



# 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

## **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

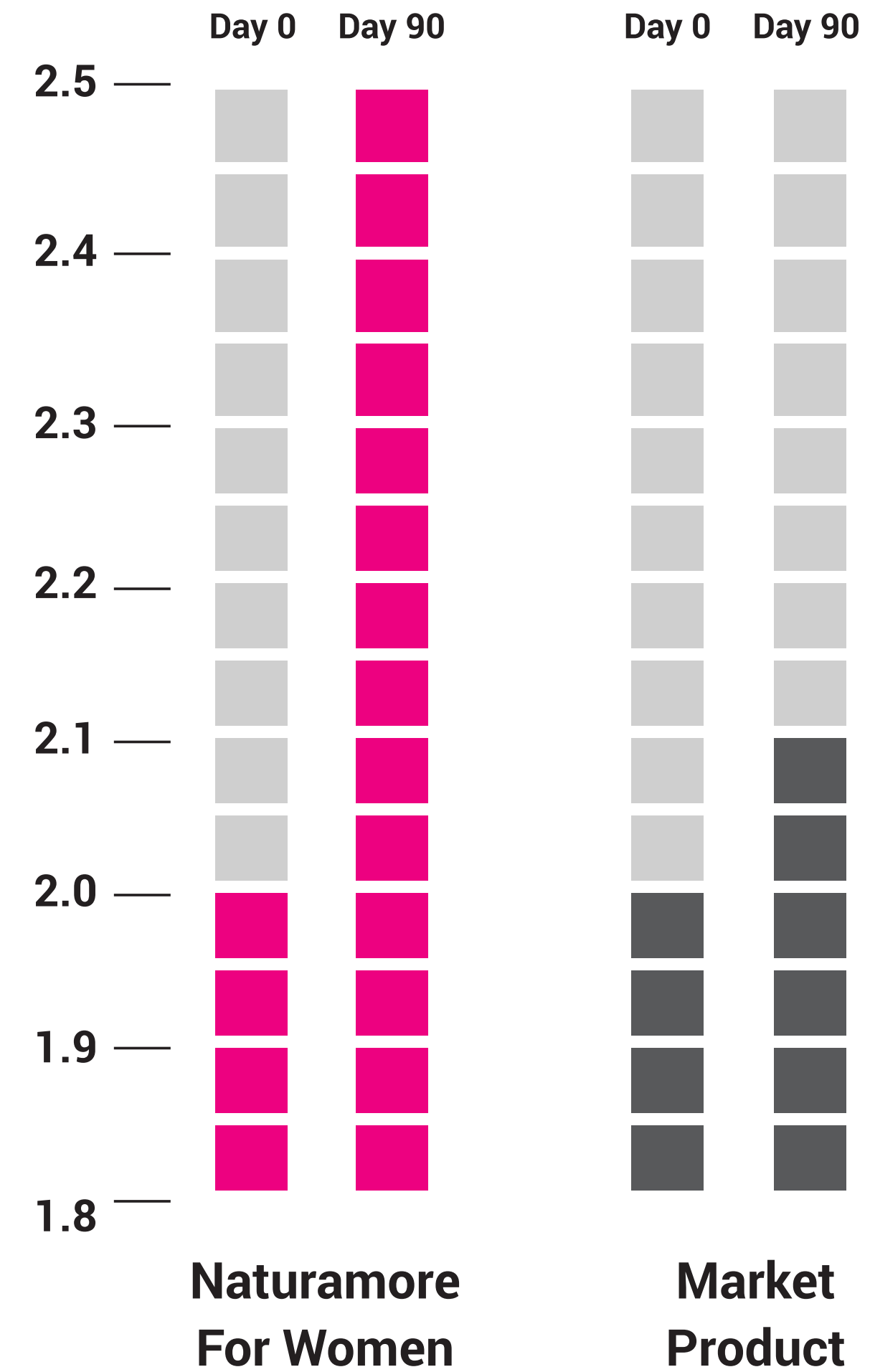




