



**naturamore**  
MUCH MORE FROM NATURE

# Lifestyle Plus

## Clinical Study Report





# Clinical Trials

- Naturamore is ONE OF THE VERY FEW BRANDS in India to conduct DOUBLE BLIND rigorous, registered clinical trials of the products.
- Clinical trials provide us the ASSURANCE and CONFIDENCE that the product is SAFE and EFFECTIVE





# End to End process of the Naturamore Products Development





# Objectives

- To assess change from Baseline in Fasting Plasma Glucose (FPG) and Post-Meal Glucose (PMG)
- Haemoglobin A1c (HbA1c) at Week 12
- To assess change from Baseline in Fasting Insulin (FI) and 2-hr Post-Meal Insulin (PMI)
- Changes of the b-cell functions (homeostasis model assessment [HOMA]-b, insulin resistance (IR) by HOMA-IR)
- Change in anthropometric measurements from baseline to end of visit
- Change in levels of inflammatory marker like C-peptide





# Results





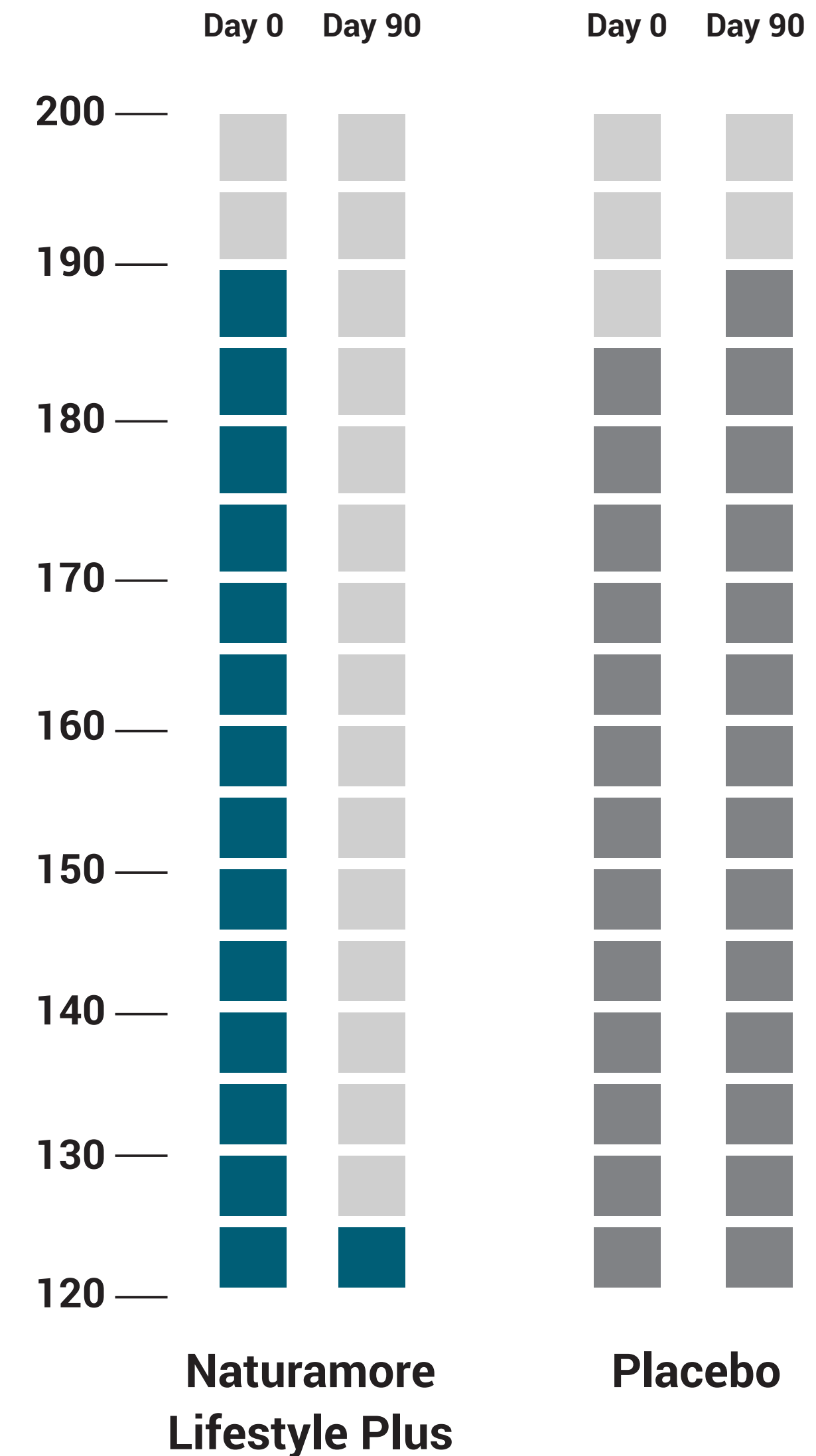
# Changes in Mean Fasting Plasma Glucose

