



MUSCLE HEALTH: STAY STRONGER LONGER

Improved Strength and Muscle Endurance.*
Enhanced Physical Function.*

Strengthena™ Fast Facts

- Clinically studied in women and men*
- **4.2x** greater improvement in leg strength versus exercise alone*
- **4.5x** greater improvement in grip strength versus exercise alone *
- **52%** greater resistance to muscular fatigue versus exercise alone *
- **86%** greater improvement in functional mobility versus exercise alone*
- **86%** improvement in walking speed versus exercise alone *
- **2.1x** more perceived energy/vitality

Muscle health is essential for graceful aging. It supports strength, endurance, balance and mobility, enhancing overall quality of life. Strengthena™ Muscle Maintenance + Vitality has been clinically demonstrated to improve muscle health – strength, endurance and physical function.* Evidence suggests one of the ways it works is by enhancing mitochondrial energy, making exercise more efficient and more productive.

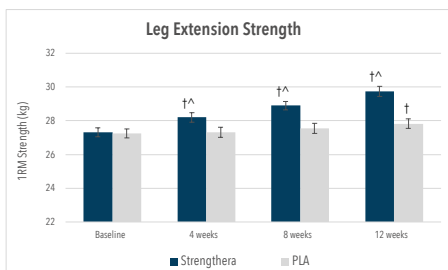
Sustainably produced, Strengthena Muscle Maintenance + Vitality is safe, botanical support for aging muscles that provides benefits beyond exercise and nutrition alone. It offers a new option to help maintain vitality and physical independence. With Strengthena, increased strength is what users experience. Enhanced vitality and quality of life is what they get.

STUDIES DEMONSTRATE ENHANCED MUSCLE STRENGTH AND IMPROVED PHYSICAL FUNCTION FOR DAILY LIVING

A 12-week double blind placebo-controlled study was conducted on 92 healthy men and women ages 55-70 years (mean age 60 years). Subjects received either a 650 mg dose of Strengthera a day or a placebo. Subjects performed resistance band home exercises 3 times per week. Measurements were conducted at baseline, 4, 8 and 12 weeks.

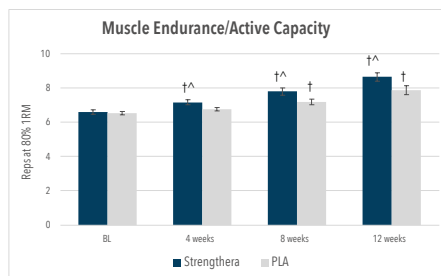
Improvement in Muscle Strength

Strengthera improved lower body strength vs baseline and placebo at the earliest timepoint assessed - 4 weeks. By 12 weeks, this represented an 4.2% improvement in lower body strength over placebo.



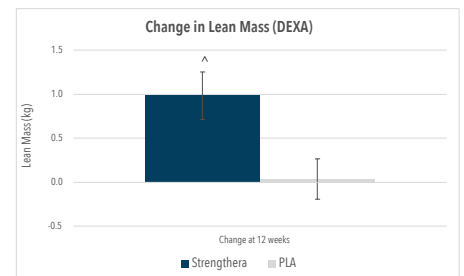
Improvement in Resistance to Fatigue

Assessed as 1RM repetitions to failure, Strengthera improved muscle endurance/active capacity versus baseline and placebo at the earliest timepoint assessed of 4 weeks. By 12 weeks, this represented a 30% improvement in active capacity over baseline assessment.



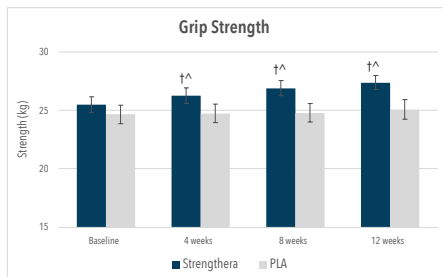
Improvement in Lean Mass

The Strengthera group increased their total lean mass relative to baseline. While the actual values were not statistically significant between groups, the analysis of change scores showed statistically a significant difference versus placebo.



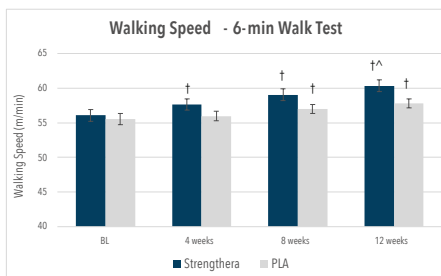
Improvement in Grip Strength

Strengthera improved grip strength versus baseline and placebo at the earliest timepoint assessed - 4 weeks. By 12 weeks, this represented a 7.5% improvement in grip strength over the baseline assessment. The subjects in the Strengthera group improved their grip strength 4.5x (1.9 kg) more than those doing the same exercises and taking placebo (0.42 kg).



Improvement in Walking Capacity

Walking Capacity measured as distance or speed, was tested via a 6-minute walk test. Strengthera improved walking capacity versus baseline at 4 weeks. By 12 weeks, the improvement was also statistically significant versus placebo. This represented a 1.5% improvement in walking capacity over placebo. A 25.64 m distance improvement was observed for Strengthera subjects versus a 13.78 m improvement for the placebo group, A 4.27 m/min speed improvement was seen in Strengthera subjects versus a 2.3 m/min improvement in the placebo group.



† Statistically significant difference vs. baseline values
 ^ Statistically significant difference vs. placebo

THERE'S A ROLE FOR PLT IN YOUR FORMULATION. LET US SHOW YOU THE DATA.

Studies on file. Contact us for more information at info@plthealth.com

* 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.

+1.973.984.0900 • www.PLTHealth.com

© 2024 PLT Health Solutions. All rights reserved. P-2

