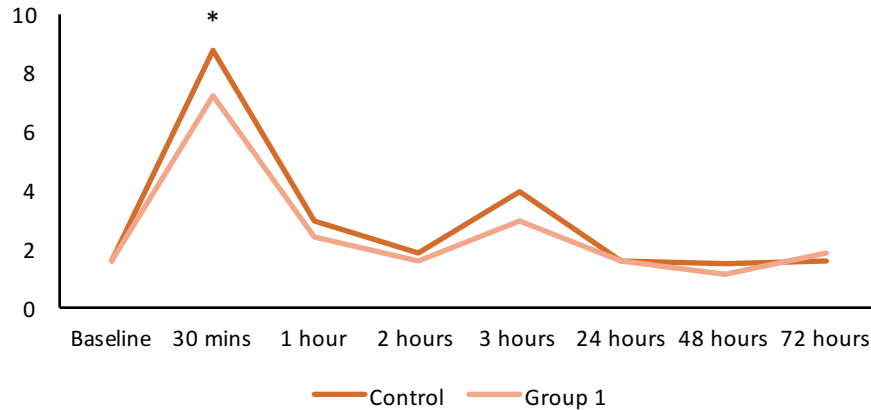


HydroCurc[®] Max – Exercise Recovery Trial

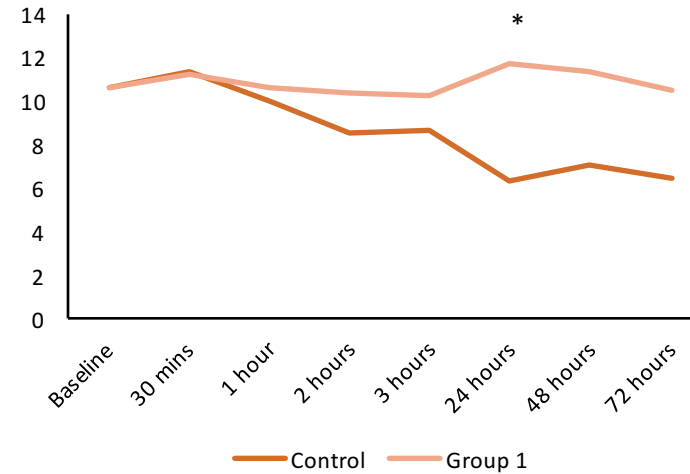
- 500mg HydroCurc[®] Max as a 250ml drink
- Exercise recovery in 28 Healthy Exercising Males Average age 26.4
- Given pre/post induced local muscle fatigue (leg press), then daily for 3 days.
- Outcomes included
 - Blood markers – muscle damage, energy source, molecular pathway and inflammatory markers.
 - Recovery – Exhaustive exercise performance test, power & velocity
 - Delayed onset muscle soreness

