

Essentially Yours Industries Corp.
Office of Product Research
April 16, 2001

A Clinical Observation on the Effects of Collagen Hydrolysate (Calorad® 2000) on Overweight and Obese Individuals.

We are proud to announce that Dr Joel B. Lao, Doctor of Internal Medicine, a medical consultant in the Philippines, has finished and released a clinical study on Calorad® 2000 and the effects on overweight and/or obese individuals.

Here is a brief summary of Dr. Lao's encouraging findings.

The test

The subjects included 50 overweight or obese individuals that were observed over a 90-day period. One bottle of Calorad® 2000 was provided every month for a 3-month period. They were asked to ingest one(1) tablespoon of the product at night with an interval of at least three hours without eating, just prior to sleeping.

There was no dietary or exercise prescriptions given but subjects were asked to eat sensibly.

Doctor Lao first created a baseline average for weight, body fat percentage, body mass index classification (BMI), waist and hip circumferences. These averages were as follows:

- Body weight 156 pounds.
- Body fat percentage 36.7%.
- BMI 32.5.
- Waist circumference 36 inches.
- Hip circumference 42 inches.

Month 1

- Average weight loss was 5.7 pounds.
 - Average body fat percentage loss was .4%.
 - BMI was reduced to 28.95.
 - Average waist measurements were now 34 inches.
 - Average hip measurements were now 40 inches.
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Month 2

- The collective average in weight loss was 5 pounds.
- Average body fat percentage loss increases to 1.4% from baseline.
- Average waist size decreased a further 2 inches.
- Average hip measurements decrease an additional 2 more inches.

Month 3

- The average weight of our subjects is recorded as 146 pounds.
- The average body fat percentage is now 34.3%.
- The average waistline was reduced to 33 inches.
- The hip measurements are an average 38 inches.

Results Summary of three month Clinical Observation

- An average reduction of 10 pounds.
- An average of 7 inches lost.
- An average inch loss at the waist of 3 inches, 36 down to 33.
- An average inch loss at the hip of 4 inches, 42 down to 38.
- An average decrease in body fat percentage by 2.4%.

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The complete study is available on www.eyieducom.com