Increased Fasting Plasma Glucose levels is one of the important signs of Diabetes.

*Lesser value indicates better effect of the formulation.*



## Mean Fasting Plasma Glucose



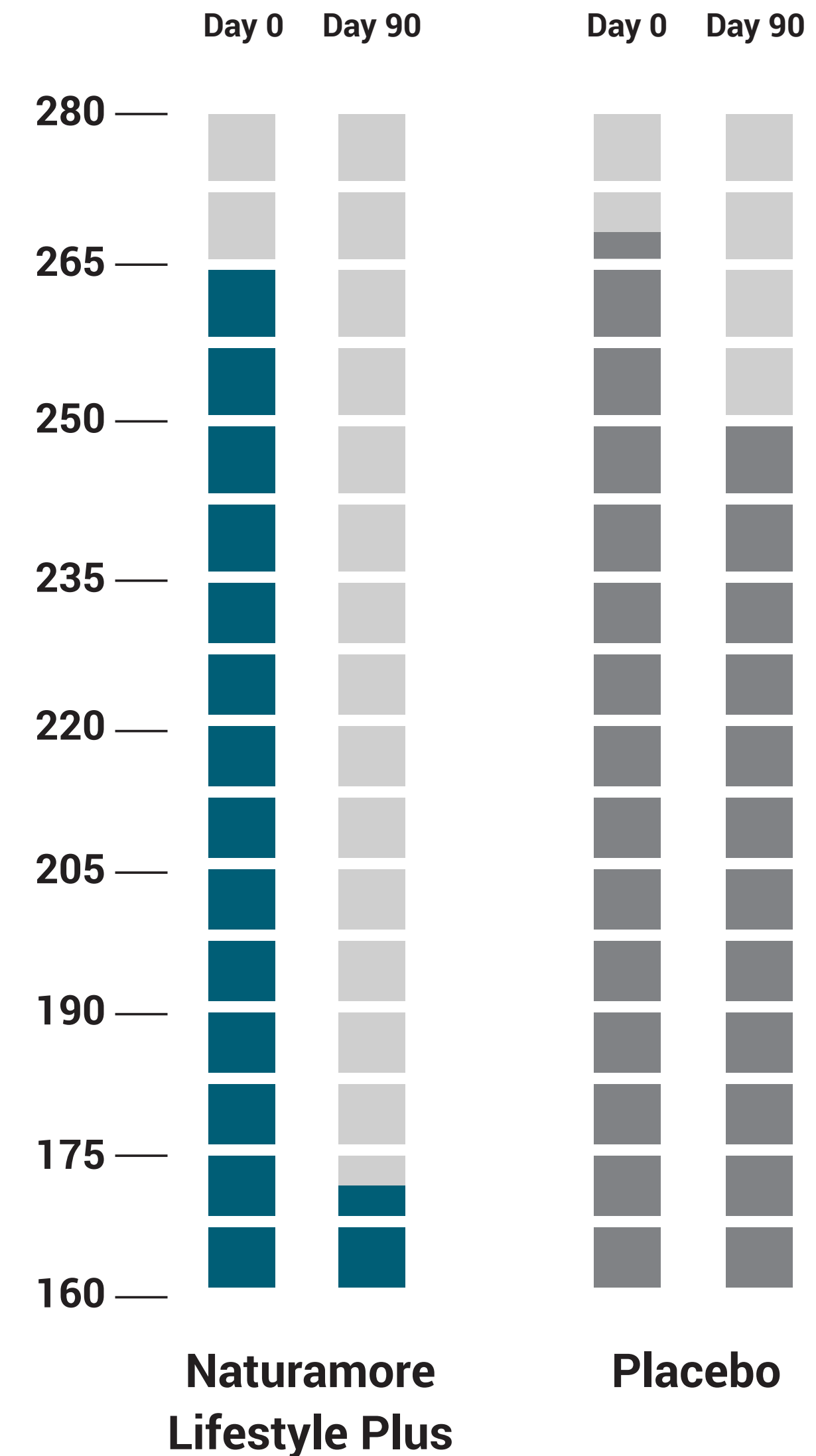
# Changes in Mean Post Meal Plasma Glucose