Results

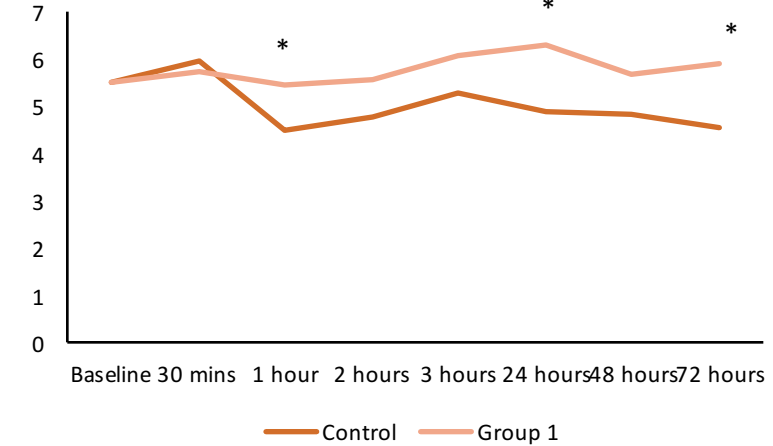
Lactate Scores - Adjusted means



IL10 Scores - Adjusted means

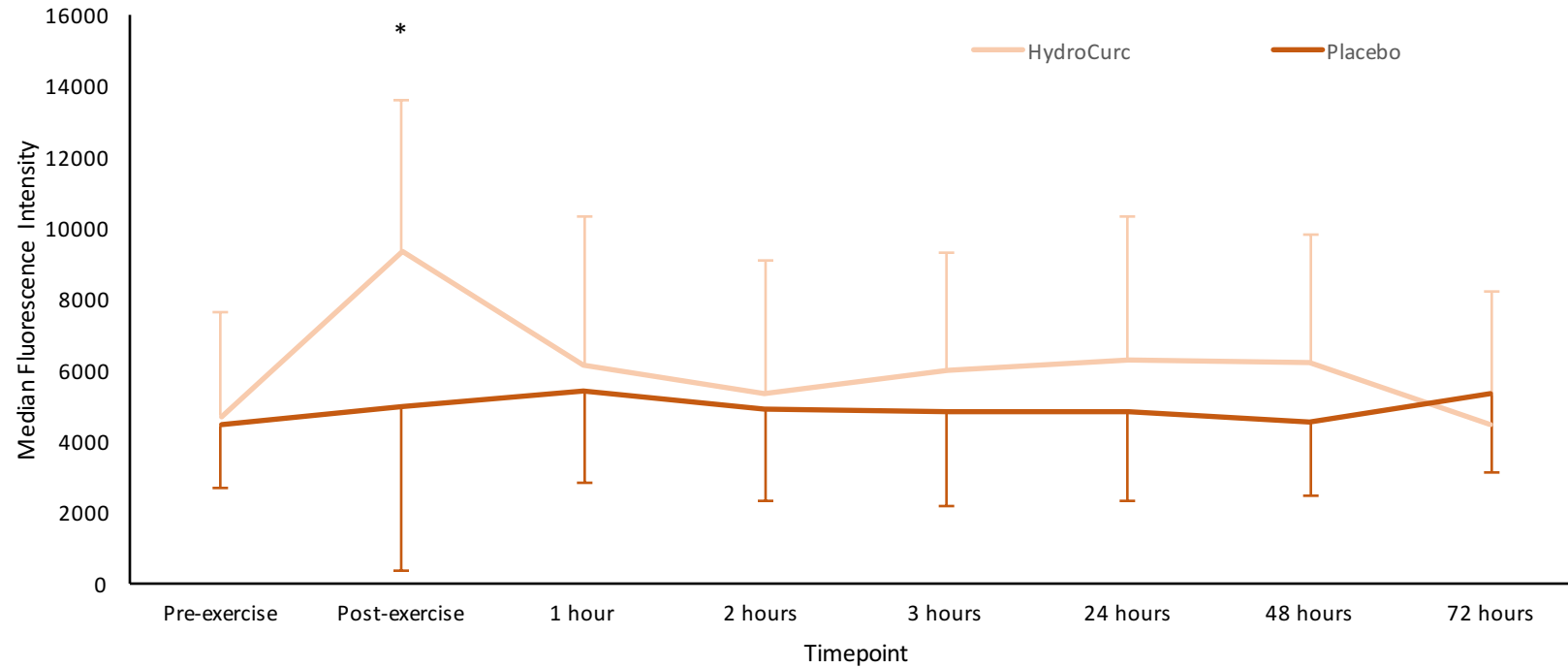


IL6 Scores - Adjusted means



- There was a significant decrease in lactate accumulation post-exercise, 30 minutes after consumption of a ***single*** dose of HydroCurc® Max compared to placebo.
- Changes in inflammatory marker IL-10 was significantly higher 24 hours post exercise and IL-6 significantly different at 1, 24- and 72-hours following exercise in the HydroCurc group.

