

Summaries of Short-Term Clinical Trials of ThinStick

Disclosure: These studies were conducted by independent organizations. Metabolic Maintenance was not involved and did not contribute in any way.

Studies 1 and 2: Effects on calorie consumption 4 hours after a lunch containing ThinStick.

Non-obese healthy participants ate a standard breakfast and then lunch was replaced by a yogurt containing either ThinStick or an equivalent amount of dairy fat. Four hours after lunch the participants had free access to a buffet meal, where intake was recorded. Participants were allowed to eat and drink anything they wanted for the remainder of the day but had to keep a record of all food and beverages consumed, by weight. Participants who had lunched on a yogurt containing ThinStick consumed an average of **13.25% fewer calories** at dinner than the control group who did not eat a yogurt containing ThinStick.

Study 3: Effects on calorie consumption 4 hours and 8 hours after a breakfast containing ThinStick.

Non obese, overweight & obese subjects were participants. They ate a yogurt containing ThinStick or the same amount of dairy fat at breakfast. The subjects had free access to buffet meals 4 and 8 hours after breakfast and all food intakes were recorded. Each individual kept a weighed record of all food and beverages consumed during the remainder of day 1 and day 2.

The trial concluded that caloric intake 4 hours after eating a yogurt containing ThinStick **decreased by 23.9%**. Caloric intake 8 hours after eating the yogurt containing ThinStick **decreased by 27.2%**

Study 4: Effects of higher doses of ThinStick consumed at breakfast on calorie consumption at next meal.

Non-obese subjects were used and they received 3 doses of ThinStick and 1 placebo in a random order. Doses of 0, 5, 10 & 15 grams of ThinStick were added to 200 grams of yogurt. Fat content was adjusted to keep total fat content the same in all yogurt samples. Results indicated that total energy intake at lunch decreased with the addition of ThinStick consumed. **A 5 gram dose of ThinStick equaled 21% lower calorie consumption, 10 grams of ThinStick equaled 24.5% less and 15 grams of ThinStick reduced caloric intake by almost 30%.**

The full text of these studies is available on request.