

Clinical Studies on BiosLife

No.	Name	Year	Location	Researchers	N	Design	Intervention	Outcomes	Inclusion	BL	EOT	%	% vs Placebo	Publications
1	Cleveland Clinic	2001	Cleveland Clinic Foundation, Cleveland, OH	Dennis L. Sprecher, Gregory L. Pearce	99	DBPC	8 weeks							Sprecher DL, Pearce GL (2002) Fiber-multivitamin combination therapy: a beneficial influence on low-density lipoprotein and homocysteine Metabolism 51, 1166-70.
								Active						
								TC		237	227	-4.2%	-5.9%	
								LDL	>130	159	145	-8.8%	-12.0%	
								HDL		48	51	6.3%	0.0%	
								TG		146	119	-18.5%	-5.6%	
								GLU		83	83	0.0%	-3.7%	
								ApoB		139	110	-20.9%	-20.9%	
								Hcy		9.8	8.7	-11.2%	-9.1%	
								Weight		85	84	-1.2%	-2.4%	
								Placebo						
								TC		242	246	1.7%		
								LDL	>130	158	163	3.2%		
								HDL		48	51	6.3%		
								TG		140	122	-12.9%		
								GLU		82	85	3.7%		
								ApoB		135	135	0.0%		
								Hcy		9.4	9.2	-2.1%		
								Weight		80	81	1.3%		
2	Phillipines	2003	Angeles University Foundation Medical Center, Angeles City, Philippines	Edwin B. Balajadia, Amiel S Valerio, Norberto Yumul	103	Open label	4 weeks							Balajadia E, Valerio A, Yumul N. Beneficial effects of Bios Life 2 (Dietary Fiber Supplement) in patients with dyslipidemia. in 34th Annual Convention of the Philippine College of Physicians. 2004.
								TC		267	222	-16.9%		
3	Diabetes in control #1	1999	Deerfield, IL	Steven H. Freed, David J. Joffe	15	Open label	12 weeks							Freed S, Joffe D (2000) The Clinical Impact of Fiber Supplementation for the Reduction of Postprandial Blood Glucose and Risk Reduction of Complications from Diabetes Diabetes in Control 12-8.
								TC		210			-12%	
								HDL		35	37		6%	
								TG		299	173		-42%	
								GLU pre		150	125		-17%	
								GLU post		250	160		-36%	
								HbA1c		9.2	7.8		-15.2%	
								Weight		208	202		-2.9%	

6	Pacific Rim	2005	The doctor's clinic, Tamuning, GU	Vincent Duenas, Julie Duenas, Evelyn Burke, Peter Verdegem	24	Open label	6 weeks									Duenas V, Duenas J, Burke E, Verdegem P (2006) A new fiber drink provides a natural first line treatment option in mild hypercholesterolemia Arterioscler Thromb Vasc Biol 26, e53-e107.
Duenas V, Duenas J, Burke E, Verdegem P. A new fiber drink can serve as an adjunct therapy to statin medication in mild hypercholesterolemia. in 7th Annual Conference on Arteriosclerosis, Thrombosis and Vascular Biology. 2006. Denver.																
Verdegem P, Duenas V, Duenas J, Burke E. LDL- and HLD-cholesterol optimization using phytonutrient combination therapy: first line intervention and adjunct therapy to statins. in 1st Asian Preventive Cardiology & Cardiac Rehabilitation Conference. 2006. Hong Kong.																
								TC	>200	235	232	-1.4%				
								LDL	>130	157	131	-16.1%				
								LDL	>160	180	150	-16.6%				
								HDL	<40	35	45	27.9%				
								Risk ratio		5.1	4.3	-15.0%				
Duenas V, Duenas J, Burke E, Verdegem P (2006) A new fiber drink can serve as an adjunct therapy to statin medication in mild hypercholesterolemia Arterioscler Thromb Vasc Biol 26, e53-e107.																
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Verdegem P, Duenas V, Duenas J, Burke E. LDL- and HLD-cholesterol optimization using phytonutrient combination therapy: first line intervention and adjunct therapy to statins. in 1st Asian Preventive Cardiology & Cardiac Rehabilitation Conference. 2006. Hong Kong.																
								TC	>200	232	229	-1%	Statin users			
								LDL	>130	150	118	-21%	Statin users			
								HDL	<40	34	42	23%	Statin users			
								Risk ratio		5.2	4.4	-15%	Statin users			
7	Utah #2	2006	Orem, UT	Peter J.E. Verdegem	39	Open label	8 weeks									Verdegem P, Duenas V, Duenas J, Burke E. LDL- and HLD-cholesterol optimization using phytonutrient combination therapy: first line intervention and adjunct therapy to statins. in 1st Asian Preventive Cardiology & Cardiac Rehabilitation Conference. 2006. Hong Kong.
								TC		208	185	-11.1%				
								TC	>200	235	206	-12.3%				
								LDL		120	104	-13.3%				
								LDL	>130	154	120	-22.1%				
								LDL	>160	173	134	-22.5%				
								HDL	<40	25	30	20.0%				
								TG		210	181	-13.8%				
								TG	>150	310	237	-23.5%				
8	Texas	2006	Katy, TX	Bobbi Home, Isabel Martinez, Peter J.E. Verdegem	34	Open label	8 weeks									Martinez I, Home B, Verdegem P. Lipid and glucose optimization using phytonutrient combination therapy in diabetes. in 8th Annual Conference on Arteriosclerosis, Thrombosis and Vascular Biology. 2007. Chicago.
								TC		208	178	-14.2%				
								TC	>200	245	195	-21.5%				
								LDL		127	104	-18.3%				
								LDL	>160	197	141	-28.9%				
								HDL		46	48	3.5%				
								HDL	<40	35	40	14.4%				
								TG		182	143	-21.3%				
								TG	>150	242	163	-32.5%				
								GLU pre		162	134	-17.3%				
								GLU pre	>175	218	155	-28.9%				
								HbA1c		7.2	6.6a	-9.4%				
								HbA1c	>8	9.2	7.8a	-15.8%				
								a	after 12 weeks							