# Mood & Behaviour testing

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

## Mood & Behaviour



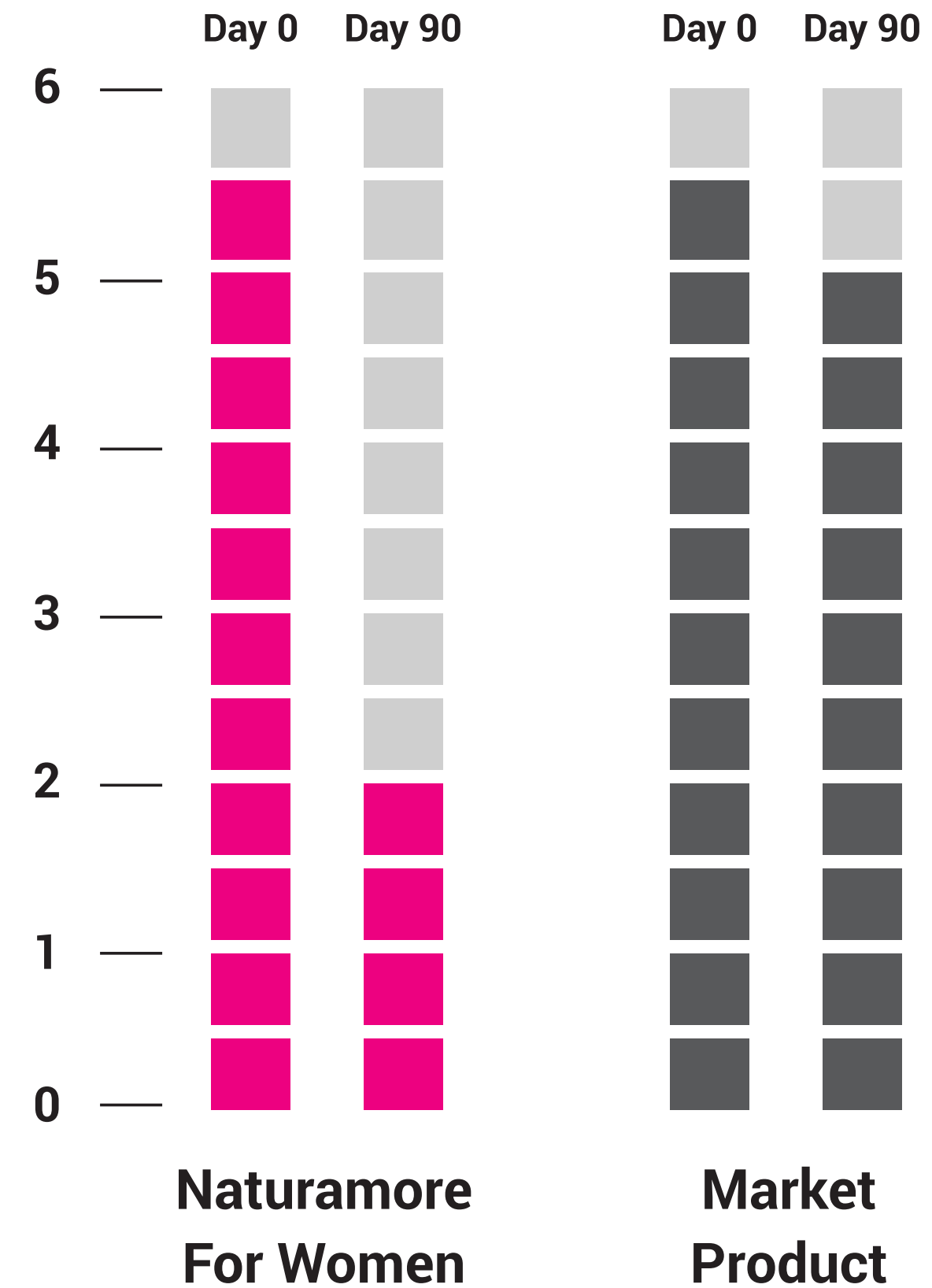


# Sleep Testing

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

