

VIDACELL® and Muscle Recovery Study Summary

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Background:

A simple blinded study to evaluate the effect of a polypeptide / polysaccharide supplement VIDACELL verses a placebo on maximum muscle fatigue was proposed. The test subjects were to do as many sit ups as possible and then repeat every 10 minutes for 4 sets during the initial evaluation. Subjects were then given numbered plastic bags containing either the food supplement VIDACELL or a like measured natural fiber placebo. The testing was then repeated at 2 and 4 weeks.

Survey questions were then answered after each testing regarding average physical condition, sleep patterns, weight loss, energy level, and stiffness or myalgia after workouts.

Methods and Materials:

VIDACELL, a micronutrient polypeptide / polysaccharide rice based food supplement was used along with a natural fiber supplement as the placebo for the testing. VIDACELL and the placebo were placed in small plastic bags in equal volumes using two packets (5 grams per packet) of VIDACELL for the daily dose. A month's supply (150 grams total) of VIDACELL or placebo in numbered packs were given to our subjects and recorded by one tester who was responsible for keeping the study blind.

Subjects were then asked to start their respective packets 2 days after the first nights testing. First night testing consisted of doing as many crunches or sit ups as possible continuously without rest until failure, then resting for 10 minutes and then repeating 3 more sets (same guidelines). The testing was then repeated again 2 and 4 weeks later doing the same type of sit up or crunch done on the first night. (A sit up / crunch is an exercise in which a person lies flat on their back, lifts their torso to a sitting position and then lies flat again without changing the position of their legs: done with the knees bent).

Twenty (20) subjects with ten (10) males and ten (10) females started the testing and fourteen (14) subjects completed the study [8 females and 6 males]. 4 out of 8 females were on VIDACELL and 4 out of 6 males were on VIDACELL.

Subjects were asked to complete a survey sheet after each of the 3 test segments. Survey questions were then analyzed for significant differences between the 2 test groups.

Results:**Placebo Test Group**

Sit up / Crunch	Initial Testing	2 nd Testing	3 rd Testing	% Change
1 st set average	80	69	83	+3.7%
2 nd set average	64	51	51	-20.4%
3 rd set average	29	47	38	+23.7%
4 th set average	30	45	38	+21.1%

* Placebo Test Group results are a combination of male & female test results.

VIDACELL Test Group

Sit up / Crunch	Initial Testing	2 nd Testing	3 rd Testing	% Change
1 st set average	79	82	88	+10.3%
2 nd set average	60	70	79	+24.1%
3 rd set average	47	67	76	+38.2%
4 th set average	47	62	71	+33.9%

* VIDACELL Test Group results are a combination of male & female test results.

Survey Question Results:

Question 1 - Average physical condition of participants on a scale of 1-10 (10 being the best condition).

- VIDACELL group **5.8**
- Placebo group 5.0

Question 2 - Sleep pattern before and after testing.

- VIDACELL group **43%** improved sleep
- Placebo groups no change

Question 3 - Change in daily activity level.

- VIDACELL group **71%** reported increase in daily energy
- Placebo group reported no change

Question 4 - Stiffness or muscle aches after workouts.

- VIDACELL group reported **57%** less stiffness after workout
- Placebo group reported no change

Conclusions:

Subjects taking VIDACELL daily for 2 and 4 weeks on average performed dramatically better than their placebo cohorts on repeat testing. VIDACELL subjects also showed overwhelming evidence of improved sleep patterns, increased levels of energy, and less stiffness or muscle aches, as well as better recovery after their workouts.