

FabulesTM

long term trial bulletin



a **DSM**Product

Weight management

When it comes to weight management, consumers have many choices: diet plans, exercise gadgets and a wide variety of foods and supplements. Most have not been demonstrated effective in scientific studies, and even with proven approaches such as low calorie diets, many people will regain the weight they've worked so hard to lose. In fact, scientific studies and population statistics prove that managing weight in today's world is difficult for the majority of people. This has led to the fastest increase ever in overweight populations. The time has come for a proven solution.

Challenges to dieting

Dieting or reducing caloric intake may be the clearest solution to managing weight and losing body fat. A widely recognized and scientifically documented challenge with dieting, however, is the immediate weight and body fat regain afterwards. After losing five or ten percent body weight, dieters often revert back to their original weight, quickly. While FabulesTM has already demonstrated reduced caloric intake and an increased feeling of satiety in normal weight, overweight and obese people, a study just recently published indicates that FabulesTM may also help combat the infamous "yo-yo dieting" effect.

FabulesTM long term effects

The effect of FabulesTM on weight regain, body fat mass and waist circumference was assessed in moderately overweight women (see table 1 for subject characteristics). The women participants first lost 5 -10% of their body weight in six weeks with a very low calorie diet regimen (average weight loss = 7.7 kg / 16.9 lbs). After the initial six week period, participants resumed their normal eating patterns and received either a placebo yogurt or the same product with FabulesTM under otherwise free living conditions twice daily for four months. At the end of the period, results were measured.

Women taking the placebo gained a significant 3.0 kg / 7.3 lbs, while women consuming the test product with FabulesTM did not gain a significant amount of weight (an insignificant 1.1 kg / 2.4 lbs). Results are illustrated in figure 1. FabulesTM also reduced body fat mass during this period, while the placebo group gained body fat (see figure 2). Figure 3 shows that Body Mass Index (BMI) and waist circumference were also significantly decreased in the FabulesTM test group compared to placebo.

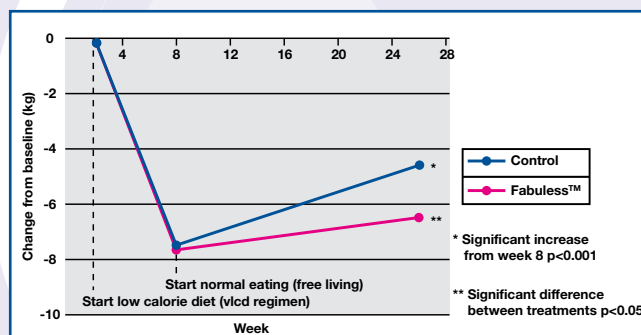


Figure 1. Change of bodyweight.

	Fabules TM group (n=22)	Placebo group (n=28)
Age (years)	40.3	41.2
BMI (kg/m ²)	28.9	28.5
Weight (kg)	81.3	79.0
Height (cm)	167.6	166.3
Waist circumference (cm)	91.1	91.5
Hip circumference (cm)	108.8	108.1
Body fat mass (%)	38.4	38.2

Table 1. Subjects characteristics at baseline.

More significant effects

Previous short-term studies prove that Fabuless™ creates satiety and reduces calorie intake. In the newest study (long-term), people receiving Fabuless™ were also less hungry at the end of the study as compared to the control (week 25 hunger 1.5 times higher in control; $p < 0.05$ factorial ANOVA), comparable to feelings of hunger prior to weight loss. Additionally, the satiety hormone, GLP-1, which triggers a feeling of satiety in humans, was significantly higher in the Fabuless™ test group (see table 2).

This study has proven that Fabuless™ is an effective ingredient for long-term weight management. Daily consumption of 5 grams Fabuless™ twice per day for a period of 4 months supports moderately overweight women in maintaining lost body weight. It also reduces their body fat mass and waist circumference.

The Fabuless™ effect on weight maintenance is exciting news for consumers:

- They get more out of dieting!
- They weigh less, have lower body fat levels and a smaller waist for longer;
- They achieve their weight management goals in a tasty and convenient way;
- They look better, feel better and feel healthier!

Innovation in weight management

Fabuless™ studies are published in high profile, peer-reviewed scientific journals - a fact that separates Fabuless™ from the competition. This latest study adds to the existing evidence that Fabuless™ will help your customers to manage their weight more successfully. Fabuless™ can be incorporated into great-tasting and convenient foods, beverages or in single-dose dietary supplement "mini-shot" form. It's also a natural ingredient, a benefit that your consumers will recognize and thank you for!

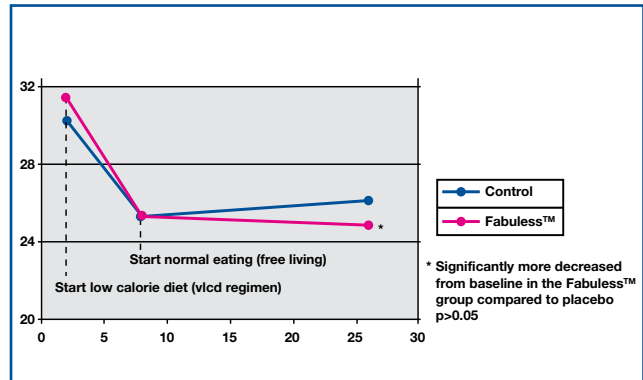


Figure 2. Body fat mass.

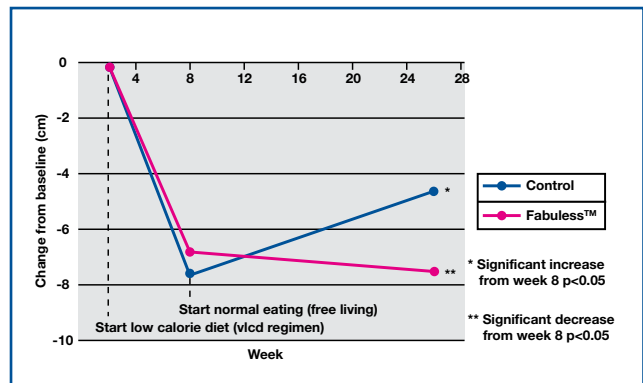


Figure 3. Change of waist circumference.

Reference:

- Diepvens K, Soenen S, Steijns J, Arnold M, Westerterp-Plantenga M. Long-term effects of consumption of a novel fat emulsion in relation to body-weight management. *Int. J. Obes.* 2007 (6) 942-9

Time	Week 2		Week 8		Week 26	
GLP-1 (pmol/L)	Fabuless™ (n=22)	Placebo (n=28)	Fabuless™ (n=22)	Placebo (n=28)	Fabuless™ (n=22)	Placebo (n=28)
0 (min)	6.8	6.8	7.5	6.6	7.0	6.3
90 (min)	7.9	7.9	7.8	7.6	7.5	7.3
180 (min)	7.3	7.3	7.4	7.2	8.7*	7.5

Table 2. Plasma levels of satiety-related hormon GLP-1.

* $p < 0.05$ compared to week 2