

**TRIAL REPORT ON "THE PINK PATCH™"**  
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Conducted by:

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## **INTRODUCTION**

An observational independent trial was commissioned with the aim of understanding the potential impact of "The Pink Patch™" on a number of body indices in a group of UK women.

## **DESCRIPTION**

The Pink Patch includes a proprietary formula incorporated into a latex base. The ingredients include the following:

Fucus vesiculosus extract

5-HTP

Guarana

Zinc pyruvate

Yerba mate

Flaxseed oil

Lecithin

L-Carnitine

Zinc citrate

## **PROTOCOL**

Twelve volunteer healthy, adult females were accepted onto the trial. These were subsequently separated into "active" (Group A) and "placebo" (Group B) groups. No individual was aware of the allocation.

Prior to the commencement of the trial, details pertaining to each individual were recorded. These included:

- a. date of birth
- b. contact details
- c. allergy and health history, and
- d. present use of any medicines or supplements

In addition, a number o measurements were completed:

- a. girth measurements at the biceps (standardized to the non dominant arm)
- b. chest measurement at nipple height
- c. waist measurement standardized to navel height
- d. hip measurement
- e. thigh girth (standardized to the non dominant side) measured in line with the trochanter.

Weight and height were also recorded, allowing for the calculation of the body mass index (BMI).

Weight was subsequently recorded weekly, along with any comments pertaining to the product use - whether physical effects or psychological manifestations.

Each individual was subsequently presented with sufficient patches (either active or non active) for a trial period of four weeks. Both groups were asked not to change either their dietary or exercise habits.

In order to substantiate dietary habits all individuals completed a three day (2 week days and 1 weekend day) journal. In order to substantiate exercise habits a daily diary was requested. Individuals were telephoned once each week in order to discuss progress/problems, etc. in addition to the weekly weighing and measuring sessions.

## **RESULTS**

**Table 1** below reveals a spread of ages thereby typifying the general population and a BMI below the level generally diagnosed as clinically obese.

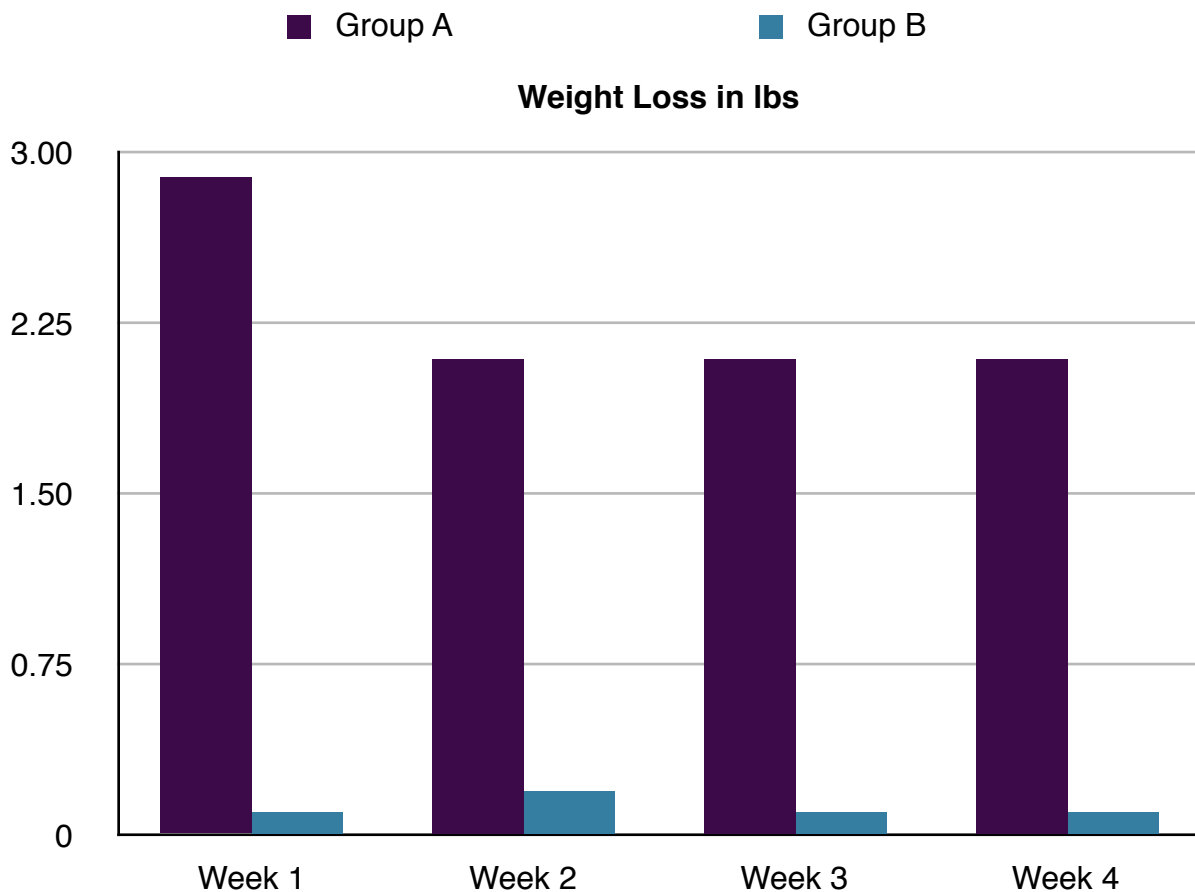
**TABLE 1. INITIAL AGE, BODY WEIGHT, HEIGHT AND BODY MASS INDEX (BMI) FOR THE EXPERIMENTAL AND PLACEBO GROUPS (n = 6 per group).**

	<b>AGE</b>	<b>WEIGHT (lbs)</b>	<b>HEIGHT (ins)</b>	<b>BMI</b>
Group A	40.3	175.5	63.9	30
Group B	39.0	176.8	63.4	30

**Table 2** below and accompanying graph shows a record of average weekly weight and how this fluctuated over the period of the trial. Weight loss varied between individuals with the maximum of 6lbs and the minimum of 2lbs. These losses were achieved in the absence of any changes of either dietary or exercise patterns.

