



**PRESS RELEASE**

## **Application Study ImuPro300**

Weight Problems and Food Allergies Type III

***Final Report 2009***

*Data from 1054 patients reported/ 949 could be evaluated*

***Published:***

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## 1. Summary

The purpose of this application study was to gain findings regarding the effectiveness of ImuPro300 in the case of patients with weight problems and/or other clinical pictures and symptoms that indicate a food hypersensitivity, e.g. neurodermitis, psoriasis, chronic headache/migraine, Chronic fatigue, rheumatic diseases as well as gastro-intestinal problems of all kinds.

The study has been designed as a multicentric prospective application study. In all, 300 physicians and non-medical practitioners were supposed to document the treatment of 1500 patients (meaning 5 patients per centre). The physicians could document the therapy either online in the internet or „classically“ with filed evidence.

Between February 2002 and May 2008, 309 physicians and naturopaths had sent in documentations of 1054 patients. 105 patients could not be evaluated because the documentations didn't contain all the necessary data (mainly data of the control consultation were missing). Therefore this final report was based on the evaluation of the documentations of 949 patients, which were collected by 190 physicians, 89 naturopaths and 14 „others“ (nutritionists, chiropractors etc.)

Of the 949 patients 78,4 % were female and 21,6 % male. The patients were 2 to 84 years old (average: 46,3 years) and the medium body-mass-index at the start of therapy was 28,1 kg/m<sup>2</sup>.

With a percentage of 32,2 most of the patients were adipose (34,4 % of the female, 24,4 % of the male patients). Just under a third of all patients was overweight (30,1%), 33,5 % had standard weight and 3,3 % were underweight.

As far as nutritional habits were concerned the following and others were documented: „frequent cravings“ (49% of the female, 37% of the male patients), „often sweets“ (48% / 59%) „often ready-to-serve-meals“ (13% / 22%) as well as „often fast food“ (9% / 23%). The nutritional habits of the under forty-year-olds were significantly unhealthier than those of the other patients. Further stress- and risk factors were „lack of exercise“ (46% of the women, 48% of the men), „alcohol“ (29% /47%) and „nicotine“ (18% /15%).

The blood test for the determination of food allergy type III delivered the following results: On average the patients had 39 reactions to food. In the group of the under forty-years-old there was a tendency to slightly more reactions (42,8 reactions), in the group of the over-fifty-years-old a tendency to slightly less reactions (35,5 reactions). On average 8,3 reactions were very distinct (level 3 and 4). Also as far as the strong reactions are concerned, the over fifty-years-old showed significantly less (6,8 reactions) than the group of the younger patients under 40 years old, with an average of 10,4 reactions of level 3 and 4.

The change-over-consultation took place on average 19 days after the blood withdrawal. The period of observation (date of the change-over-consultation until the date of the control consultation) lasted on average 78 days. (Median: 66 days).

For 938 out of 949 documented patients weight data were collected regarding the time before the change in nutrition as well as at the control consultation. Following the nutritional guidelines of ImuPro300, 74,1% of the patients had lost weight after eight weeks.

Regarding the relative change in weight compared to the starting weight it shows that the patients lost on average 3,2% of their body weight following the nutritional guidelines. The maximum weight loss of the women was 26%, of the men 17%. The adipose patients had lost on average 4,4% of their body weight, the ones overweight 3,8% and the patients with standard weight lost on average 2,0%. The 31 patients being underweight had on average gained 2,0%.

For patients who followed the nutritional guidelines very persistently a weight loss of on average 4,2% of the body weight could be documented (regarding those adipose patients who followed the guidelines very persistently the medium weight loss was 5,3% of the body weight).

In summary it may be said that 28% of all patients had lost more than 5% of their starting weight (in fact without a hypo caloric diet as a rule). Concerning the adipose patients the percentage was 38,5%. With regard to those patients who were very persistent in their change of nutrition even 41,0% of them had lost more than 5% of their body weight (concerning the very determined adipose patients the percentage was 55,9%).

