



Naturamore For Women

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**
- Studies are conducted following stringent guidelines by **WHO – GCP, ICMR AND OECD GUIDELINES**



Steps in clinical study for Naturamore Products

Safety Study



Efficacy Study



Safety Study

Purpose

To assure total safety of the product for the consumption

Acute

To understand the highest safe dose of the product
(As per standard OECD 423 guidelines)

Sub – Acute

To understand safety of the product for long – term consumption
(As per standard OECD 423 guidelines)



Acute Toxicity Study

NO SAFETY CONCERNS observed even at
5000 mg / kg body weight dose.

It can be labelled as **SAFE FOR ORAL CONSUMPTION**
at recommended dosage



Sub – Acute Toxicity Study

Conducted as Repeated Dose 28-day
Oral Toxicity Study as per standard OECD guidelines

NO ADVERSE EFFECT on general health, growth, behavioural, neurological, Haematological, clinical chemistry and urinalysis parameters, organ weights and gross of the tissues / organs of the mice treated at the dose level of 1000 mg/kg body weight.

It can be labelled as
SAFE FOR LONG TERM CONSUMPTION
at recommended dosage



Efficacy Studies

Clinical trials in comparison with
Market Leader Product

Double Blind Study – Considered as
GOLD STANDARD in clinical trials

Central Registration Number:
CTRI/2019/10/021716 [Registered on: 18/10/2019]

Study Conducted for 90 days in 100 Subjects
(50 in each group)



Parameters Studied

- Daily energy levels
- Menstrual regulation
- Changes in biochemical parameters like-Serum Iron, Serum Calcium, Ferritin, TIBC
- Immunity via number of events of recurrent UTI/RTI etc.
- Changes in hormonal profile- FSH, LH, Prolactin, Testosterone, Serum Insulin
- Anthropometric analysis
- HbA1c and glycaemic profile (blood sugar levels)
- Quality of life (Physical, mental and social) General Health Questionnaire-28 (GHQ-28)
- Changes in mood behavior
- Sleep quality questionnaire
- Perceived stress questionnaire
- Safety profiling



