

CLINICAL RESEARCH UPDATE

ClearGuard™

Randomized, Double-Blind,

Placebo-Controlled Study of ClearGuard™

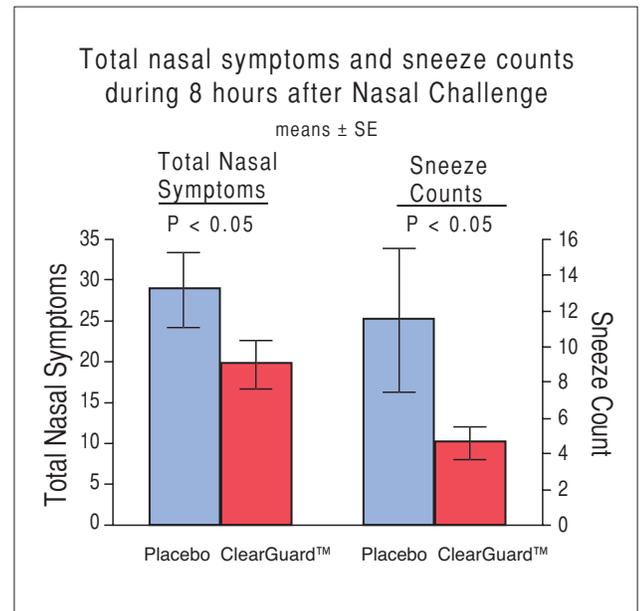
for the Support of Clear Nasal Passages.





Over the past decade, there has been a significant rise in the request for a nasal health product in North America. In order to develop a plant-based product to support clear nasal passages, scientists at the Nutrilite Health Institute screened botanicals for their effects on helping to maintain clear nasal passages no matter the season or the reason. A synergistic combination of three ingredients was identified for the ClearGuard™ formula, which was then tested at the Allergy Research Foundation in Los Angeles. In this Independent Review Board-approved, randomized, placebo-controlled, double-blinded study, twenty volunteers with seasonal sensi-

tivities took either ClearGuard™ or a placebo for two days before coming to the laboratory for a Nasal Challenge. The Nasal Challenge is a standard treatment evaluation procedure which involves squirting sensitizing agents into volunteer's noses over about 2 hours. Nasal symptoms, sneeze counts, as well as samples of nasal fluid for biochemical analysis, were collected during and for 8 hours after the Nasal Challenge. Result showed that after the Nasal Challenge, ClearGuard™ led to significantly fewer total nasal symptoms and sneezes than placebo (**Figure**).



Biochemical analysis of nasal fluid showed that the Nasal Challenge was followed by a significant rise in Prostaglandin D2 (a marker of inflammation) in the loratadine and placebo treatment groups, but not in the ClearGuard™ Group.

Following these positive results, Nutrilite Health Institute scientists conducted a consumer use study of ClearGuard™ to evaluate its effectiveness under real-life conditions. Fifty-four volunteers were recruited in-house and asked to take ClearGuard™ for two weeks to help support clear nasal passages. The volunteers rated their experience with ClearGuard™ after taking it for 14 days. Eighty-five percent of volunteers agreed slightly or more that ClearGuard was effective at maintaining clear nasal passages. ClearGuard™ effectiveness at supporting clear nasal passages has thus been demonstrated in four ways: subjective symptoms; objective sneeze counts; biochemical nasal lavage assays; and consumer use data under real-life conditions.