With the help of a five-stepped scale (from 0=non-existent to 4=very strong) the intensity degrees of 16 allowed concomitant symptoms were supposed to be documented. At the control documentation that took place about eight weeks later the intensity degree of all symptoms was considerably lower with all patients than at admission. For example, the intensity of the symptom „bloating“ had improved with 79% of the patients concerned. Concerning those patients who had been very persistent in their change of nutrition the improvement rates were even significantly higher

(numbers in brackets). The individual improvement rates: „headaches“: 69,1% (77,6% with the persistent patients), „migraine“: 76,9% (80,4%), „acne“: 60,8% (67,1%), „neurodermitis“: 66,9% (67,2%), „itchiness“: 72,5% (73,9%), „psoriasis“: 59,2% (65,1%), „feeling of fullness“: 79,1% (85,6%), „flatulence“: 76,6% (79,4%), „belching“: 72,8% (78,8%), „diarrhoea“: 69,0% (80,2%), „gastro-intestinal problems“: 73,8% (82,7%), „articular pains“: 66,0% (74,6%), „arthritis“: 44,3% (48,9%), „exhaustion“: 71,3% (75,6%), „tiredness“: 68,5% (73,7%) and „mood swings“: 65,0% (67,7%).

To show the potential of this therapy more clearly the development of the symptom „migraine“ might be picked out. Of the formerly 117 patients who at the start of the therapy suffered from strong or very strong ailments of this kind only 16 patients remained after the eight-week-long change in nutrition diet who continued to suffer from strong or very strong migraine. In the case of 33 patients (meaning 28,2% of the patients concerned) the migraine had disappeared completely.

Apart from the development of the symptoms, questions concerning the experience with ImuPro 300 were supposed to be documented: Most of the patients followed the nutritional guidelines very persistently (34,6%) or persistently (40,0) In all, 7,9% of the patients didn't follow the guidelines persistently.

44% of the patients had big problems with the change in nutrition at the beginning. Only 27% of the patients found the change „easy“ or „very easy“.

By contrast, 48% of all patients claimed after the eight-week-long change in nutrition that today they didn't have any problems in maintaining their new nutritional habits.

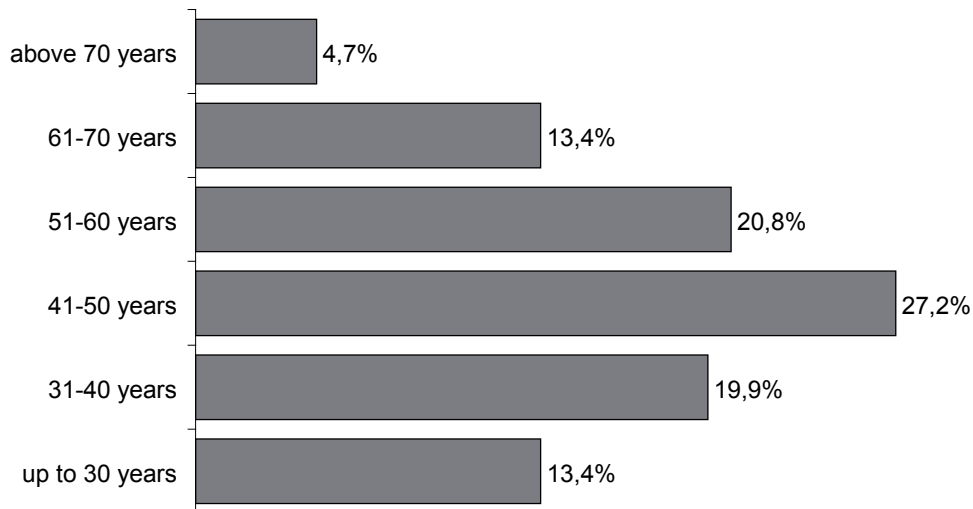
In the case of 77,1 % of the patients, their general sensation had improved in comparison with the admission appointment. Concerning the patients with standard weight the percentage of this group was slightly lower (72,6%) whereas it was significantly higher with those patients who were persistent in their change of nutrition (85,1%). In the case of 123 patients undesirable results were documented (178 entries). In 22 cases the attending physicians/naturopaths saw a confirmed connection with the change in nutrition according to ImuPro300.

In conclusion, physicians/naturopaths and patients were supposed to assess the effectiveness of ImuPro300. More than 71% of the patients and 66% of the physicians/naturopaths assessed the effectiveness of the change in nutrition with „very good“ or „good“. In the group of patients who were very persistent with the change of nutrition the assessment of the patients was even better, with 81,7% „good“ or „very good“ entries.

In all, 86,6% of all patients would recommend ImuPro300 (physicians/naturopaths: 84%). Of those patients who were very persistent in their change of diet even 91,2% would recommend ImuPro300.

