



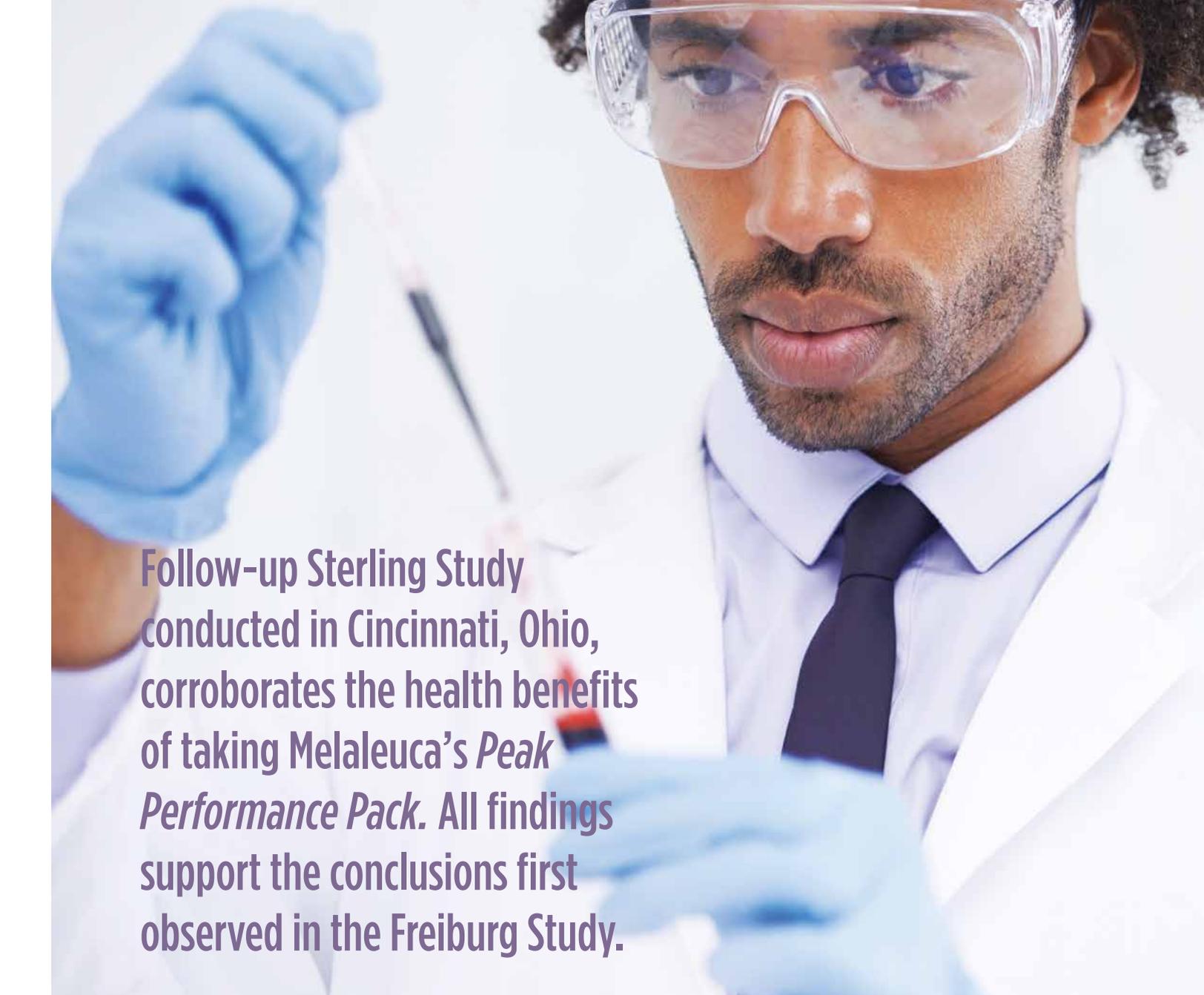
JANUARY 2017

U.S. BASED STERLING STUDY

CONFIRMS PROFOUND RESULTS

OF THE FREIBURG STUDY!