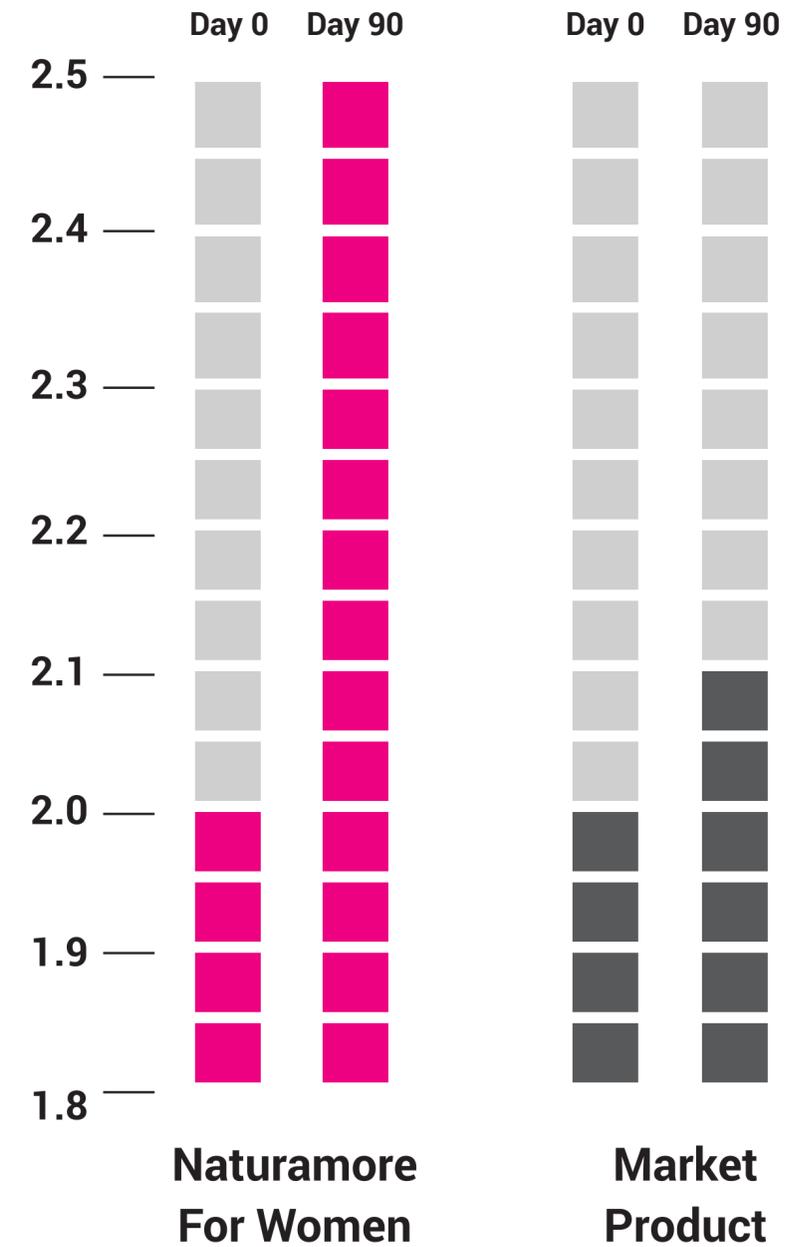
Results & Interpretation



Mood & Behaviour testing

It is to check your overall mood during the day, energy levels and enthusiasm to work. More value is considered better

Mood & Behaviour

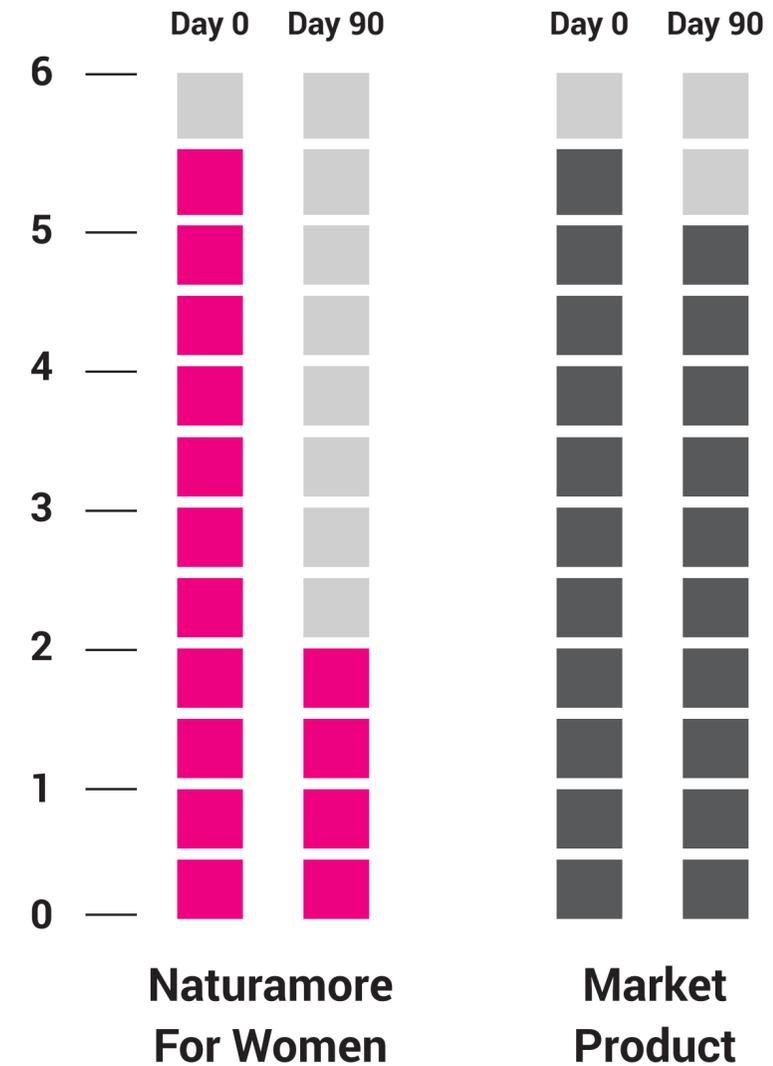


Sleep Testing

It is to check your overall sleep quality using Pittsburgh Sleep Quality Index.

