

Pilot Study of the effect of a collagen hydrolysate supplement, Slendernight, on inch and weight loss.

The Shadi Danin Clinic, Hove, BN3 4SL. England

Trial Dates: 1 June 2001 – 25 July 2001 (8 weeks)

Summary

12 volunteers completed an 8 week trial of the collagen hydrolysate supplement Slendernight. 10 women and 2 men aged between 18 and 72. One was lost to follow up due to travelling overseas. All volunteers wished to slim, but ranged from near average to clearly obese at baseline. All had tried previous slimming and diet plans, with poor results.

The trial results were highly satisfactory with an average reduction over 8 weeks of 5.09cm (2") in waist measurement and of 6.64% in body fat weight. Participants also noticed a range of other benefits including better sleep, improved skin and higher energy levels. All participants expressed themselves satisfied with their results, and wished to continue taking the product.

Ideally the trial would have been continued to 12 weeks, when much more emphatic changes could be observed, however for practical reasons it was decided to finish the trial before the onset of the August holiday period.

Introduction

The purpose of the current study was to test the successful North American experience with *collagen hydrolysate* in aiding slimmers to reduce excess fat, while maintaining lean muscle development. Volunteers' body fat was measured with a Bodystat 1500 machine (Bodystat Ltd. Isle of Man) and blood pressure taken. All were weighed and had height, waist and hip measurements taken. Photographs were taken at baseline and 8 weeks.

Other subjective factors were also monitored, especially sleep patterns, skin quality, energy levels, and pre-existing aches and joint mobility.

Volunteers and Method

12 volunteers completed an eight week course of Slendernight in accordance with the instructions.

These instructions were to refrain from eating or drinking anything apart from water, unsweetened grapefruit juice or herbal teas, for 3 hours before going to sleep, and to take one tablespoon/ 15ml of Slendernight in a 200ml glass of water, immediately before going to sleep.

Otherwise they were to eat a normal, balanced diet and do no special additional exercise.

The volunteers who enrolled all wished to improve their figures and lose some fat.

They completed a registration form and signed their consent.

Each completed a simple test for the presence of excess yeast in their digestive system and for any thyroid imbalance, as these factors are claimed by the manufacturers to inhibit the proper function of collagen hydrolysate supplementation (and other means of slimming).

The baseline evaluation was conducted on 1st June, with interim monitoring at 4 weeks, and full evaluation after 8 weeks. There was final informal monitoring at the end of August (12 weeks).

The full evaluation was conducted after 8 weeks, because of the problems of pursuing the test over the August summer holiday period. However all volunteers were given sufficient Slendernight to complete the normally recommended three month course.

Results

A significant reduction in excess fat was observed in the group, together with several additional benefits.

The volunteers and the adjudicators could see the reduction in waist lines and most commented on looser clothing, new belt holes etc.

Improvements to the skin were seen in almost every case. This looked smoother, better hydrated and clearer.

Many of the volunteers had noticed better and more refreshing sleep, and more energy.

All volunteers had found compliance easy, were pleased to have done the trial and were happy with their results.

10 demonstrated obvious inch loss, especially from around the waist, with some modest accompanying loss of weight - which showed that lean muscle tissue was being maintained, while fat was being lost. The average reduction in waist size of the whole group over 8 weeks was 5.09cm (2") and the weight loss 1.96kg (4.3lbs).

The best results being achieved by Mr CD who lost 9cm (3 ½ ") from his waist and 4kg (9lbs),

and Mrs LG who lost 8cm (3") and 5kg (11lbs) over 8 weeks.

No adverse reactions were observed in the group.

Analysis

<u>PARAMETERS (metric)</u>	<u>MEAN BASELINE</u>	<u>MEAN AFTER 8 WEEKS</u>	<u>DIFFERENCE</u>
Waist measurement	93.18cm	88.09	5.09cm
Hip measurement	109.72cm	107.86	1.86cm
Weight	78.27 kg	76.31 kg	1.96kg
<u>PARAMETERS (imperial)</u>			
Waist measurement	36"	34"	2"
Hip measurement	42 ¾ "	42"	¾ "
Weight	172lbs	168lbs	4lbs

Discussion: Shows significant loss of fat from around waist, with lesser values from the hips and weight loss. The less pronounced weight loss in relation to waist measurement reduction indicates the ideal result of improvement in figure without loss of lean muscle tissue.

<u>BODYSTAT ANALYSIS</u>	<u>MEAN BASELINE</u>	<u>MEAN AFTER 8 WEEKS</u>	<u>DIFFERENCE</u>
Fat weight	29.83kg	27.85kg -1.98kg	-6.64%
Lean weight	54.91kg	54.86kg -0.05kg	-0.09%

Discussion: Shows significant reduction in fat weight of 6.64%, while lean weight remains almost constant.

Reinforces the conclusion that fat is being lost and lean muscle tissue retained.

Best results: Mr CD lost 4.8kg of fat (11lbs), (13% of fat weight).

Mrs LG lost 5.6kg of fat (12.3lbs), (11% of fat weight).

Results after the optional period between 8 to 12 weeks:

Those reporting measurements after the optional, third month tended to show acceleration in fat loss, including more off the hips. Between weeks 8 and 12 alone Mrs JH lost 8cm (3") from the hips and 5cm (2") from the waist.

Mrs LP lost a further 5cm (2") off her hips and 2cm (1") off her waist.

BLOOD PRESSURE

A tendency towards rebalancing the blood pressure at normal levels could be discerned. Those with high blood pressure tended to reduce, while those with low blood pressure rose.

COMMENTS FROM TESTERS OF SLENDERNIGHT

Mrs LP (53): *' I can't praise it enough. Provided that you stick to the stipulations, there is no doubt it works. There is a visible difference – I can fit into my clothes again. Also I feel good on it'*

Mrs PU (56): *' I have found Slendernight an extremely effective slimming product. It has especially helped me to lose inches around my waist and hips. It's also very easy to use as I didn't need to follow any special diet or exercise regime. I would definitely recommend it to anybody who wants to improve their figure'*

Mrs LG (28): *' Slendernight is brilliant – it's the only thing that has worked for me. I have found sticking to diets very difficult. Slendernight is so easy to use, because you don't need to go on a diet, and yet I lost over a stone in weight and over 3" from around my waist in two months'*

NOTABLE COMMENTS ON ADDITIONAL EFFECTS

My skin is certainly better and I need less moisturiser now. My tummy also feels tighter and fitter internally. - Ms DA

I am more lively in the mornings – no more wandering round like a zombie for the first hour. – Mr GB

I keep taking in more holes in my belt, and my trousers are looser round the thighs, so I know its working. – Mr GB

I find the main difference is round my tummy and hips, and I am having to use a belt where I didn't before. – Mr CD

I definitely feel stronger, with more energy. Before I could never push the buggy all the way back up the hill without stopping for a breather. Now I do it in one. – Mrs LG

I am sleeping better and deeper and my nails are now much stronger and need cutting, which they never needed before. –Mrs JH

My sleep is better, I don't wake up in the night any more. –Mrs MP