Post Meal Plasma Glucose levels indicates increase in Blood Sugar levels after food.

*Lesser value indicates better effect of the formulation.*



## Mean Post meal Plasma Glucose



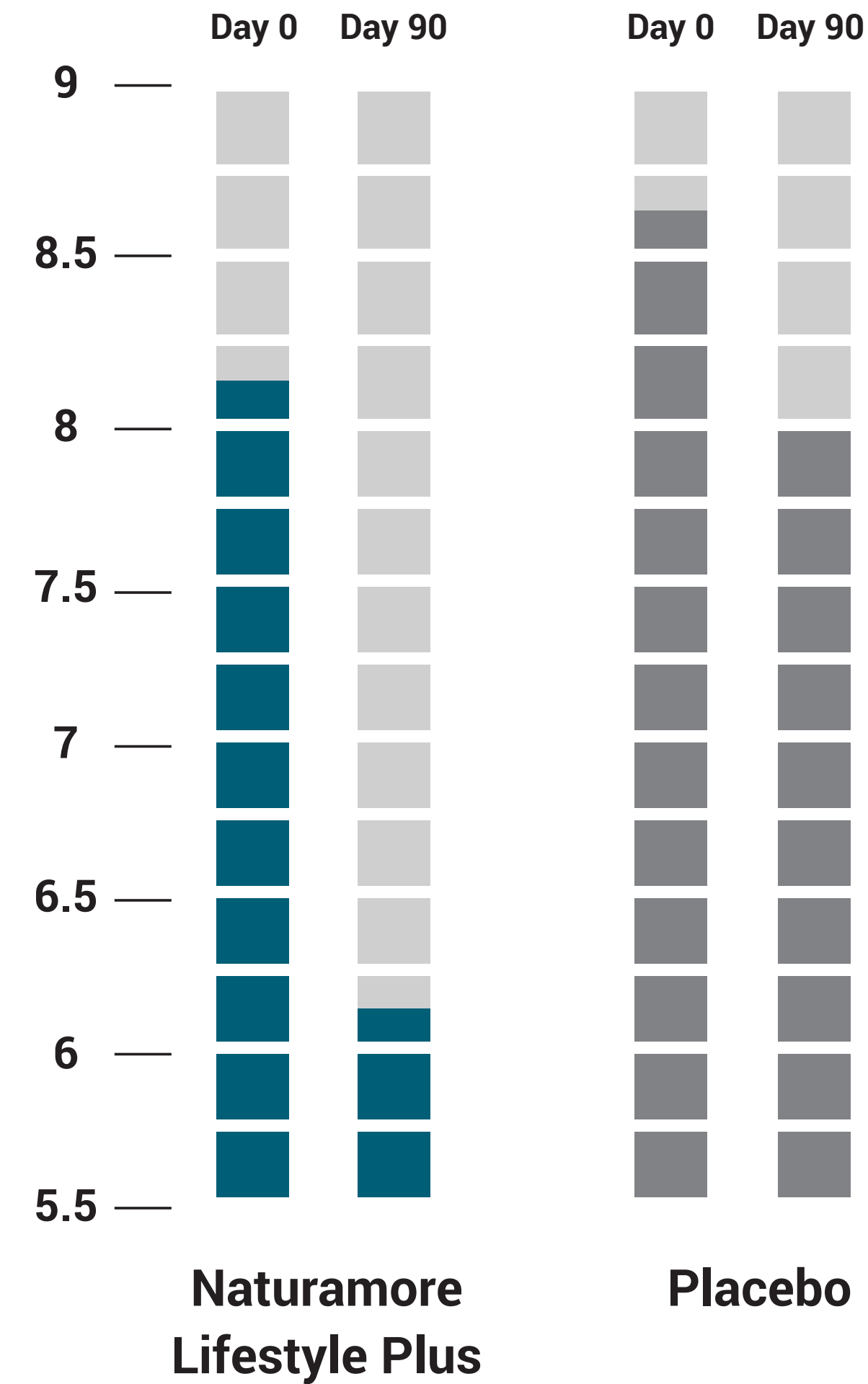
# Changes in HbA1C levels

HbA1C levels indicates overall blood sugar levels for last 3 months.

