

# FOREFRONT

IN THE MIX  
ON THE PULSE

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## BODYBALANCE® BEATS WHEY PROTEIN

MUSCLE GAIN AND FAT LOSS SIGNIFICANTLY GREATER IN DOUBLE BLIND,  
RANDOMISED, PLACEBO CONTROLLED TRIALS WITH 120 SUBJECTS.



- Improve body composition
- More muscle, less fat, more strength
- Neutral tasting and easy to digest



## BODYBALANCE™

performance peptides

### **New research challenges the dominance of whey protein.**

- Bioavailability, digestibility and amino acid function are increasingly important to performance nutrition consumers.
- Consumers are seeking protein sources with clinically proven benefits, including fat loss and muscle gain.

BODYBALANCE® performance peptides address consumer needs, with clinically significant results in muscle gain and fat loss vs established protein sources.



# FIGURE 1.

## Conditionally essential amino acids higher in BODYBALANCE® than alternative protein sources

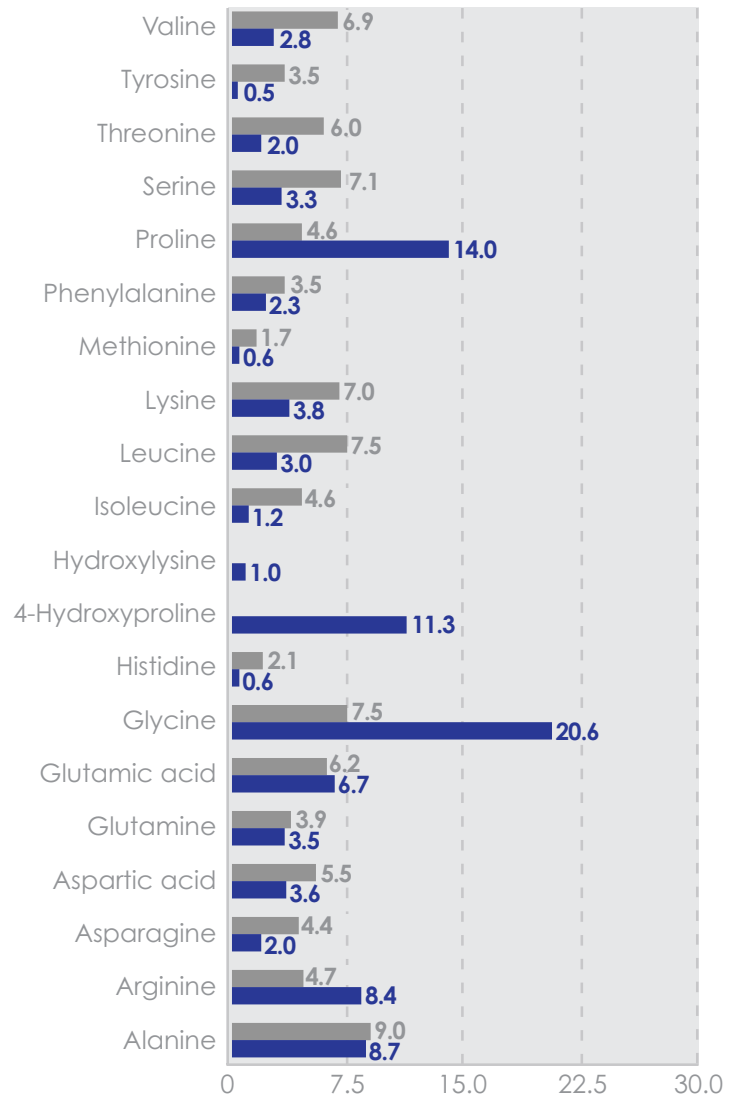
### Conditionally Essential Amino Acids

These are the amino acids that your body craves most after exercise. BODYBALANCE® performance peptides are higher in these acids than alternative protein sources. (see fig.1).