SterlingClinicalResults.com



Follow-up Sterling Study conducted in Cincinnati, Ohio, corroborates the health benefits of taking Melaleuca's *Peak Performance Pack*. All findings support the conclusions first observed in the Freiburg Study.

In January 2015, Melaleuca announced the results of a groundbreaking clinical study on the *Peak Performance Pack*. The effects of a nutritional supplementation pack were tested on healthy individuals over the course of 12 weeks. In healthy participants, **free radical activity declined, inflammation was reduced**, and a whole host of additional health benefits were observed—from lower cholesterol and blood pressure to increased energy utilization and healthier blood sugar. This is the first time in history that a nutritional supplement has produced this type of result. While the results were profound, Melaleuca made it clear that the Freiburg Study was just the first study and that more clinical studies would follow.

Exactly two years later, Melaleuca has completed a follow-up study—this time at the Sterling Research Group in Cincinnati, Ohio—and the results clearly confirm the initial results of the Freiburg Study.

WHY ANOTHER CLINICAL STUDY?

The value of a clinical trial is measured by the ability to replicate its findings. Additional studies confirm and strengthen the legitimacy of the initial findings and conclusions. While the Freiburg Study followed strict protocols and involved a significant number of participants, it drew from a local population with European eating habits and a European lifestyle. A second clinical study would present the opportunity to test the *Peak Performance Pack* on an entirely different population and help confirm that the results are not limited to just Europeans.

Free radicals and inflammation are considered the root causes of a number of degenerative health conditions. The Sterling Study provides additional evidence that the antioxidant and anti-inflammatory properties of the *Peak Performance Pack* substantially reduce free radical activity in our bodies.



WHY STERLING RESEARCH GROUP?

The Sterling Research Group is one of the premier sites in the US for conducting clinical trials. They are a leader in the field of researching lipid disorders, cardiovascular health, high blood pressure, high cholesterol, and diabetes. In short, they had the tools, knowledge, and expertise needed to conduct and manage the type of clinical trial that could replicate what was initially conducted in Freiburg, Germany.

WHAT WAS DIFFERENT ABOUT THE STERLING STUDY?

While both the Freiburg Study and Sterling Study followed similar protocols, the populations of the two studies were drastically different. While both were comprised of healthy individuals with no known diseases, their starting variables were different. While all the participants in the Freiburg Study were Caucasian, approximately half of Sterling Study participants were of African American or Asian descent.

STERLING STUDY METHODOLOGY

Similar to Freiburg, measurements were taken before and after a specific prescribed amount of exercise. Subjects were asked to come to the laboratory having fasted for at least eight hours. The tests went on for a period of 12 weeks. Each subject was asked to not change anything about their lifestyle or diet during those 12 weeks, except to take the *Peak Performance Nutrition Pack*.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Demographic Comparison:

	STERLING	FREIBURG
Study Location	Cincinnati, USA	Freiburg, Germany
Total participants	55	48
Average Age	45.2	42.0
Gender		
Female	64%	60%
Male	36%	40%

Participants in the Sterling Study were generally:

- More racially diverse (42% were African American)
- Heavier in average weight
- Greater waist circumference

WHAT DOES THE STERLING STUDY MEAN FOR YOU?

The Freiburg Study was an incredible accomplishment. For the first time, we were able to see the benefits of daily nutritional supplementation not in years or decades, but in as little as 60 minutes! The Sterling Study only strengthens the value and validity of the Freiburg Study. It gives us a more complete picture of how the entire healthy population responds to the *Peak Performance Pack*. Both studies demonstrated that the *Peak Performance Pack* moved participants closer to the ideal health state in numerous key health markers. More importantly, both studies also showed that healthy participants who were farthest from the ideal state saw the biggest improvements. The key takeaway is that the *Peak Performance Pack* can help make a tremendous impact on health—regardless of your race, nationality, or lifestyle.* The Sterling Study makes it even easier and more compelling to share the benefits of the *Peak Performance Pack*.