*Lesser value indicates better effect of the formulation.*



## Changes in HbA1C levels





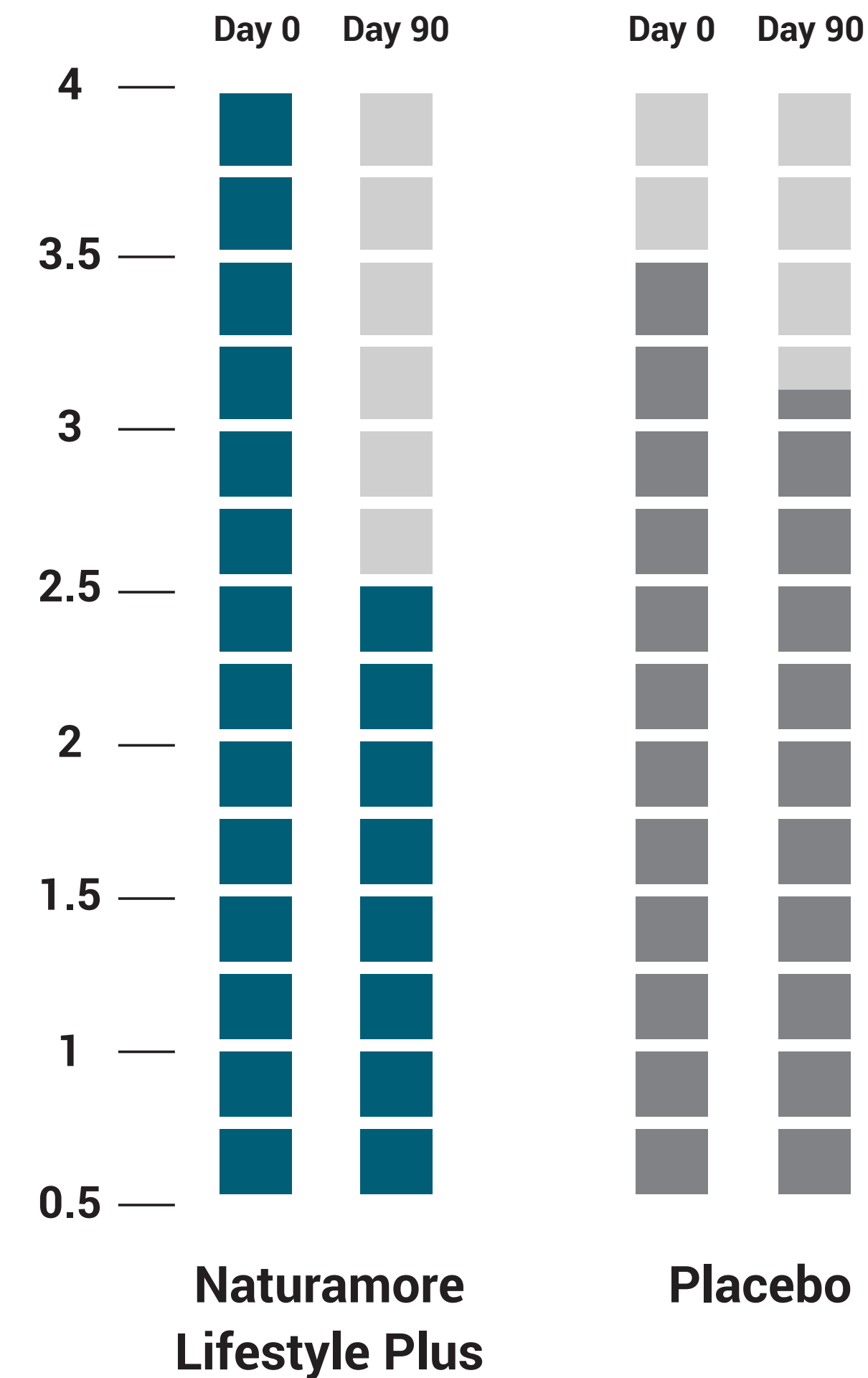
# Changes in C- Reactive Protein levels

CRP levels are indicators of inflammatory changes in the body.

