing to participate, you are also agreeing to the following prohibitions and restrictions:

- Subject starts a prescription medication course at any point during the course of the study.
- Subject starts using/taking a probiotic.
- Subject becomes pregnant.
- Subjects must use the trial product assigned as instructed.
- Subjects must attend both visits and complete the SPQ.

Day 1, Visit 1 (Baseline)

Subjects will attend the study facility where informed consent and eligibility will be verified. Once accepted, subjects will be issued the test article, along with a diary and directions for usage.

Once completed, subjects will be given a return time for their next visit.

Day 30, Visit 2 (End of Study)

Subjects will attend the study facility where their diary will be reviewed for any adverse effects. Subjects will complete the end of study SPQ.

Please follow the usage instructions below:

Take two capsules a day 30 minutes before food.

Once in morning 30 minutes before breakfast.

Once in evening 30 minutes before dinner.

Safety Information

Keep out of Reach of Children.

Do not exceed dose.

APPENDIX 5: INDIVIDUAL DATA - SPQS - FULL DATA

Sub No	1. Did you notice more regular bowel movements?	2. Did you experience less digestive discomfort?	3. Did you notice better quality stools?	4. Did you experience less heartburn and indigestion?	5. Did you experience less bowel urgency?
1	Agree	Agree	Agree	Agree	Agree
2	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
4	Strongly Agree	Strongly Agree	Agree	Agree	Agree
5	Agree	Agree	Agree	Agree	Agree
6	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
7	Agree	Agree	Agree	Agree	Agree
8	Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree
10	Agree	Agree	Agree	Agree	Disagree
11	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
12	Agree	Agree	Agree	Agree	Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
14	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
15	Agree	Agree	Agree	Agree	Agree
16	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
17	Agree	Agree	Agree	Agree	Agree
18	Agree	Agree	Agree	Agree	Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
20	Agree	Agree	Agree	Agree	Strongly Agree
21	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Agree	Agree	Agree	Agree	Agree
24	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
26	Agree	Agree	Agree	Agree	Strongly Agree
27	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
28	Strongly Agree	Strongly Agree	Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree
30	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
31	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
32	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
33	Agree	Agree	Agree	Agree	Agree
34	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
35	Agree	Agree	Strongly Agree	Agree	Agree
36	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Strongly Agree	Agree	Strongly Agree	Agree	Agree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
39	Agree	Agree	Agree	Agree	Agree
40	Agree	Agree	Neither Agree Nor Disagree	Disagree	Agree
41	Agree	Agree	Agree	Strongly Agree	Agree
42	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
43	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
44	Agree	Agree	Strongly Agree	Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree
46	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
47	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
48	Agree	Agree	Agree	Agree	Agree
49	Agree	Strongly Agree	Agree	Agree	Agree
50	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
% Strongly Agree	30.00%	32.00%	28.00%	28.00%	22.00%
% Agree	54.00%	54.00%	50.00%	52.00%	62.00%
% Neither Agree Nor Disagree	14.00%	14.00%	20.00%	16.00%	10.00%
% Disagree	2.00%	0.00%	2.00%	4.00%	6.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	84.00%	86.00%	78.00%	80.00%	84.00%

