

# PLTSPORTS

## DYNAGENIX™

MUSCLE+JOINT FORMULA

# GET THEM BACK IN THE GAME FASTER

### Reduced Muscle & Joint Soreness. Faster Recovery. Easier Workouts.

#### Dynagenix™ Fast Facts

- 2 clinical studies
- Reduced post-exercise muscle & joint soreness
- Supports faster, better recovery
- Reduces perceived exertion
- Helps reduce stiffness
- Fast-acting
- Patent-pending
- Clean label
- Safe, side-effect free

Dynagenix™ is a breakthrough new, water-soluble, neutral tasting *Boswellia*-based ingredient that will change the landscape of the active/sports nutrition market by offering a comprehensive solution to post-exercise recovery, while promoting the ability to perform at a higher level, sooner. Results point to a nearly 50% reduction in muscle soreness versus placebo with dramatic improvements in joint soreness and ease of exercising. The combination of clinically-demonstrated muscle and joint benefits is unique in the active/sports nutrition market.

Dynagenix can be formulated into a remarkably broad range of consumer products for active/sports nutrition consumers. Clinical data supports its use as both a post-workout/recovery and a daily use product - for people who are engaged in regular exercise. Dynagenix can be used in liquid and solid taste-sensitive formulations like powders, chews, gummies, stick-packs, shots, shakes and more.

ACTIVE/SPORTS NUTRITION



**PLT**  
HEALTH SOLUTIONS

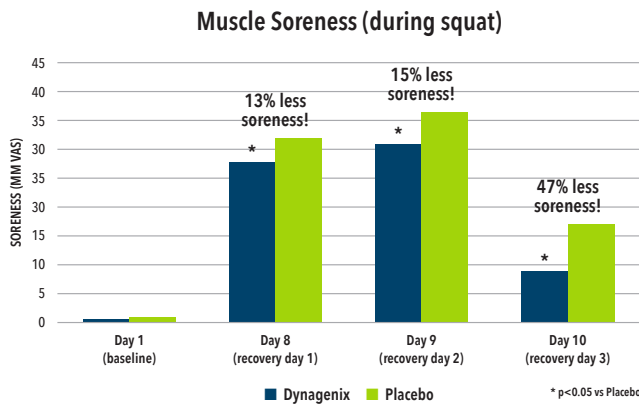
GROWTH THROUGH INNOVATION

# CLINICAL RESULTS SHOW A BREAKTHROUGH INGREDIENT FOR ACTIVE/SPORTS NUTRITION

The science behind Dynagenix examines a range of issues relevant to sports performance – including comfort, strength, recovery, perception of exertion and biomarkers demonstrating physiological changes. In the 2019 clinical trial, 50 recreationally active men (age 25-40) were studied for their response to eccentric exercise-related Delayed-Onset Muscle Soreness (DOMS) using 60mg of Dynagenix versus a placebo. The supplementation period was 10 days with eccentric exercise intervention on day 7, after which recovery was measured on d 8, 9 & 10.

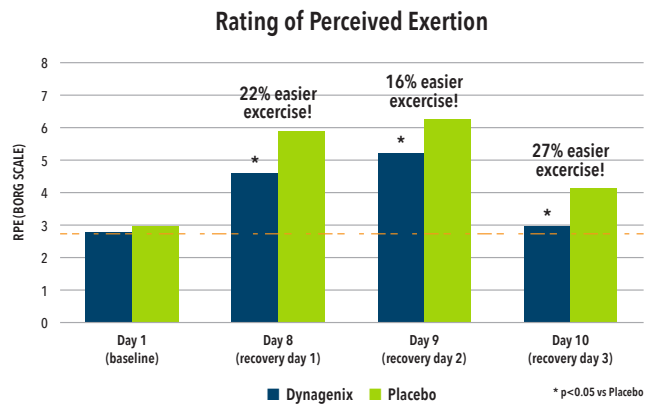
## Up to 47% Less Muscle Soreness Than Placebo

Muscle soreness during unweighted squat increased for both groups, but subjects taking Dynagenix reported statistically significantly less soreness than those taking placebo at every recovery point.



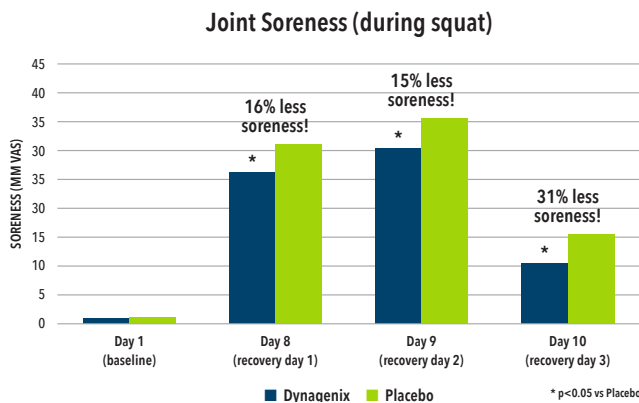
## Up to 27% Easier Exercise During Recovery Than Placebo

The Rating of Perceived Exertion (RPE) increased for both groups, but subjects taking Dynagenix reported statistically significantly lower RPE than those taking placebo at every recovery point.



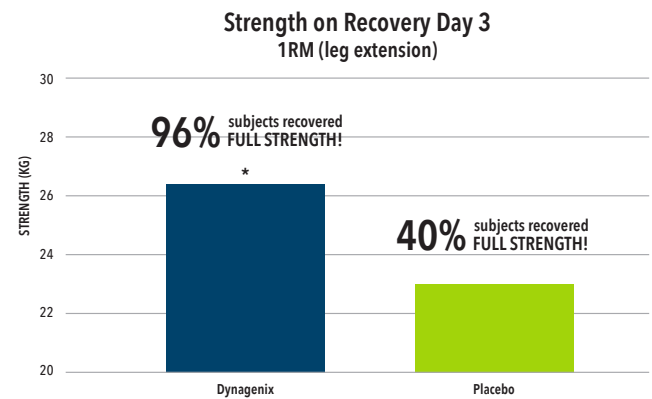
## Up to 31% Less Joint Soreness Than Placebo

Joint soreness during unweighted squat increased for both groups, but subjects taking Dynagenix reported statistically significantly less soreness than those taking placebo at every recovery point.



## 96% of Subjects Recovered Full Strength

24 out of 25 subjects – 96% taking Dynagenix had full recovery of strength by Recovery Day 3 versus only 10 of 25 using the placebo.



THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

Contact PLT Health Solutions for samples and more information.  
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