*Lesser value indicates better effect of the formulation.*



## Changes in C – Reactive Protein levels





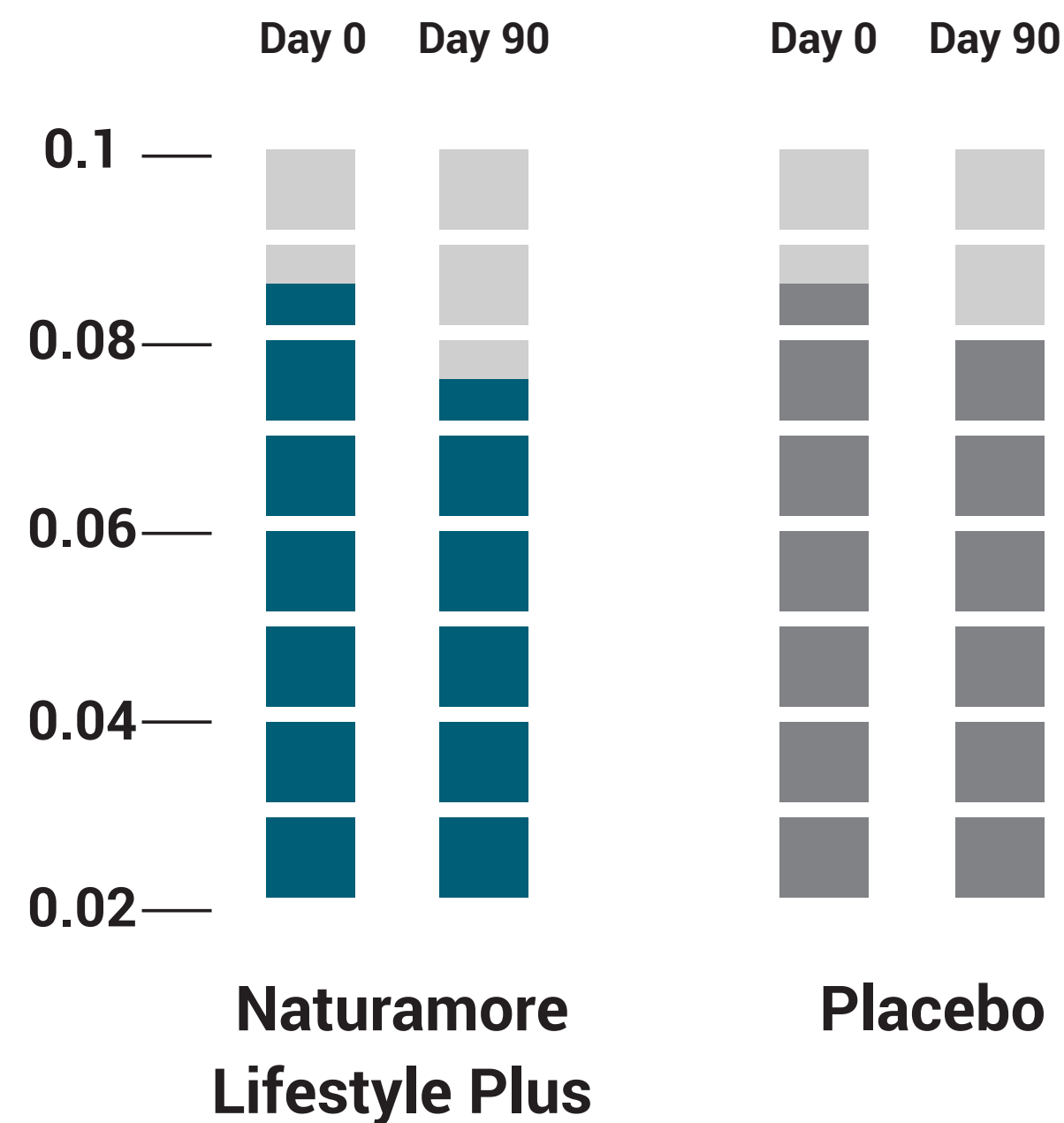