Sub No	6. Did you feel your overall gut health improved?	7. Did you experience fewer colon problems?	8. Did you feel your stomach was less upset?	9. Did you experience less gas?	10. Did you experience less stomach discomfort?
1	Agree	Agree	Agree	Agree	Agree
2	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
5	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
6	Strongly Agree	Agree	Agree	Agree	Agree
7	Agree	Agree	Agree	Agree	Agree
8	Agree	Strongly Agree	Strongly Agree	Agree	Agree
9	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
10	Agree	Neither Agree Nor Disagree	Agree	Strongly Agree	Strongly Agree
11	Strongly Agree	Agree	Agree	Agree	Agree
12	Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree	Strongly Agree
13	Agree	Agree	Agree	Agree	Agree
14	Agree	Agree	Neither Agree Nor Disagree	Disagree	Agree
15	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
16	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Strongly Agree	Agree	Strongly Agree
18	Agree	Agree	Strongly Agree	Agree	Agree
19	Agree	Agree	Agree	Agree	Agree
20	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
21	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
22	Neither Agree Nor Disagree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
23	Agree	Agree	Agree	Agree	Agree
24	Agree	Neither Agree Nor Disagree	Strongly Agree	Agree	Agree
25	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
26	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
27	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
28	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
29	Agree	Agree	Agree	Agree	Agree
30	Strongly Agree	Agree	Agree	Agree	Strongly Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
33	Agree	Strongly Agree	Strongly Agree	Agree	Agree
34	Agree	Agree	Strongly Agree	Strongly Agree	Agree
35	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
36	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
38	Strongly Agree	Agree	Agree	Agree	Agree
39	Agree	Agree	Agree	Agree	Agree
40	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
41	Agree	Agree	Strongly Agree	Agree	Agree
42	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
43	Strongly Agree	Agree	Agree	Agree	Agree
44	Strongly Agree	Agree	Agree	Agree	Agree
45	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
46	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
47	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
48	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
49	Strongly Agree	Agree	Agree	Agree	Agree
50	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
% Strongly Agree	26.00%	24.00%	40.00%	26.00%	30.00%
% Agree	60.00%	62.00%	46.00%	50.00%	62.00%
% Neither Agree Nor Disagree	14.00%	14.00%	14.00%	22.00%	8.00%
% Disagree	0.00%	0.00%	0.00%	2.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	86.00%	86.00%	86.00%	76.00%	92.00%

Sub No	11. Did you benefit from more predictable bowel movements?	12. Did you experience less abdominal bloating?	13. Did you feel you were able to digest foods more easily?	14. Did you experience less anxiety surrounding your bowel movements?	15. Were you able to eat foods that you love but normally bother your stomach?
1	Agree	Agree	Agree	Agree	Agree
2	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
5	Strongly Agree	Strongly Agree	Agree	Agree	Agree
6	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
7	Agree	Agree	Agree	Agree	Agree
8	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Strongly Agree	Agree	Strongly Agree	Agree	Agree
11	Agree	Agree	Agree	Agree	Agree
12	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
13	Agree	Agree	Agree	Agree	Agree
14	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
15	Agree	Agree	Agree	Agree	Agree
16	Agree	Agree	Agree	Agree	Agree
17	Strongly Agree	Strongly Agree	Agree	Agree	Agree
18	Agree	Agree	Strongly Agree	Agree	Strongly Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
20	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
21	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
22	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
23	Agree	Agree	Agree	Agree	Agree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
25	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
26	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
27	Strongly Agree	Strongly Agree	Agree	Agree	Agree
28	Agree	Agree	Agree	Agree	Agree
29	Agree	Strongly Agree	Strongly Agree	Agree	Agree
30	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
32	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree
33	Strongly Agree	Agree	Strongly Agree	Agree	Agree
34	Agree	Agree	Agree	Agree	Agree
35	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
36	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
37	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
38	Agree	Agree	Agree	Agree	Agree
39	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
41	Agree	Agree	Agree	Agree	Agree
42	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
43	Agree	Agree	Agree	Agree	Agree
44	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Strongly Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
48	Agree	Agree	Agree	Agree	Agree
49	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
50	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
% Strongly Agree	32.00%	26.00%	30.00%	16.00%	26.00%
% Agree	48.00%	48.00%	52.00%	62.00%	50.00%
% Neither Agree Nor Disagree	20.00%	24.00%	18.00%	22.00%	22.00%
% Disagree	0.00%	2.00%	0.00%	0.00%	2.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	80.00%	74.00%	82.00%	78.00%	76.00%