CONCLUSION

Even with a change in population, the Sterling Study concluded that participants saw the same improvements to health as those who participated in the Freiburg Study. Whoever you are, wherever you live, and whatever your current state of well-being, the *Peak Performance Pack* can have a direct impact on your health, your physical performance, and even the length and quality of your life.*

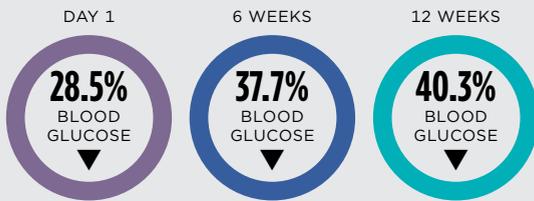


STERLING STUDY RESULTS

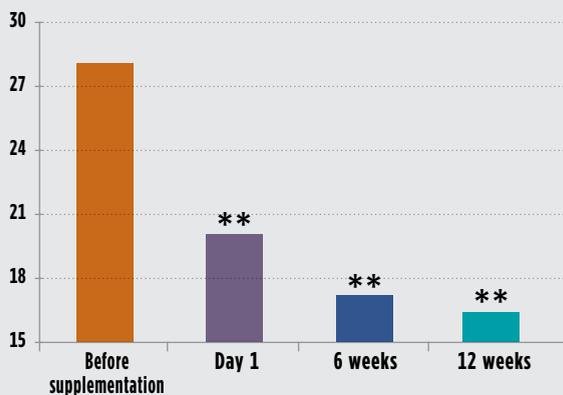
No two scientific studies ever produce the exact same results. Using a drastically different population for the Sterling Study inevitably resulted in some variations from the initial Freiburg findings. This variance was expected and not at all surprising. However, it is notable that the results of the Sterling Study are statistically similar to those seen in Freiburg. We have long asserted that the human body can do amazing things when it is given the proper daily nutrition. Both the Sterling Study and the Freiburg Study corroborate that principle.

Sugar Metabolism: Blood Glucose

In the first day after supplementation, a significant 28.5% reduction in blood sugar spike was recorded after eating. An increasingly greater reduction was seen after several weeks of continual use of the supplements—37.7% after 6 weeks and 40.3% after 12 weeks.