# Changes in HOMA Score



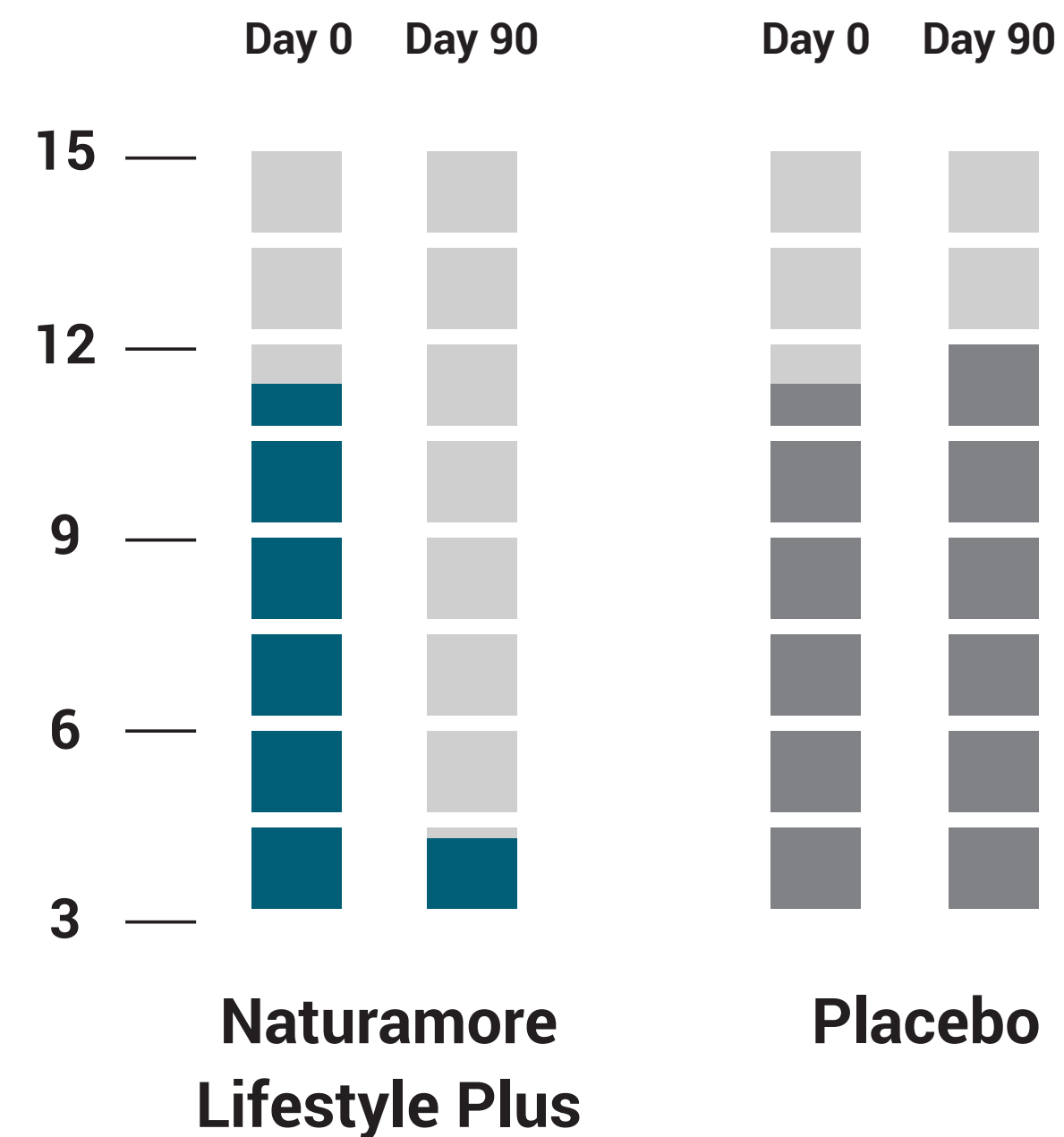
HOMA scores are indicators of insulin sensitivity.  
*Lesser value indicates better effect of the formulation.*