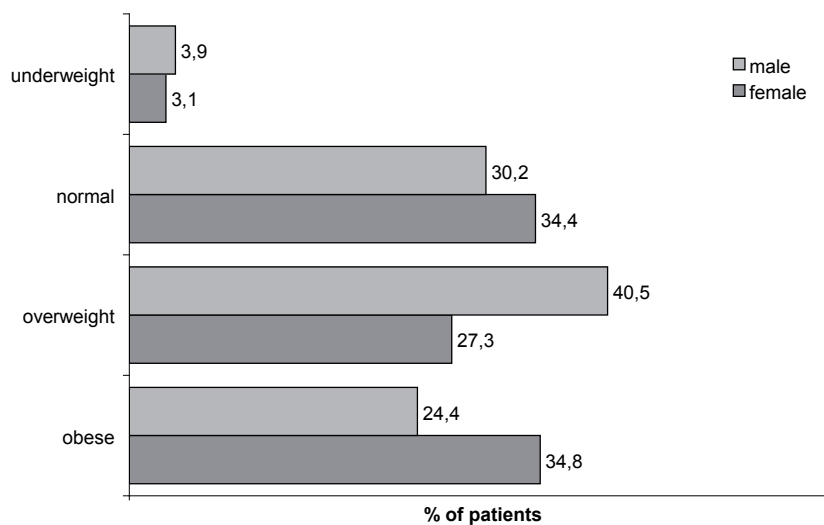
## 2. Charts

**Chart 1: Age distribution of ImuPro patients (N=949)**

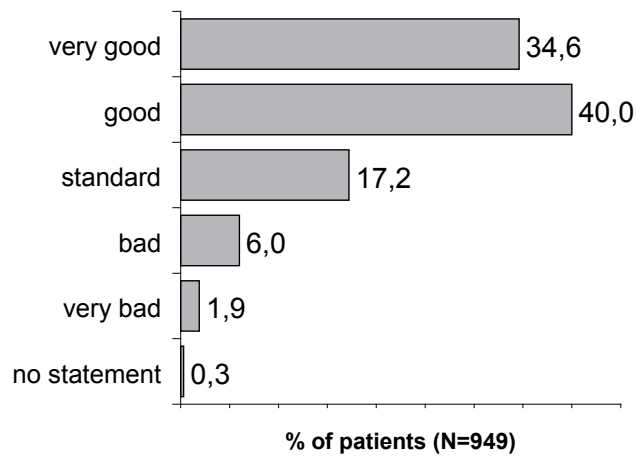


**Chart 2: Classification of the initial weight according to sex (N=949)**

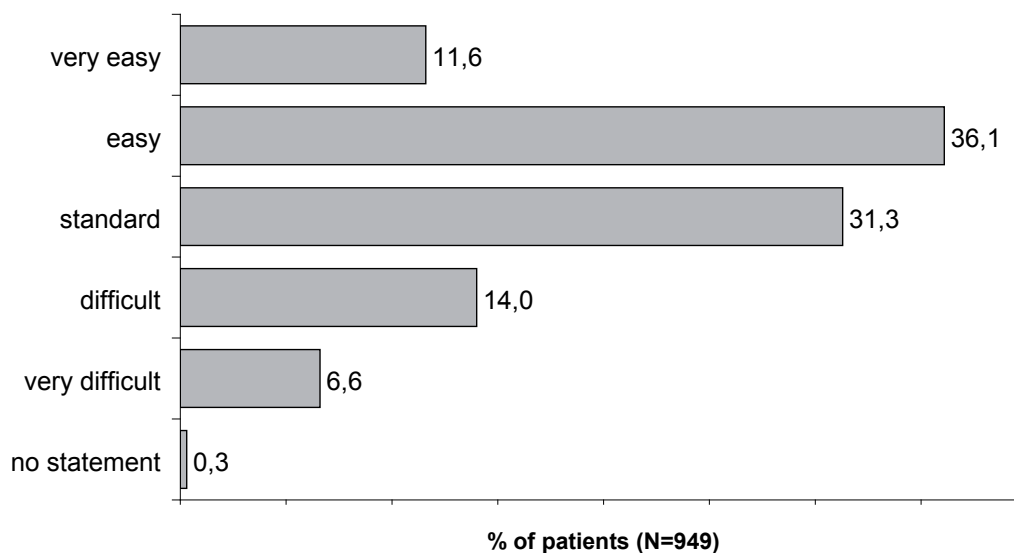
Taking the data for weight and size, the BMI was calculated and the patients were classified according to the threshold values for overweight and adiposity recommended by the WHO.