Less value is considered better

Pittsburg Sleep Quality Index

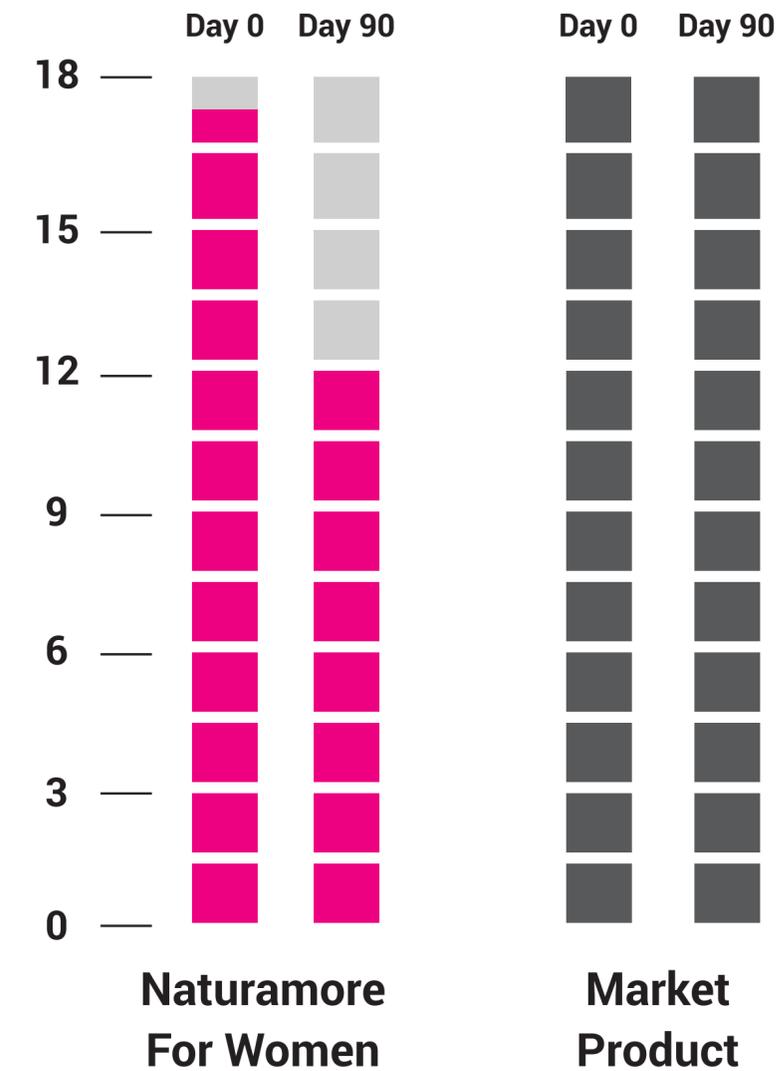


Perceived Stress Testing

It is to check your feeling of overall mental stress.