Sub No	16. Did you spend less time in the bathroom each day?	17. Did you experience fewer stomach cramps?	18. Did you experience less belching or flatulence?	19. Did you notice a trimmer waistline?	20. I would recommend this product to a friend or family member
1	Agree	Agree	Agree	Agree	Agree
2	Strongly Agree	Strongly Agree	Agree	Agree	Agree
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
4	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
5	Agree	Agree	Agree	Agree	Agree
6	Strongly Agree	Agree	Agree	Strongly Agree	Strongly Agree
7	Agree	Agree	Agree	Agree	Agree
8	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Strongly Agree	Strongly Agree	Agree	Agree	Agree
11	Agree	Agree	Agree	Strongly Agree	Agree
12	Strongly Agree	Agree	Neither Agree Nor Disagree	Strongly Agree	Agree
13	Agree	Agree	Agree	Agree	Agree
14	Disagree	Agree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree
16	Agree	Strongly Agree	Strongly Agree	Agree	Agree
17	Agree	Agree	Agree	Strongly Agree	Strongly Agree
18	Agree	Agree	Agree	Agree	Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
20	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
22	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
23	Agree	Agree	Agree	Agree	Agree
24	Agree	Agree	Agree	Agree	Agree
25	Agree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Agree
26	Strongly Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree	Strongly Agree
27	Agree	Agree	Agree	Agree	Agree
28	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree
30	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
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	Agree
33	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
35	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
36	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
37	Strongly Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree	Agree
38	Agree	Agree	Agree	Agree	Agree
39	Agree	Agree	Agree	Agree	Agree
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
41	Agree	Agree	Agree	Agree	Agree
42	Agree	Agree	Neither Agree Nor Disagree	Agree	Strongly Agree
43	Agree	Agree	Agree	Agree	Agree
44	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
45	Agree	Agree	Agree	Agree	Agree
46	Agree	Agree	Agree	Agree	Agree
47	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
48	Agree	Agree	Agree	Agree	Agree
49	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
50	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
% Strongly Agree	22.00%	22.00%	18.00%	16.00%	14.00%
% Agree	58.00%	58.00%	54.00%	54.00%	66.00%
% Neither Agree Nor Disagree	18.00%	18.00%	24.00%	28.00%	20.00%
% Disagree	2.00%	2.00%	4.00%	2.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	80.00%	80.00%	72.00%	70.00%	80.00%

APPENDIX 6: INDIVIDUAL DATA - SPQS - PLACEBO DATA

Sub No	1. Did you notice more regular bowel movements?	2. Did you experience less digestive discomfort?	3. Did you notice better quality stools?	4. Did you experience less heartburn and indigestion?	5. Did you experience less bowel urgency?
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Agree
12	Agree	Agree	Agree	Agree	Agree
14	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
15	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Agree	Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Agree	Agree	Agree	Agree	Agree
25	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
28	Strongly Agree	Strongly Agree	Agree	Agree	Agree
31	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
33	Agree	Agree	Agree	Agree	Agree
36	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
38	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
40	Agree	Agree	Neither Agree Nor Disagree	Disagree	Agree
42	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
46	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
47	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
50	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
% Strongly Agree	15.00%	15.00%	10.00%	10.00%	10.00%
% Agree	45.00%	50.00%	40.00%	45.00%	60.00%
% Neither Agree Nor Disagree	35.00%	35.00%	45.00%	35.00%	20.00%
% Disagree	5.00%	0.00%	5.00%	10.00%	10.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	60.00%	65.00%	50.00%	55.00%	70.00%