*Less value is considered better*

## Pittsburg Sleep Quality Index



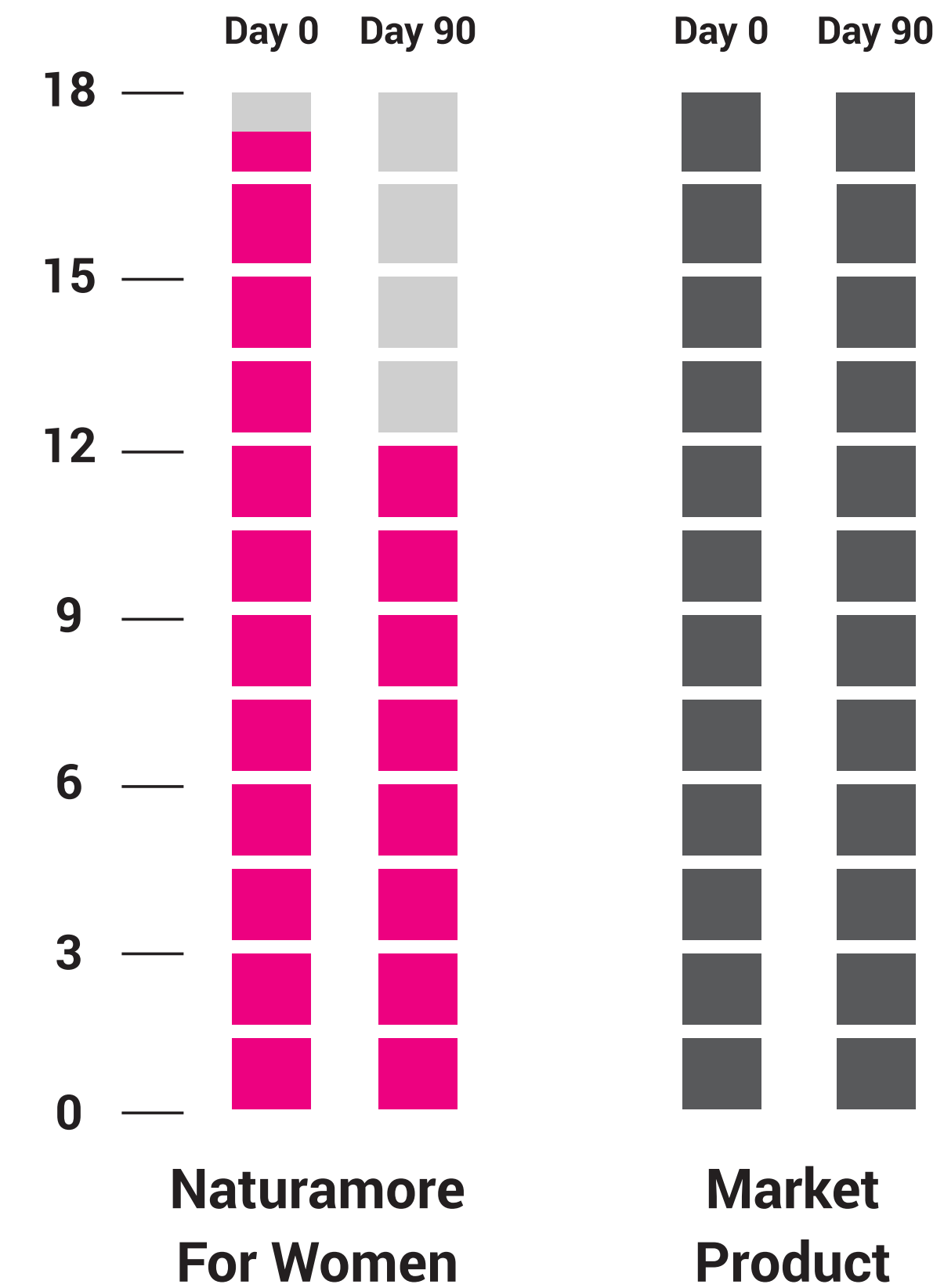


# Perceived Stress Testing

It is to check your feeling of overall mental stress.