Less value is considered better

Perceived Stress Score

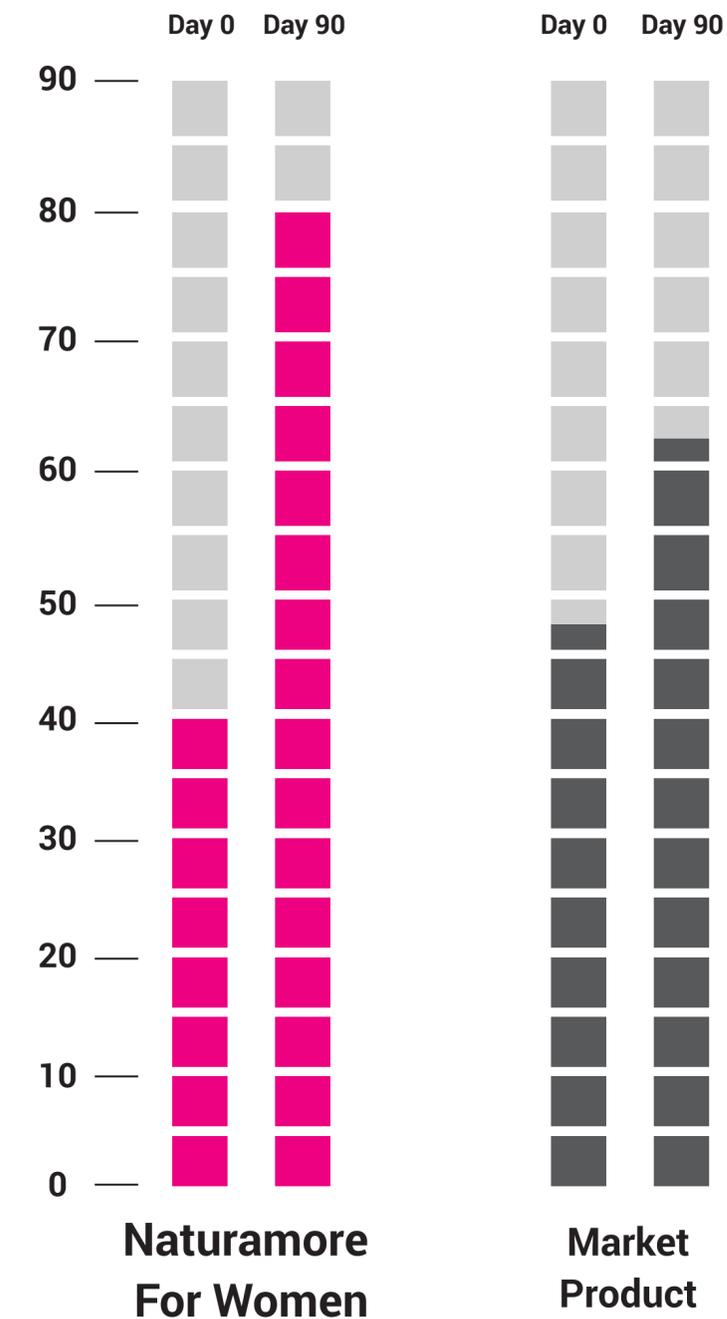


General Health Testing

It is to check status of your wellness using standard General Health Questionnaire-28.

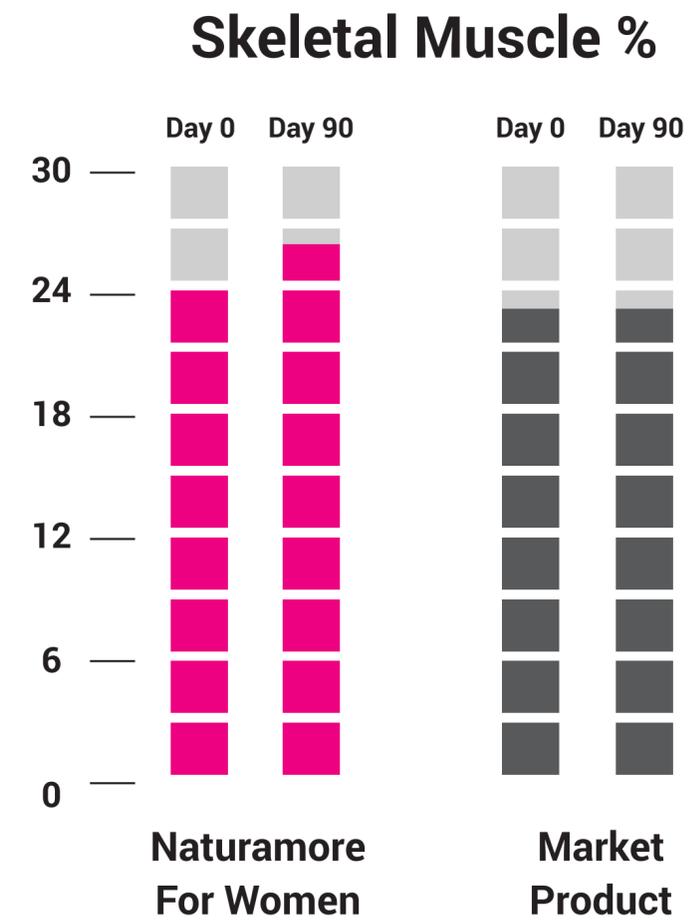
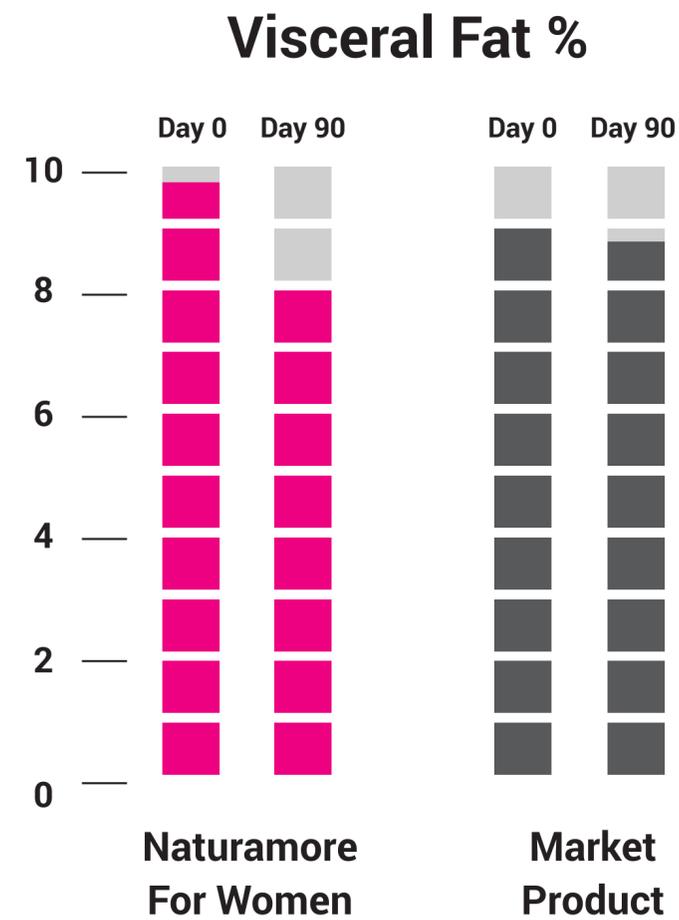
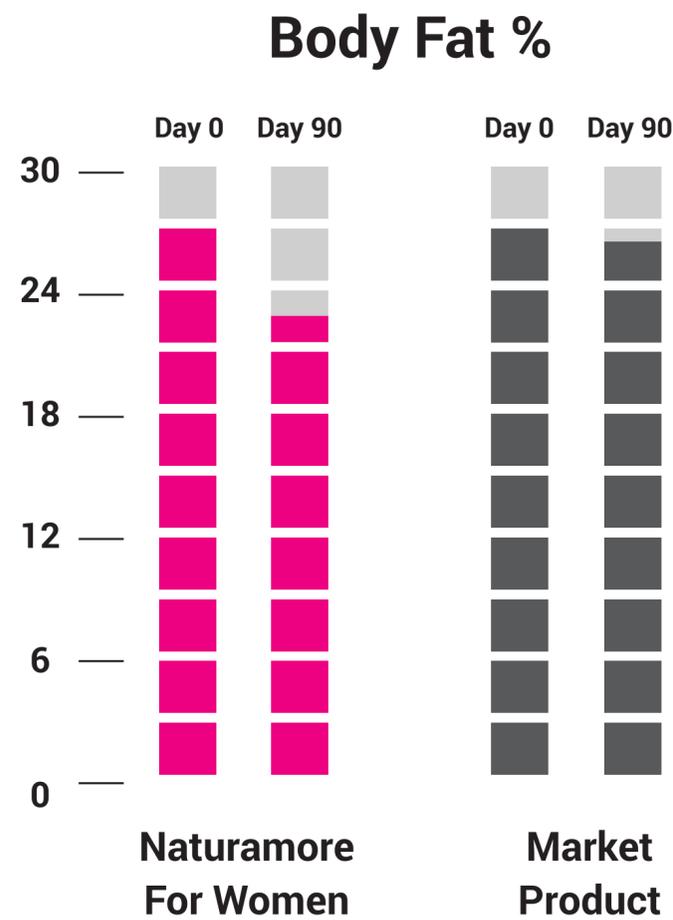
More value is considered better