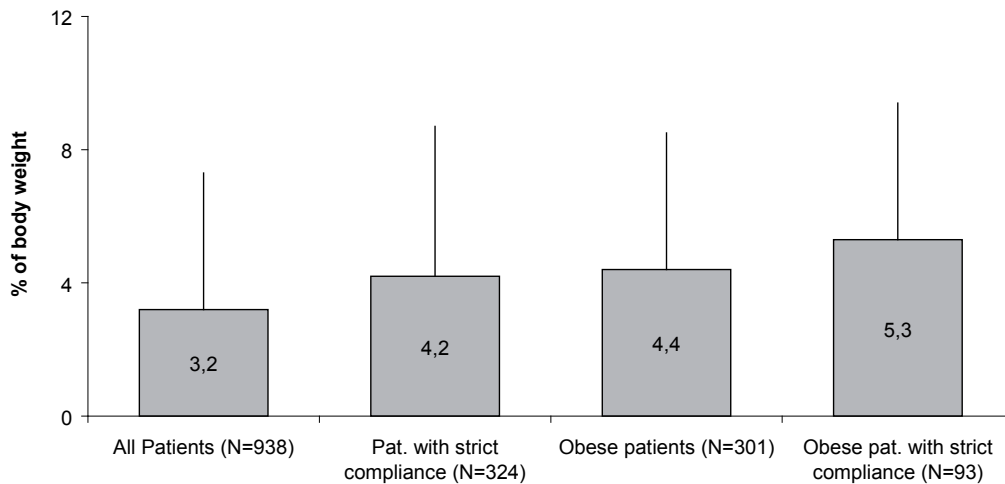
**Chart 3: The determination of the patients in following the nutritional guidelines (N=949)**