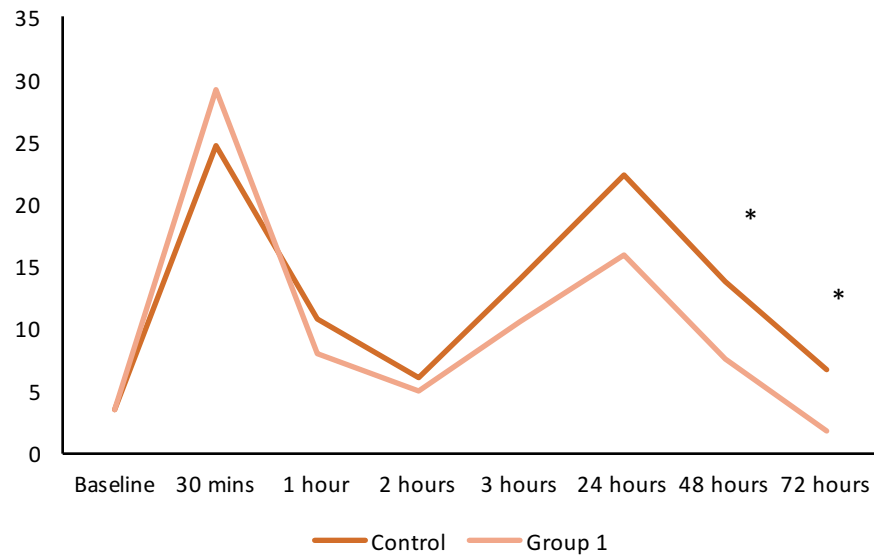
Results



There was a significant increase in *Protein Kinase B* median fluorescence intensity from baseline to 30 mins in the HydroCurc group (*) after a single dose of HydroCurc.

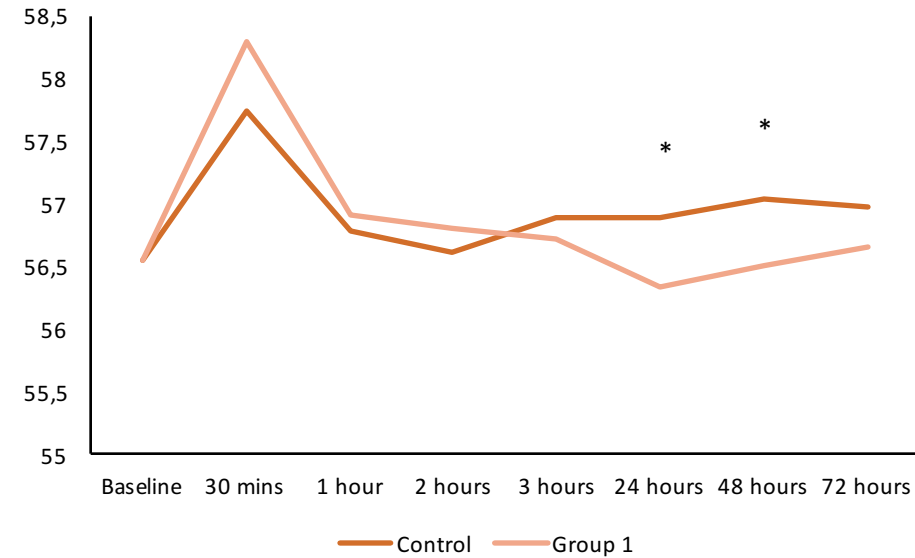
Results

VAS Scores - Adjusted means



Significant reduction in VAS score for pain on DOMS at 48 and 72 hours

Thigh Circumference - Adjusted means



Significant reduction in Thigh circumference at 48 and 72 hours

Conclusion

- The results suggest that HydroCurc may allow for a quicker return to exercise training, or a return to exercise training at higher thresholds than the placebo drink.
- This may be due to HydroCurc's anti-inflammatory properties which reduce thigh circumference, pain, and modulate energy metabolism.
- HydroCurc in combination with exercise is stimulating the PKB/mTOR pathway which is responsible for muscular hypertrophy and cellular survival.

Practical Applications

- *Pre-workout*

- Reduce the anaerobic energy contribution to exercise allowing athletes to perform harder for longer
- Increase activation of mTOR – resulting in improved muscular development

- *Post-workout/daily supplementation*

- Reduce thigh circumference and accompanied fluid retention
- Reduce delayed onset muscle soreness and improve return to sport/training time