POST-MEAL BLOOD SUGAR SPIKE IN 1 HOUR

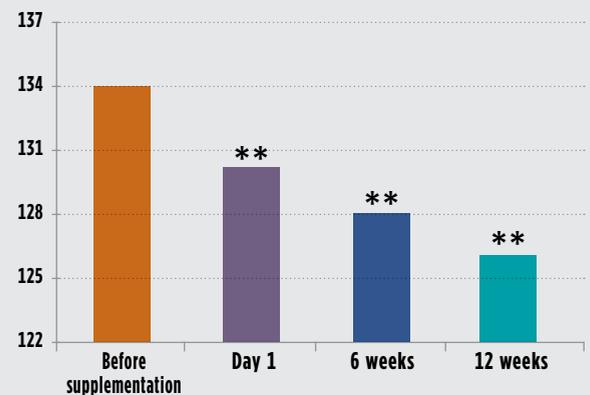


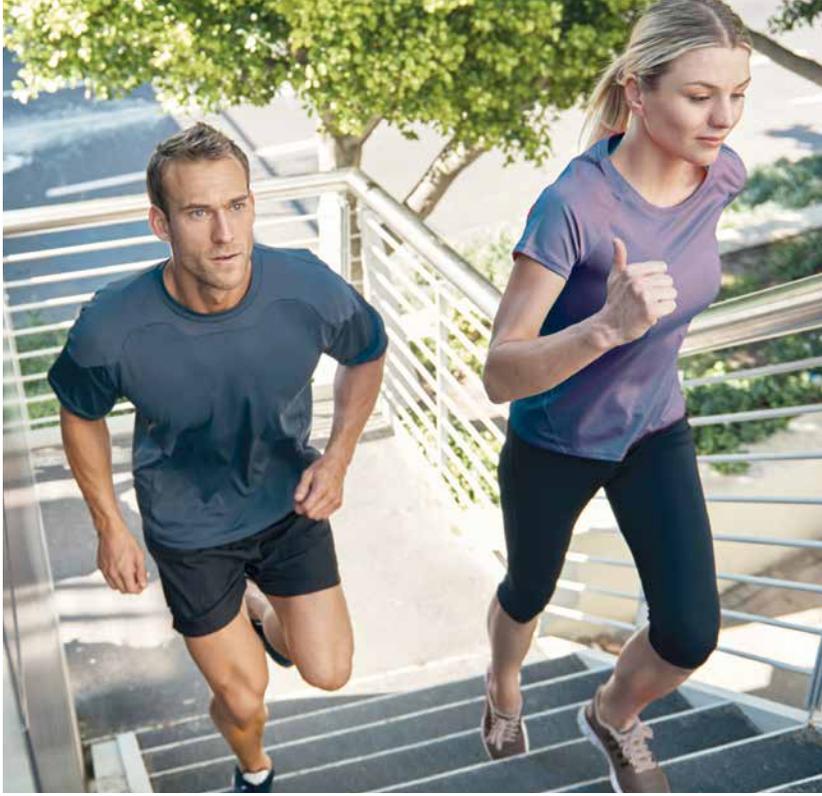
Energy Utilization: Heart Rate

Within one day of taking the supplements for the first time, a significant reduction of heart rate by 3.5 beats per minute was recorded after the prescribed exercise. After 6 weeks of supplementation, the subjects had an average heart rate of 6.1 fewer beats per minute. After 12 weeks of supplementation, they could do the same exercise with a pulse of 8 fewer beats per minute.



HEART RATE AFTER 1 HOUR EVERYONE





Controlling Free Radicals and Inflammation:

In the study, free radicals were measured as Reactive Oxygen Species (ROS). After 6 weeks, study subjects recorded a 2.7% reduction in resting ROS. For those who began the study with elevated ROS levels, an even greater reduction was seen—7.1%.

A 23.3% improvement in inflammation resistance was recorded just one hour after taking the supplements for the very first time.

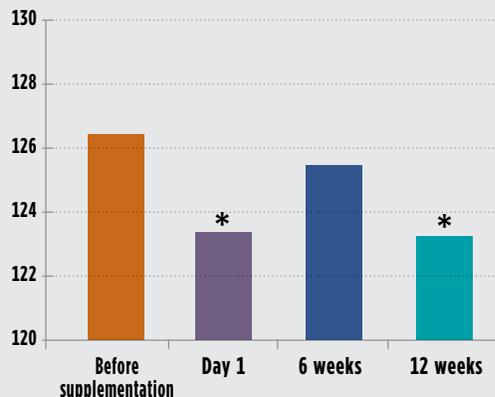
Reducing these two key factors—**free radicals** and **inflammation**—is critical to seeing substantial improvements in other major health markers.

Blood Pressure: Systolic (top number of your blood pressure reading)

The participants in the study recorded an average of a 2.5% reduction in systolic blood pressure after 12 weeks of continued supplementation. Even more importantly, those who began the study with normal but slightly elevated blood pressure recorded a 4.9% reduction. This moved the average out of the prehypertension range into the normal range.



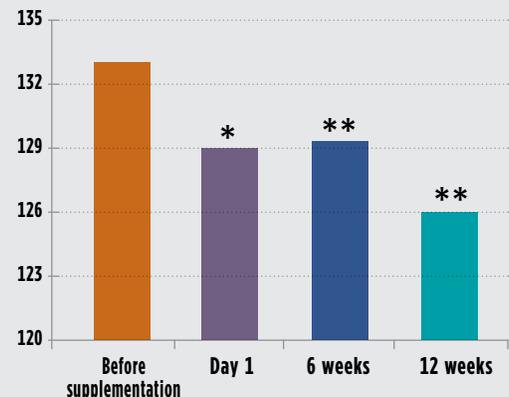
SYSTOLIC BLOOD PRESSURE
EVERYONE



Results Key: * Indicates a statistically significant change from the baseline (higher than 95% confidence).