**Chart 4: Difficulties in following the nutritional guidelines after about nine weeks (N=949)**

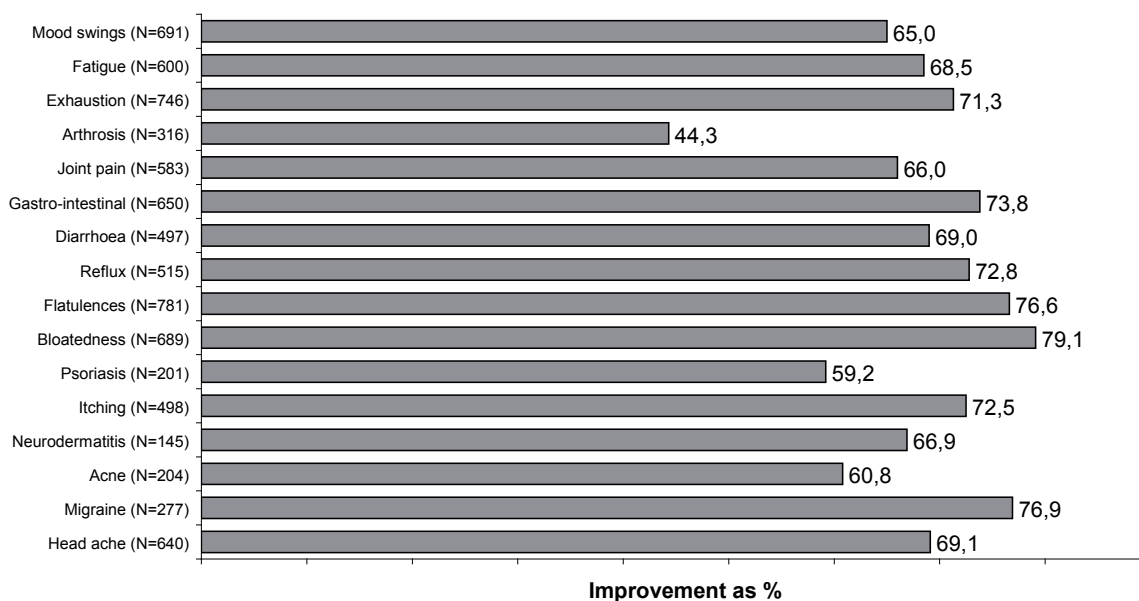


**Chart 5: Loss in weight in percentage of the body weight (average mean and standard deviation)**



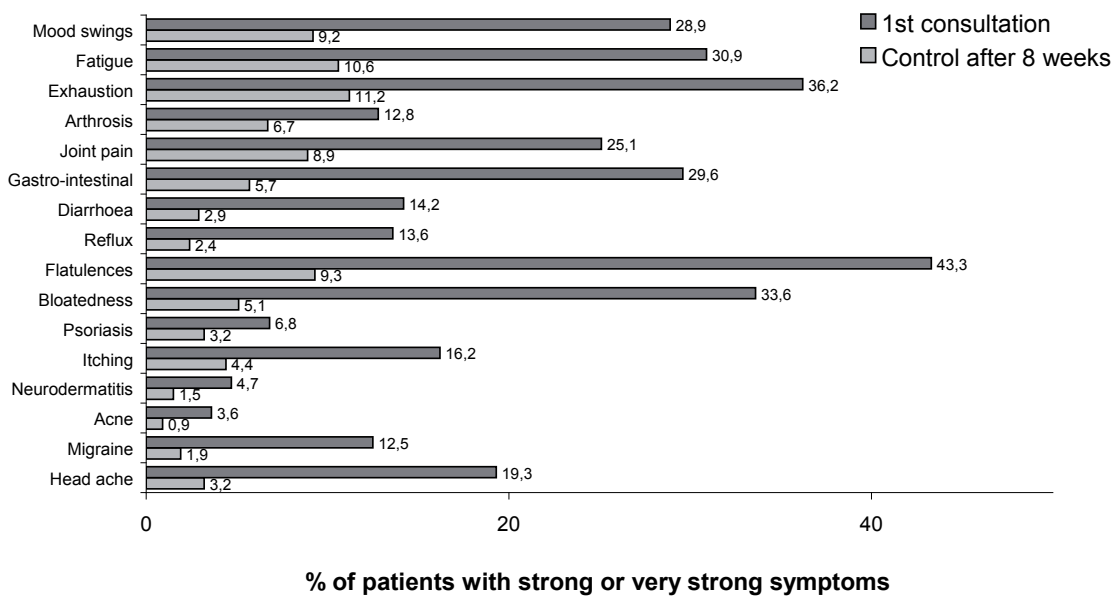
**Chart 6: Improvement rate of the symptoms**

The chart shows the number of patients whose symptoms improved during the application period. The number of patients in brackets refers to those patients who had at least minimum symptoms at the admission consultation.