## Changes in HOMA (B) Score



## Changes in HOMA (IR) Score





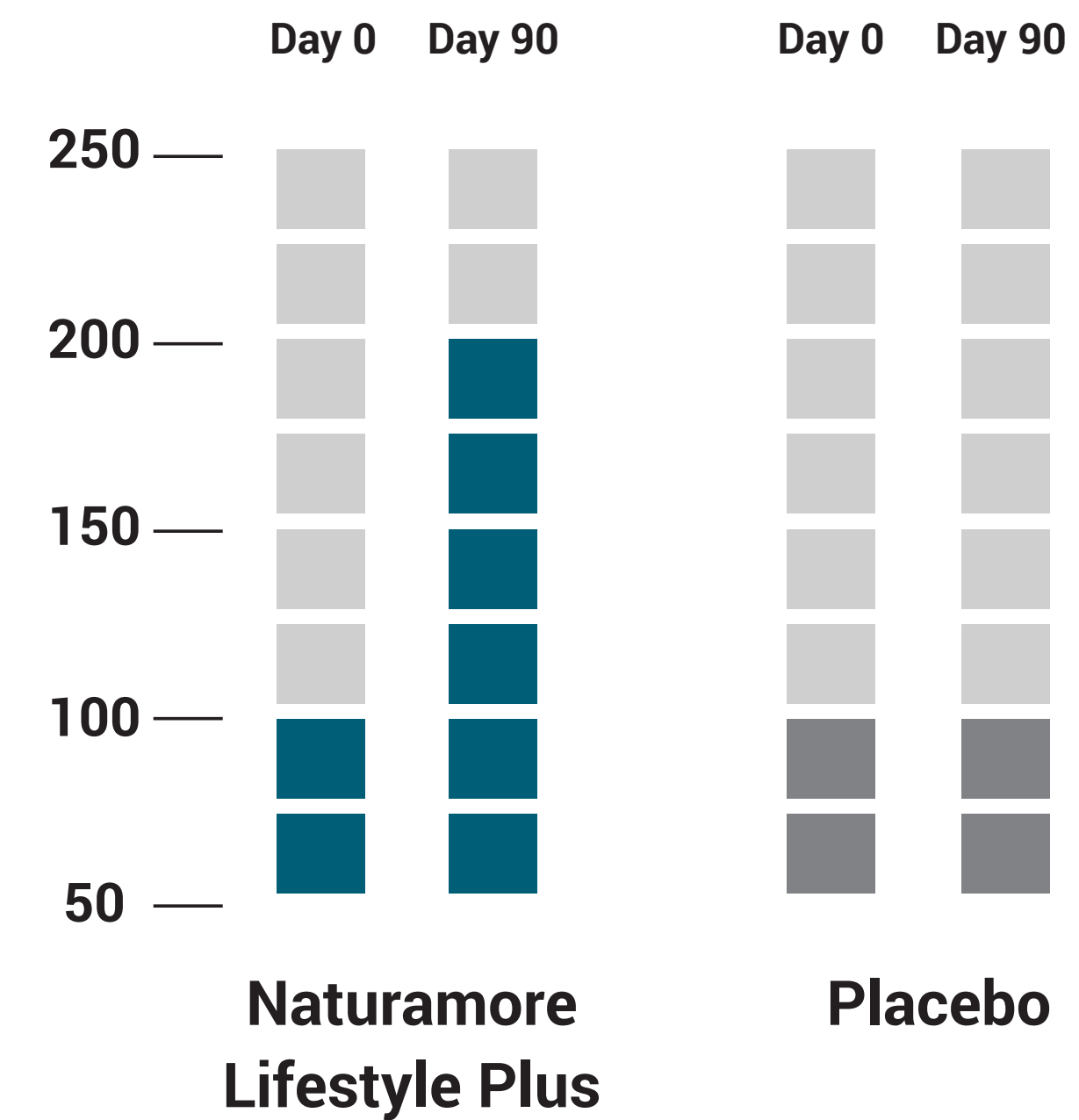
# Changes in Quality of Life Score

QOL scores indicate overall quality of life in type 2 diabetes.

*Greater value suggests better effect of the formulation.*



## Changes in Quality of Life Score





## Other Parameters

- There is significant reduction in doses of conventional treatment by NRL/LP/201901.
- In test group, out of 50 subjects 45 subjects were on conventional medicine alongside NRL/LP/201901, out of which 10 (61.53 %) showed reduction in doses at day 30 and 30 (38.46 %) till day 90. Out of 30 subjects 10 subjects achieved to stop conventional medication.





## Other Parameters

- At the end of 90 days of treatment, mean Total cholesterol and Triglycerides showed a significant reduction 26.32 and 27.41 mg/ dl respectively among Test group when compared to placebo counterpart at day 90.
- As per Investigator, 100 % of cases among Drug had much to very much improvement of treatment which was significantly more as compared to 60 % of cases showed minimally improvement in Placebo group.







# Research Papers Published





*ejpmr*, 2020,7(3), 304-313

**EUROPEAN JOURNAL OF PHARMACEUTICAL  
AND MEDICAL RESEARCH**  
[www.ejpmr.com](http://www.ejpmr.com)

SJIF Impact Factor 6.222

Research Article  
ISSN 2394-3111  
EJPMR