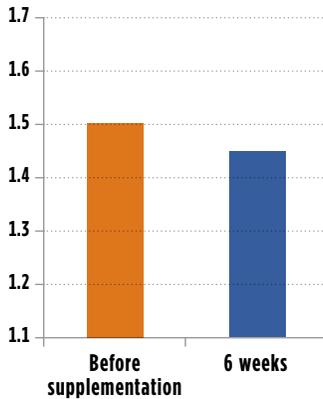
SYSTOLIC BLOOD PRESSURE
HEALTHY BUT ELEVATED



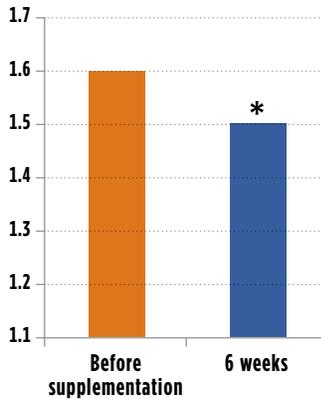
** Indicates an extremely significant change from the baseline (higher than 99.9% confidence).



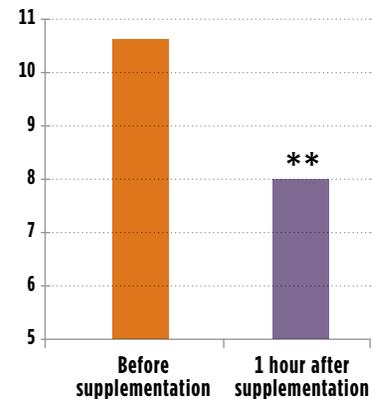
TOTAL FREE RADICALS (ROS)
EVERYONE



TOTAL FREE RADICALS (ROS)
HEALTHY BUT ELEVATED



INFLAMMATION RESPONSE AFTER 1ST DOSE
EVERYONE



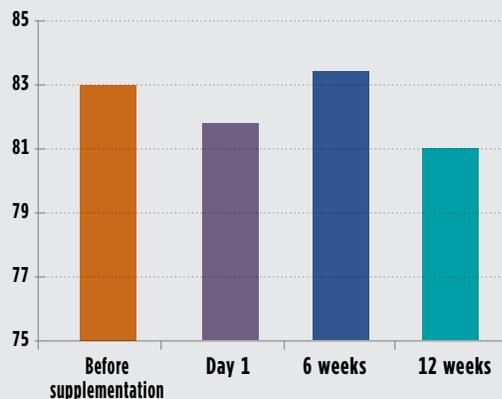
Blood Pressure: Diastolic

(bottom number of your blood pressure reading)

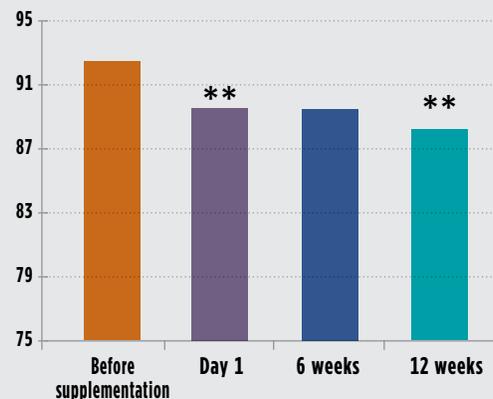
Study participants also saw a significant drop in diastolic blood pressure. The participants saw an average 1.8% reduction in diastolic blood pressure after 12 weeks, with an even greater 4.8% reduction in the same time period for those in the healthy but elevated group.