Sub No	6. Did you feel your overall gut health improved?	7. Did you experience fewer colon problems?	8. Did you feel your stomach was less upset?	9. Did you experience less gas?	10. Did you experience less stomach discomfort?
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
12	Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree	Strongly Agree
14	Agree	Agree	Neither Agree Nor Disagree	Disagree	Agree
15	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
17	Agree	Agree	Strongly Agree	Agree	Strongly Agree
19	Agree	Agree	Agree	Agree	Agree
21	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
23	Agree	Agree	Agree	Agree	Agree
25	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
28	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
33	Agree	Strongly Agree	Strongly Agree	Agree	Agree
36	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
38	Strongly Agree	Agree	Agree	Agree	Agree
40	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
42	Neither Agree Nor Disagree	Agree	Agree	Agree	Agree
46	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
47	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
50	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
% Strongly Agree	10.00%	15.00%	20.00%	0.00%	15.00%
% Agree	60.00%	65.00%	45.00%	40.00%	65.00%
% Neither Agree Nor Disagree	30.00%	20.00%	35.00%	55.00%	20.00%
% Disagree	0.00%	0.00%	0.00%	5.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	70.00%	80.00%	65.00%	40.00%	80.00%



Sub No	11. Did you benefit from more predictable bowel movements?	12. Did you experience less abdominal bloating?	13. Did you feel you were able to digest foods more easily?	14. Did you experience less anxiety surrounding your bowel movements?	15. Were you able to eat foods that you love but normally bother your stomach?
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
14	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Agree
15	Agree	Agree	Agree	Agree	Agree
17	Strongly Agree	Strongly Agree	Agree	Agree	Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree
21	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
23	Agree	Agree	Agree	Agree	Agree
25	Agree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
28	Agree	Agree	Agree	Agree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
33	Strongly Agree	Agree	Strongly Agree	Agree	Agree
36	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree
38	Agree	Agree	Agree	Agree	Agree
40	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
42	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
46	Agree	Agree	Agree	Agree	Agree
47	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
50	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree	Neither Agree Nor Disagree
% Strongly Agree	15.00%	10.00%	10.00%	0.00%	5.00%
% Agree	45.00%	35.00%	55.00%	50.00%	45.00%
% Neither Agree Nor Disagree	40.00%	50.00%	35.00%	50.00%	45.00%
% Disagree	0.00%	5.00%	0.00%	0.00%	5.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	60.00%	45.00%	65.00%	50.00%	50.00%



Sub No	16. Did you spend less time in the bathroom each day?	17. Did you experience fewer stomach cramps?	18. Did you experience less belching or flatulence?	19. Did you notice a trimmer waistline?	20. I would recommend this product to a friend or family member
3	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
9	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
12	Strongly Agree	Agree	Neither Agree Nor Disagree	Strongly Agree	Agree
14	Disagree	Agree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
15	Agree	Agree	Agree	Agree	Agree
17	Agree	Agree	Agree	Strongly Agree	Strongly Agree
19	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
21	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
23	Agree	Agree	Agree	Agree	Agree
25	Agree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Agree
28	Agree	Agree	Neither Agree Nor Disagree	Agree	Agree
31	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
33	Agree	Agree	Agree	Agree	Agree
36	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
38	Agree	Agree	Agree	Agree	Agree
40	Neither Agree Nor Disagree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
42	Agree	Agree	Neither Agree Nor Disagree	Agree	Strongly Agree
46	Agree	Agree	Agree	Agree	Agree
47	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree
50	Neither Agree Nor Disagree	Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
% Strongly Agree	5.00%	0.00%	0.00%	10.00%	10.00%
% Agree	50.00%	55.00%	35.00%	35.00%	40.00%
% Neither Agree Nor Disagree	40.00%	40.00%	55.00%	50.00%	50.00%
% Disagree	5.00%	5.00%	10.00%	5.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	55.00%	55.00%	35.00%	45.00%	50.00%