**RANDOMIZED DOUBLE BLIND, PLACEBO CONTROLLED CLINICAL TRIAL TO ASSESS THE SAFETY AND EFFICACY OF NRL/LP/201901 CAPSULES AS ADJUVANT THERAPY IN PATIENTS WITH TYPE 2 DIABETES MELLITUS**

**Dr. Omkar Kulkarni<sup>1\*</sup>, Dr. Anuj Agarwal<sup>2</sup>, Priya Khare<sup>3</sup>, Gayatri Ganu<sup>4</sup> and Dr. Medha Kulkarni<sup>5</sup>**

<sup>1</sup>Senior Manager, Research and Development, Netsurf Research Labs Pvt. Ltd; Baner, Pune- 411045.  
<sup>2</sup>Senior Manager, R and D Healthcare, Netsurf Research Labs Pvt. Ltd, Baner, Pune.  
<sup>3</sup>Asst. Manager, R and D Healthcare, Netsurf Research Labs Pvt. Ltd, Baner, Pune.  
<sup>4</sup>Clinical Research, Mprex Healthcare, 414, Nisarg Plaza, Bhamburda Nagar, Wakad, Pune – 411057, India.  
<sup>5</sup>Consultant, Dr. D.Y. Patil College of Ayurveda and Research Centre, Pimpri, Pune- 411018.

*ijpbs* 2020; doi: 10.22376/ijpbs.2020.11.1.p28-33



**International Journal of Pharma and Bio Sciences**



Review Article

Pharmacology for better Drug screening

**Role Of Herbal Interventions In Diabetes Management**

**Omkar Kulkarni<sup>1\*</sup>, Priya Khare<sup>2</sup>, Anuj Agrawal<sup>3</sup> and Gayatri Ganu<sup>4</sup>**

<sup>1</sup>Senior Manager, Research and Development, Netsurf Research Labs Pvt. Ltd; Baner, Pune- 411045, India.  
<sup>2</sup>Manager, Research and Development, Netsurf Research Labs Pvt. Ltd; Baner, Pune- 411045, India.  
<sup>3</sup>Senior Manager, Research and Development, Netsurf Research Labs Pvt. Ltd; Baner, Pune- 411045, India.  
<sup>4</sup>Director, Mprex Healthcare; Wakad, Pune- 411057, India