DIASTOLIC BLOOD PRESSURE
EVERYONE



DIASTOLIC BLOOD PRESSURE
HEALTHY BUT ELEVATED



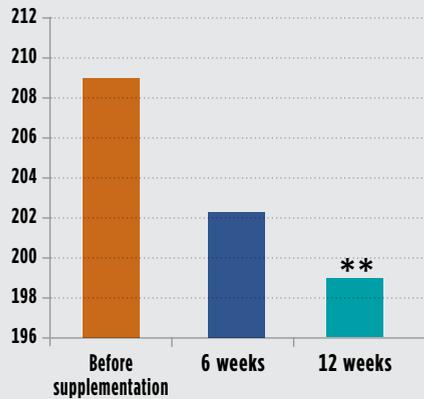
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Blood Lipids: Total Cholesterol

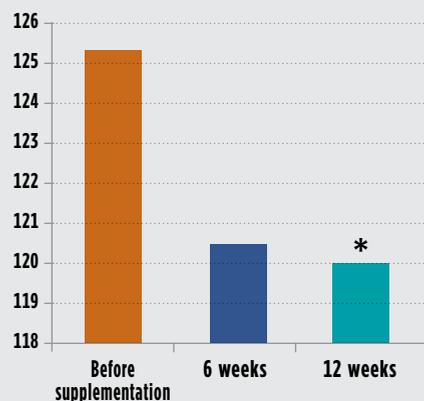
The subjects recorded an average 4.7% reduction in total cholesterol in their blood, bringing the average down to within the ideal range. When looking at LDL or “bad cholesterol,” the subjects recorded an average reduction of 4.2% at the end of 12 weeks.



TOTAL CHOLESTEROL
EVERYONE



LDL CHANGE
EVERYONE

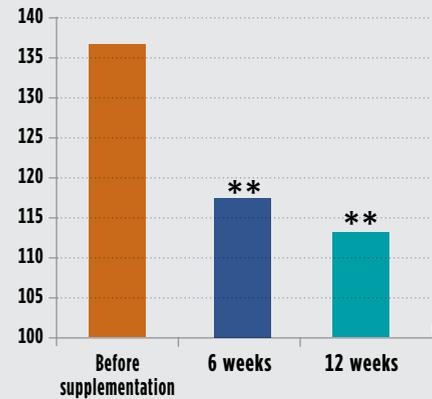


Blood Lipids: Triglycerides

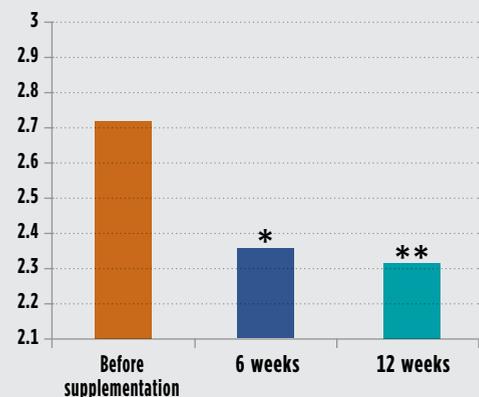
An average drop of 17% was recorded in triglyceride levels (total blood fat) among the subjects after 12 weeks. The participants saw their triglycerides to HDL (“good cholesterol”) ratio drop by 14.8%. This is significant because this ratio has been shown to be more predictive of coronary health than the individual measurements.



TRIGLYCERIDES
EVERYONE



TRIGLYCERIDES TO HDL RATIO
EVERYONE





BENEFITS FOR THE ENTIRE BODY



POWERED BY OLIGO®

At Melaleuca, our nutritional philosophy has always been to address basic nutrition first. That's why the *Peak Performance Pack* is powered by *Oligo*.

Oligo is the only mineral delivery system that delivers minerals to the body in the same form they're found in plants, by binding them with proteins and fibers. This provides superior mineral absorption and maximum antioxidant protection. The minerals processed with *Oligo* technology undoubtedly played an important role in the results seen in both the Freiburg Study and the Sterling Study.*

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