- **Glycine & Arginine:** creatine precursor that helps to supply energy to muscle.
- **Arginine:** precursor for nitric oxide, an important mediator in satellite cell stimulation.
- **Glycine:** precursor for several molecular pathways including of glutathione (endogenous anti-oxidant).

Amino acid spectrum of collagen hydrolysate (percent weight per weight) Courtesy – Gelita Health, CH-Alpha Monograph

■ Average occurrence in all proteins (%)  
 ■ Occurrence in collagen hydrolysate (%)





### Clinical trial shows significance

The recent clinical randomised, double-blind, placebo-controlled trial included 120 healthy men.

For 12 weeks subjects were administered 15g BODYBALANCE® or placebo or whey protein isolate on a daily basis, with 3 x 60 mins resistance training per week with one day rest between.

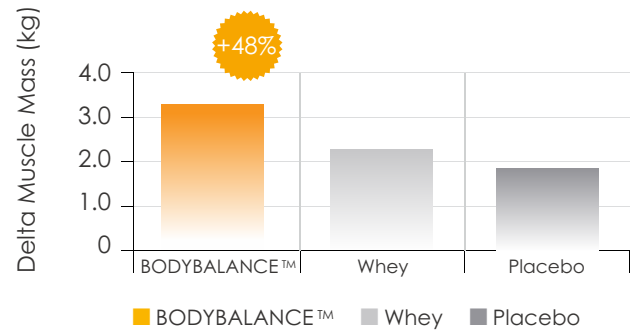
The BODYBALANCE® group showed a statistically significantly higher increase in muscle (Fig. 2) and muscle strength (Fig. 3) compared with placebo and whey protein isolate. The reduction in body fat was also statistically significantly higher with BODYBALANCE® supplementation.

In conclusion, the results demonstrate the combination of resistance exercise and BODYBALANCE® supplementation is well suited to increase strength and positively influence body composition.

BODYBALANCE® is clean label, neutral tasting, lactose free and easily dissolved in water or milk. BODYBALANCE® has 90% protein content and could be introduced as a 'high performance blend' in combination with traditional protein sources.

### Figure 2. Change in Lean Body Mass

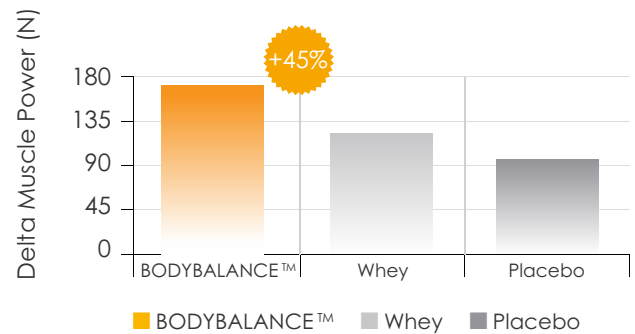
Change in body mass after 12 weeks intervention compared to start of the trial.



BODYBALANCE® improved muscle mass by 48% more than whey protein

### Figure 3. Change in Muscle Power

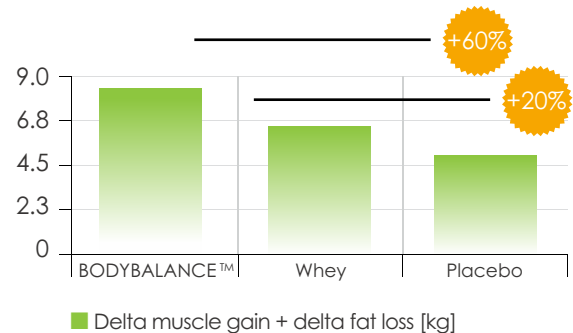
Change in body fat after 12 weeks intervention compared to start of the trial.



BODYBALANCE® improved muscle power by 45% more than whey protein

### Figure 4. Body Toning Effect (Muscle Gain + Fat Loss)

Change in body fat after 12 weeks intervention compared to start of the trial.



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