**TABLE 2. AVERAGE BODY WEIGHT CHANGES (lbs) OVER 4 WEEKS (n = 6 per group).**

	<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>	<b>Mean</b>
Group A	2.9	2.1	2.1	2.1	6.1
Group B	0.1	0.2	0.1	0.1	0.2



**Table 3** below indicates the changes observed in body mass index (BMI) as measured pre- and post-trial. Since BMI is calculated via height and weight any changes reflect changes in weight. These data show an average BMI reduction of one unit. It should be noted that some individuals did not reduce their BMI although there was a slight reduction in body weight. In order to attain a change in BMI, weight must be changed by a full 5lbs.

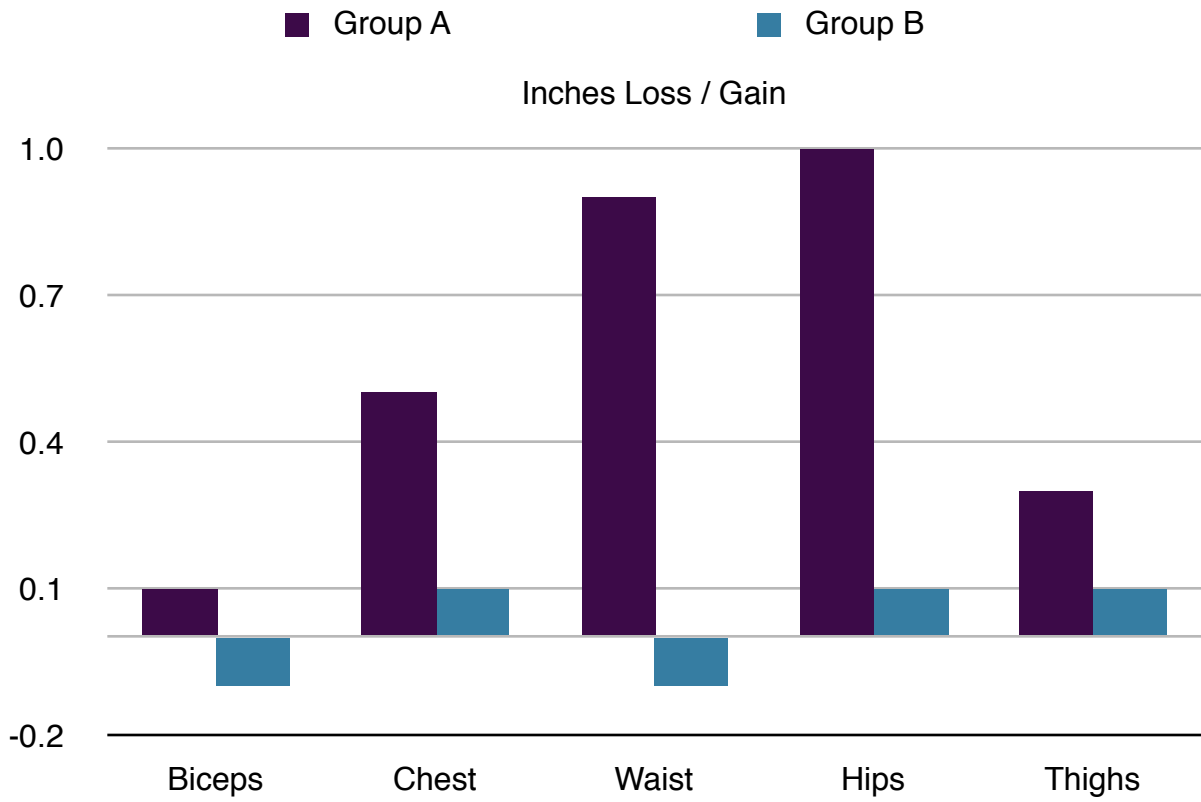
**TABLE 3. PRE- AND POST- BODY MASS INDEX (BMI) (n = 6 per group)**

	Pre	Post	Changes
Group A	30	29	1
Group B	30	30	0

**Table 4** below and accompanying graph contains the pre and post records of the various girths measured (biceps, chest, waist, hips, and thighs). The largest reductions (for Group A) occurred

at the waist and hips but losses were also seen for the other measures, too.

	Biceps		Chest		Waist		Hips		Thighs	
	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
Group A	12.6	12.5	42.4	41.9	38.6	37.7	43.8	42.8	24.9	24.6
Group B	12.9	13.0	42.6	42.5	39.0	39.1	44.0	43.9	26.1	26.0



## **DISCUSSION**

The above results demonstrate that in the absence of any dietary or activity changes the aforementioned product i.e. "The Pink Patch™" can potentially help weight loss and make positive changes in body dimensions through the delivery of the active ingredients previously listed.

## **CONCLUSION**

This product (The Pink Patch™) is a combination of a number of ingredients and as such cannot be judged on the efficacy, or otherwise, of any single active ingredient working alone. The rationale is that the ingredients have a collective rather than singular effect and thus are required in lower concentrations than would be necessary in a single ingredient oral dose.

The above rationale are further substantiated by the results of the observational study which reveal that the "active" group (Group A) lost more weight and more inches than did the placebo group (Group B).

It is suggested that in order to further improve the efficacy of the product a sensible, balanced eating program and a progressive exercise program designed to include daily aerobic (i.e. walking) and toning activities be incorporated, both of the aforementioned are currently being developed.