*Less value is considered better*

## Perceived Stress Score



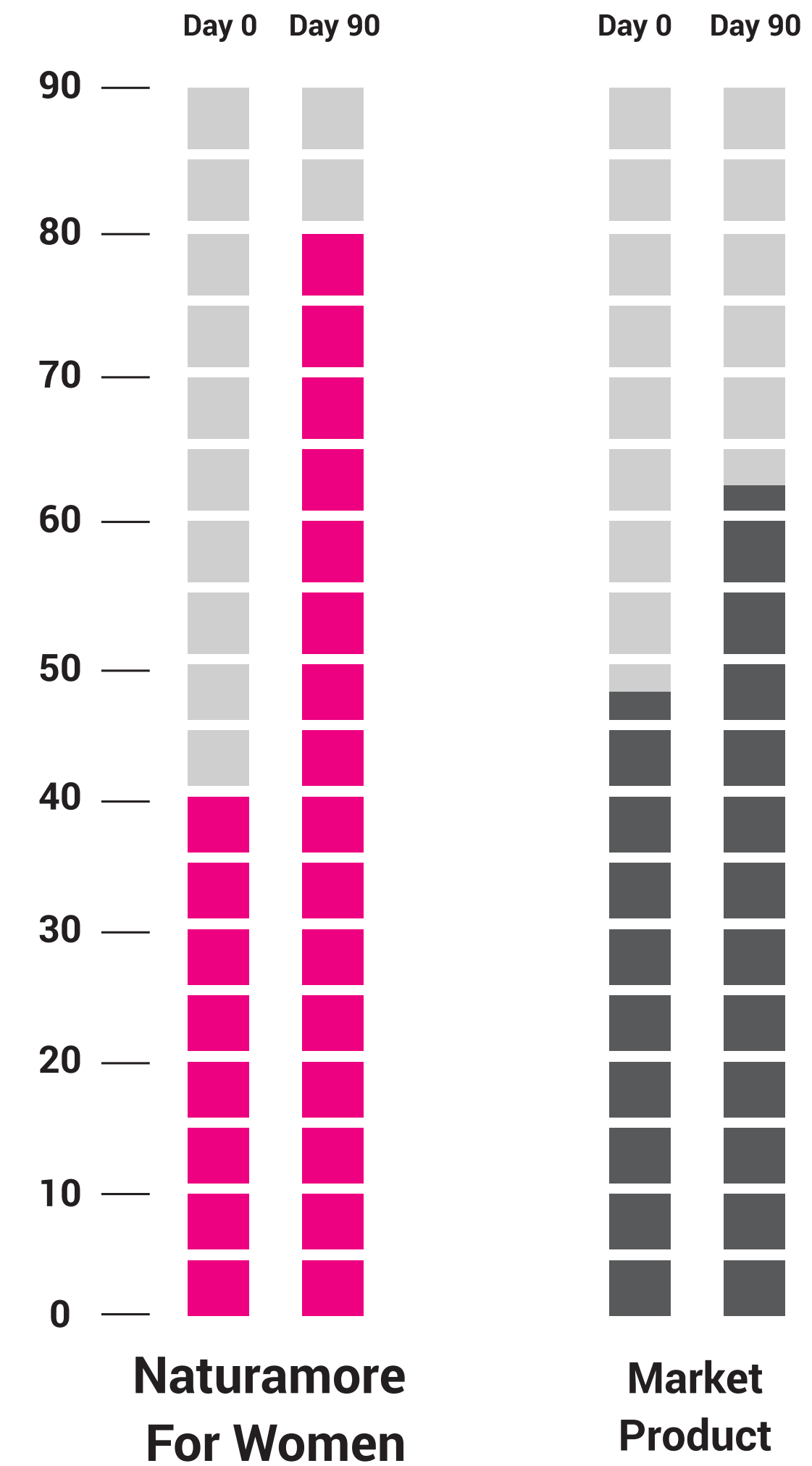


