



# Clinical Studies

Click to download pdf

## **Akkermansia postbiotic**

In an eight-week randomized controlled trial in overweight adults, supplementation with *Akkermansia muciniphila* (viable or pasteurized) increased GLP-1, a hormone associated with appetite and metabolism.\*

<https://pubmed.ncbi.nlm.nih.gov/34683361/>

## **Berberine**

Bioavailable berberine with phytosomal technology clinically studied for enhanced absorption

<https://pubmed.ncbi.nlm.nih.gov/34904017/>

## **Citrus polyphenols**

In a randomized, placebo-controlled clinical trial of overweight adults, a citrus-polyphenol blend helped reduce body weight, body fat mass, and waist/hip circumference without loss of lean muscle mass over 12 weeks.\*

Ex vivo and clinical markers suggest the citrus-polyphenols blend which could contribute to observed changes in body composition.\*

<https://pubmed.ncbi.nlm.nih.gov/39415279/>