APPENDIX 7: INDIVIDUAL DATA - SPQS - TEST ARTICLE DATA

Sub No	1. Did you notice more regular bowel movements?	2. Did you experience less digestive discomfort?	3. Did you notice better quality stools?	4. Did you experience less heartburn and indigestion?	5. Did you experience less bowel urgency?
1	Agree	Agree	Agree	Agree	Agree
2	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
4	Strongly Agree	Strongly Agree	Agree	Agree	Agree
5	Agree	Agree	Agree	Agree	Agree
6	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
7	Agree	Agree	Agree	Agree	Agree
8	Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
10	Agree	Agree	Agree	Agree	Disagree
11	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
13	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
16	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
18	Agree	Agree	Agree	Agree	Agree
20	Agree	Agree	Agree	Agree	Strongly Agree
22	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
24	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
26	Agree	Agree	Agree	Agree	Strongly Agree
27	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
29	Agree	Agree	Agree	Agree	Agree
30	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
32	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
34	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
35	Agree	Agree	Strongly Agree	Agree	Agree
37	Strongly Agree	Agree	Strongly Agree	Agree	Agree
39	Agree	Agree	Agree	Agree	Agree
41	Agree	Agree	Agree	Strongly Agree	Agree
43	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Agree
44	Agree	Agree	Strongly Agree	Agree	Strongly Agree
45	Agree	Agree	Agree	Agree	Agree
48	Agree	Agree	Agree	Agree	Agree
49	Agree	Strongly Agree	Agree	Agree	Agree
% Strongly Agree	40.00%	43.33%	40.00%	40.00%	30.00%
% Agree	60.00%	56.67%	56.67%	56.67%	63.33%
% Neither Agree Nor Disagree	0.00%	0.00%	3.33%	3.33%	3.33%
% Disagree	0.00%	0.00%	0.00%	0.00%	3.33%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	100.00%	100.00%	96.67%	96.67%	93.33%



Sub No	6. Did you feel your overall gut health improved?	7. Did you experience fewer colon problems?	8. Did you feel your stomach was less upset?	9. Did you experience less gas?	10. Did you experience less stomach discomfort?
1	Agree	Agree	Agree	Agree	Agree
2	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
4	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
5	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
6	Strongly Agree	Agree	Agree	Agree	Agree
7	Agree	Agree	Agree	Agree	Agree
8	Agree	Strongly Agree	Strongly Agree	Agree	Agree
10	Agree	Neither Agree Nor Disagree	Agree	Strongly Agree	Strongly Agree
11	Strongly Agree	Agree	Agree	Agree	Agree
13	Agree	Agree	Agree	Agree	Agree
16	Agree	Agree	Agree	Agree	Agree
18	Agree	Agree	Strongly Agree	Agree	Agree
20	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
22	Neither Agree Nor Disagree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
24	Agree	Neither Agree Nor Disagree	Strongly Agree	Agree	Agree
26	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
27	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
29	Agree	Agree	Agree	Agree	Agree
30	Strongly Agree	Agree	Agree	Agree	Strongly Agree
32	Strongly Agree	Neither Agree Nor Disagree	Agree	Agree	Agree
34	Agree	Agree	Strongly Agree	Strongly Agree	Agree
35	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
37	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
39	Agree	Agree	Agree	Agree	Agree
41	Agree	Agree	Strongly Agree	Agree	Agree
43	Strongly Agree	Agree	Agree	Agree	Agree
44	Strongly Agree	Agree	Agree	Agree	Agree
45	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
48	Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
49	Strongly Agree	Agree	Agree	Agree	Agree
% Strongly Agree	36.67%	30.00%	53.33%	43.33%	40.00%
% Agree	60.00%	60.00%	46.67%	56.67%	60.00%
% Neither Agree Nor Disagree	3.33%	10.00%	0.00%	0.00%	0.00%
% Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	96.67%	90.00%	100.00%	100.00%	100.00%