General Health Questionnaire-28



Anthropometric Measurements

It has been observed that Naturamore for Women **REDUCED BODY FAT % AND VISCERAL FAT %** as compared to Market products. Naturamore for Women **INCREASED SKELETAL MUSCLE %** as compared to market product.



Iron & Calcium Profile

This is to check the Iron & Calcium levels in the body and levels of enzymes required for Iron absorption and transport in the body.

More value is considered better.

Parameter	Naturamore For Women		Market Product	
	Baseline	Day 90	Baseline	Day 90
Serum Iron (mcg/dl)	69.14	73.45	69.43	71.65
Total Iron binding capacity (mcg/dl)	394.37	432.67	396.73	413.05
Percent transferrin saturation	17.33	19.27	17.06	18.04
Ferritin (ng/ml)	44.34	51.34	45.10	45.27
Serum Calcium (mg/dl)	9.26	9.42	9.41	9.46

Other Parameters

In Naturamore for Women group, 45 (90%) subjects reported **VERY MUCH OVERALL IMPROVEMENT** and as compared to 5 (10%) in the market product group.



Conclusion

- Naturamore for Women may help **IMPROVE CARDIOVASCULAR PERFORMANCE AND OVERALL ENDURANCE**
- Naturamore for women may help **IMPROVE MOOD, BEHAVIOUR, STRESS AND SLEEP PATTERN**
- Naturamore for women may help **IMPROVE IRON PROFILE AND CALCIUM PROFILE IN THE BODY**
- Naturamore for women is **SAFE TO CONSUME FOR A LONG TERM** in recommended dosage without any adverse events