# General Health Testing

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

*More value is considered better*

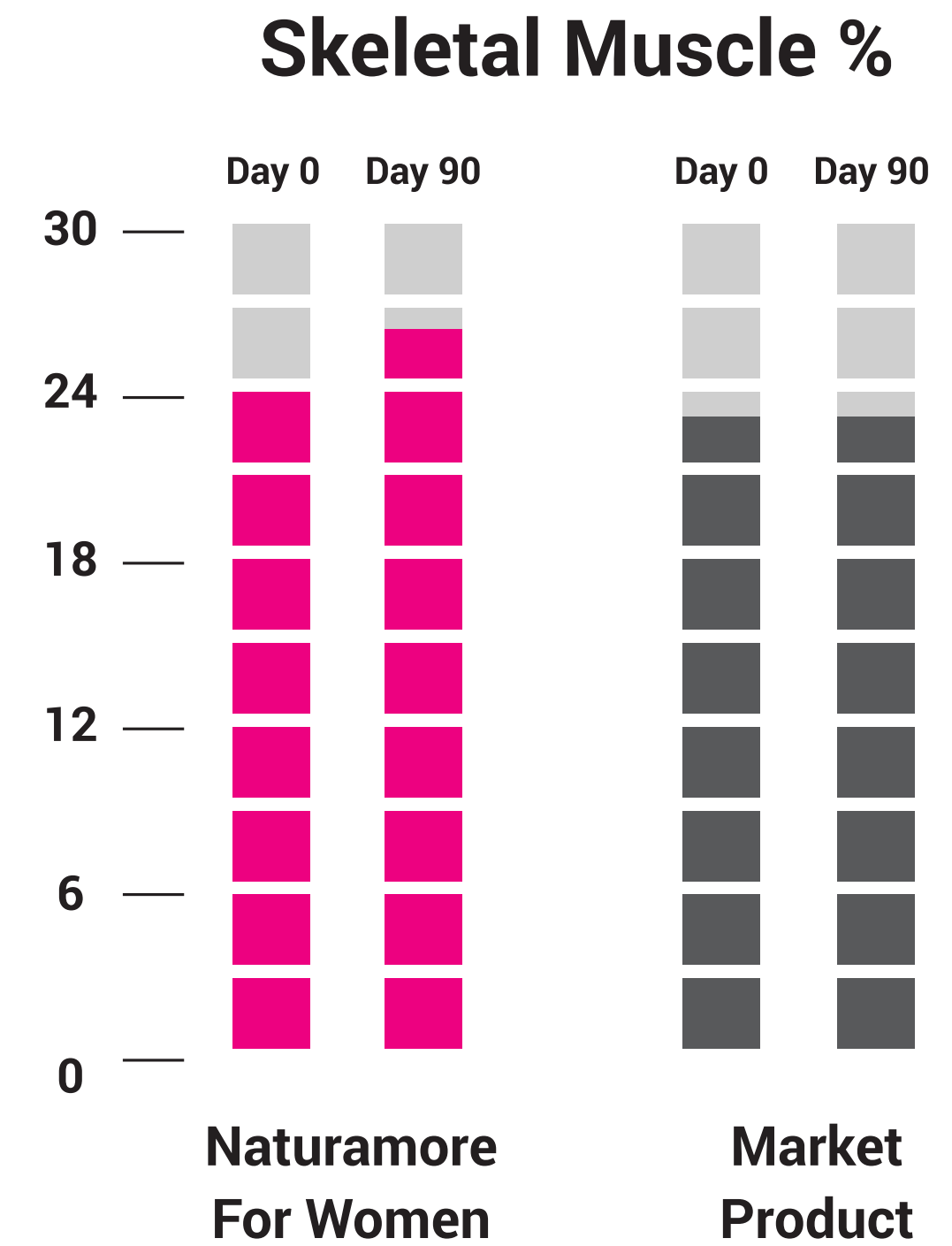
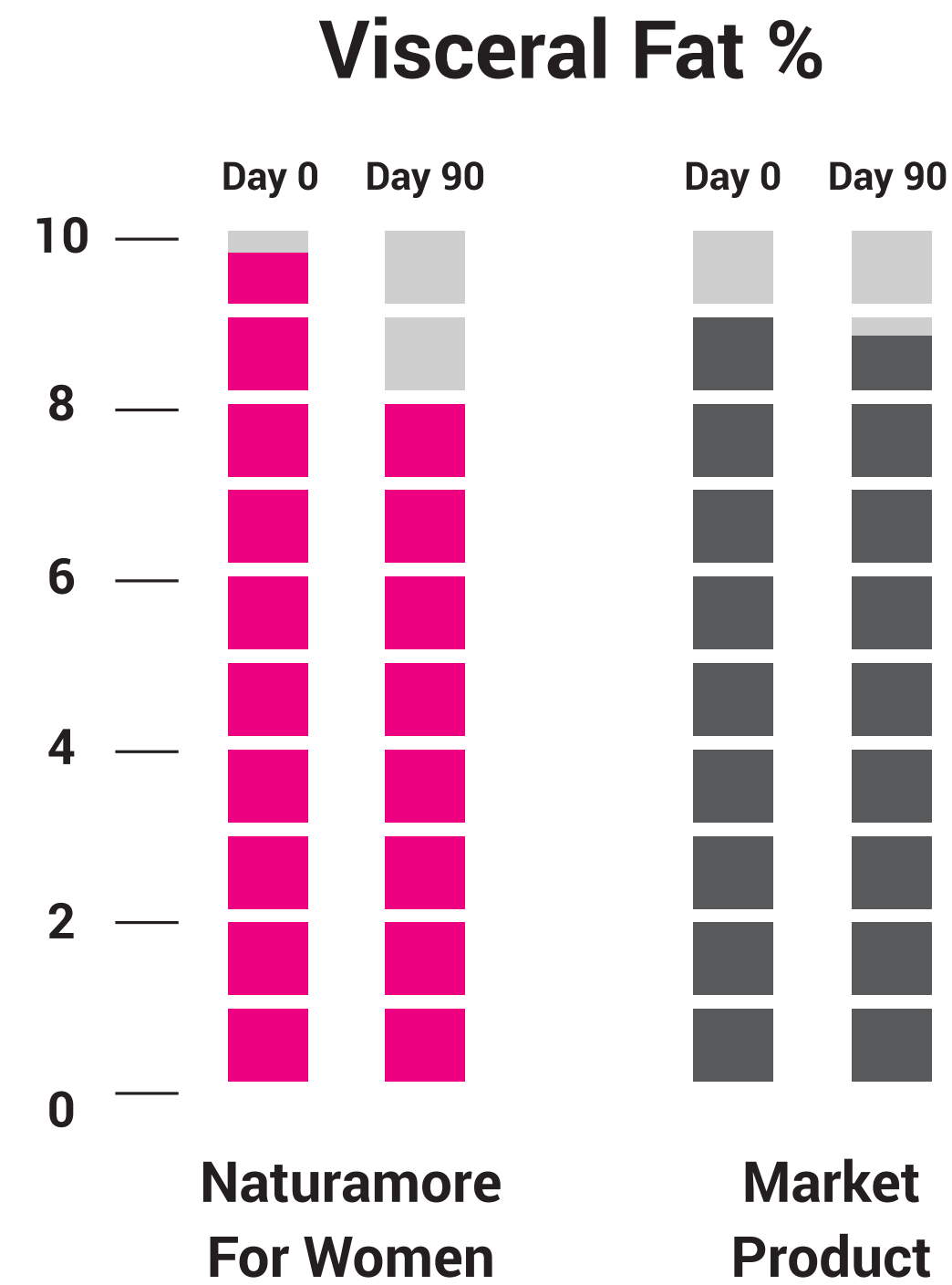
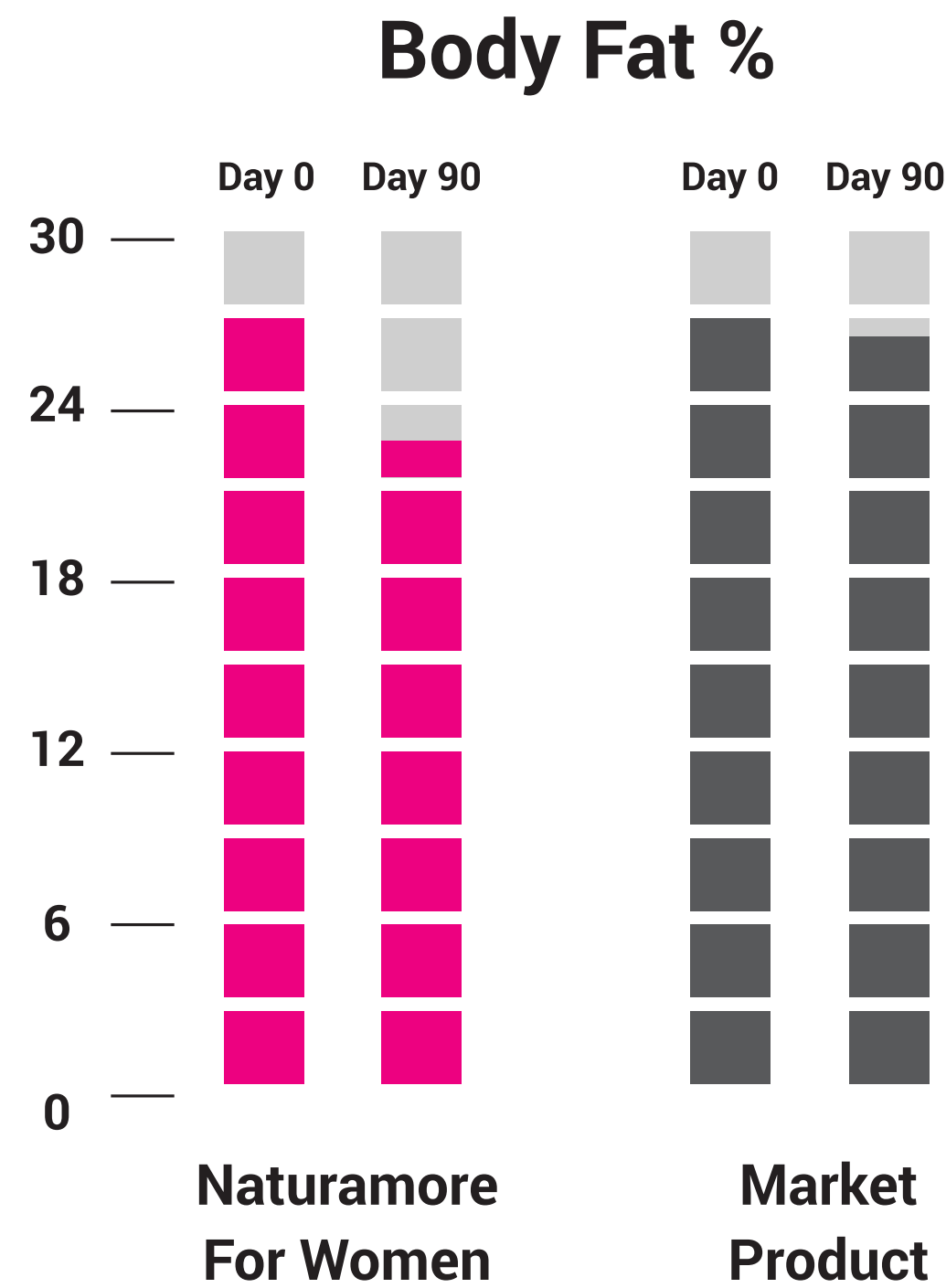
## General Health Questionnaire-28





# 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