Sub No	11. Did you benefit from more predictable bowel movements?	12. Did you experience less abdominal bloating?	13. Did you feel you were able to digest foods more easily?	14. Did you experience less anxiety surrounding your bowel movements?	15. Were you able to eat foods that you love but normally bother your stomach?
1	Agree	Agree	Agree	Agree	Agree
2	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
4	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
5	Strongly Agree	Strongly Agree	Agree	Agree	Agree
6	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
7	Agree	Agree	Agree	Agree	Agree
8	Agree	Agree	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree
10	Strongly Agree	Agree	Strongly Agree	Agree	Agree
11	Agree	Agree	Agree	Agree	Agree
13	Agree	Agree	Agree	Agree	Agree
16	Agree	Agree	Agree	Agree	Agree
18	Agree	Agree	Strongly Agree	Agree	Strongly Agree
20	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
22	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
24	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
26	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
27	Strongly Agree	Strongly Agree	Agree	Agree	Agree
29	Agree	Strongly Agree	Strongly Agree	Agree	Agree
30	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Strongly Agree
32	Neither Agree Nor Disagree	Agree	Agree	Agree	Neither Agree Nor Disagree
34	Agree	Agree	Agree	Agree	Agree
35	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
37	Strongly Agree	Agree	Strongly Agree	Agree	Strongly Agree
39	Agree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree	Agree
41	Agree	Agree	Agree	Agree	Agree
43	Agree	Agree	Agree	Agree	Agree
44	Strongly Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
45	Agree	Agree	Strongly Agree	Agree	Agree
48	Agree	Agree	Agree	Agree	Agree
49	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
% Strongly Agree	43.33%	36.67%	43.33%	26.67%	40.00%
% Agree	50.00%	56.67%	50.00%	70.00%	53.33%
% Neither Agree Nor Disagree	6.67%	6.67%	6.67%	3.33%	6.67%
% Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	93.33%	93.33%	93.33%	96.67%	93.33%



Sub No	16. Did you spend less time in the bathroom each day?	17. Did you experience fewer stomach cramps?	18. Did you experience less belching or flatulence?	19. Did you notice a trimmer waistline?	20. I would recommend this product to a friend or family member
1	Agree	Agree	Agree	Agree	Agree
2	Strongly Agree	Strongly Agree	Agree	Agree	Agree
4	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Strongly Agree
5	Agree	Agree	Agree	Agree	Agree
6	Strongly Agree	Agree	Agree	Strongly Agree	Strongly Agree
7	Agree	Agree	Agree	Agree	Agree
8	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Neither Agree Nor Disagree	Agree
10	Strongly Agree	Strongly Agree	Agree	Agree	Agree
11	Agree	Agree	Agree	Strongly Agree	Agree
13	Agree	Agree	Agree	Agree	Agree
16	Agree	Strongly Agree	Strongly Agree	Agree	Agree
18	Agree	Agree	Agree	Agree	Agree
20	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
22	Agree	Strongly Agree	Strongly Agree	Strongly Agree	Agree
24	Agree	Agree	Agree	Agree	Agree
26	Strongly Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree	Strongly Agree
27	Agree	Agree	Agree	Agree	Agree
29	Agree	Agree	Agree	Agree	Agree
30	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree	Strongly Agree
32	Agree	Agree	Agree	Agree	Agree
34	Agree	Agree	Agree	Neither Agree Nor Disagree	Agree
35	Agree	Strongly Agree	Agree	Strongly Agree	Strongly Agree
37	Strongly Agree	Strongly Agree	Strongly Agree	Neither Agree Nor Disagree	Agree
39	Agree	Agree	Agree	Agree	Agree
41	Agree	Agree	Agree	Agree	Agree
43	Agree	Agree	Agree	Agree	Agree
44	Strongly Agree	Agree	Strongly Agree	Strongly Agree	Agree
45	Agree	Agree	Agree	Agree	Agree
48	Agree	Agree	Agree	Agree	Agree
49	Strongly Agree	Strongly Agree	Strongly Agree	Agree	Agree
% Strongly Agree	33.33%	36.67%	30.00%	20.00%	16.67%
% Agree	63.33%	60.00%	66.67%	66.67%	83.33%
% Neither Agree Nor Disagree	3.33%	3.33%	3.33%	13.33%	0.00%
% Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Strongly Disagree	0.00%	0.00%	0.00%	0.00%	0.00%
% Top 2 Responses (Strongly Agree + Agree)	96.67%	96.67%	96.67%	86.67%	100.00%