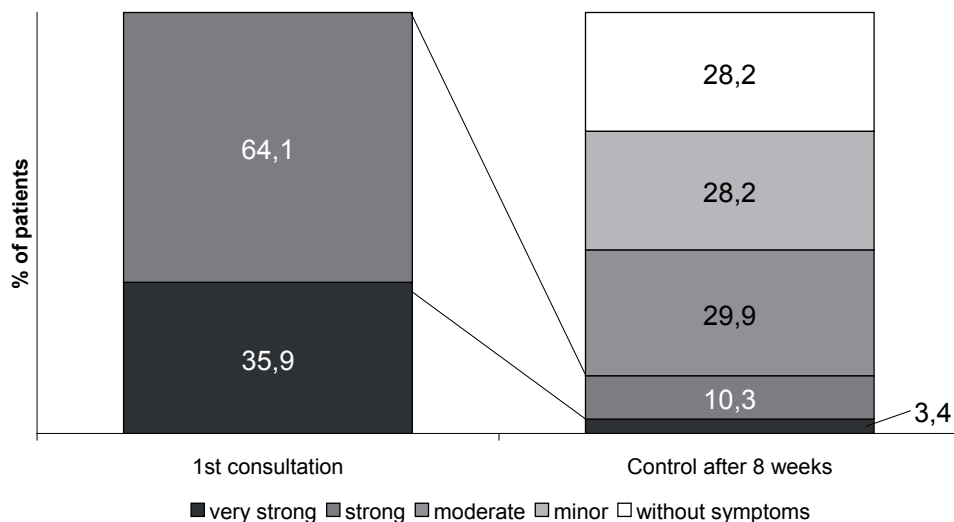


**Chart 7: Strongly resp. very strongly distinct symptoms at admission and control consultation**

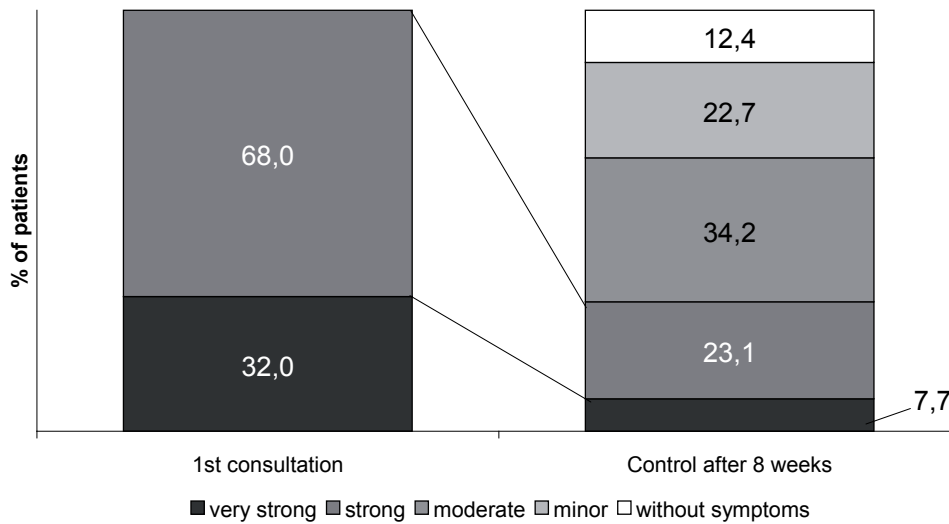
For both consultations the rate of patients is depicted who showed a strong or very strong symptom. For each symptom those patients were evaluated whose data were collected at both documentation dates.



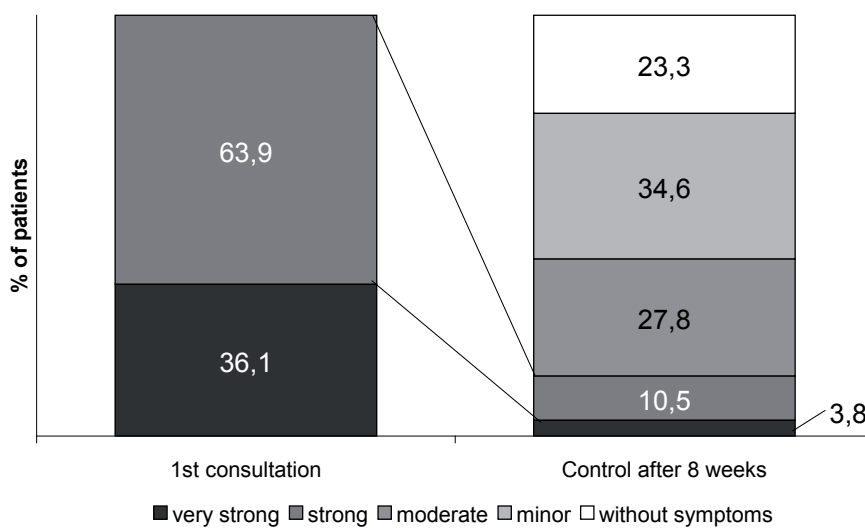
**Chart 8: Development of symptoms in the case of patients with strong resp. very strong migraine (N=117)**



**Chart 9: Development of symptoms in the case of patients with strong resp. very strong joint pains (N=234)**

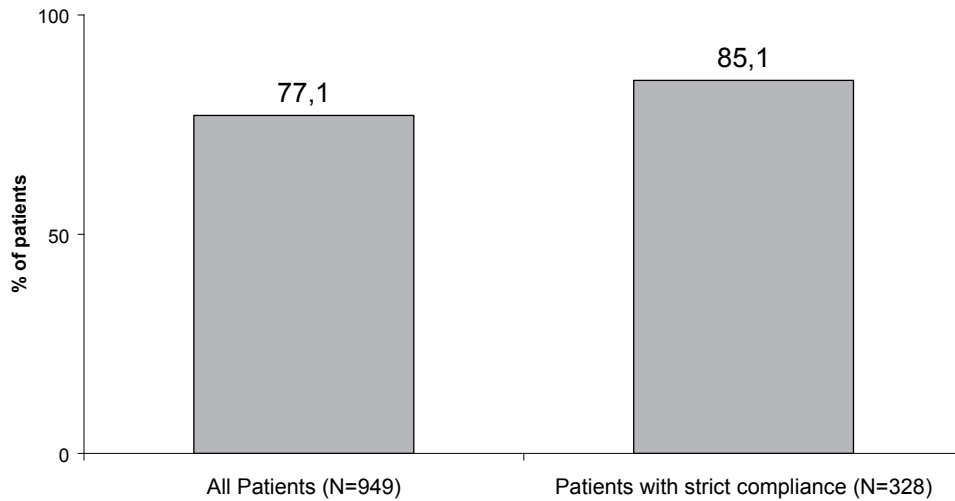


**Chart 10: Development of symptoms in the case of patients with strong resp. very strong diarrhoea (N=133)**



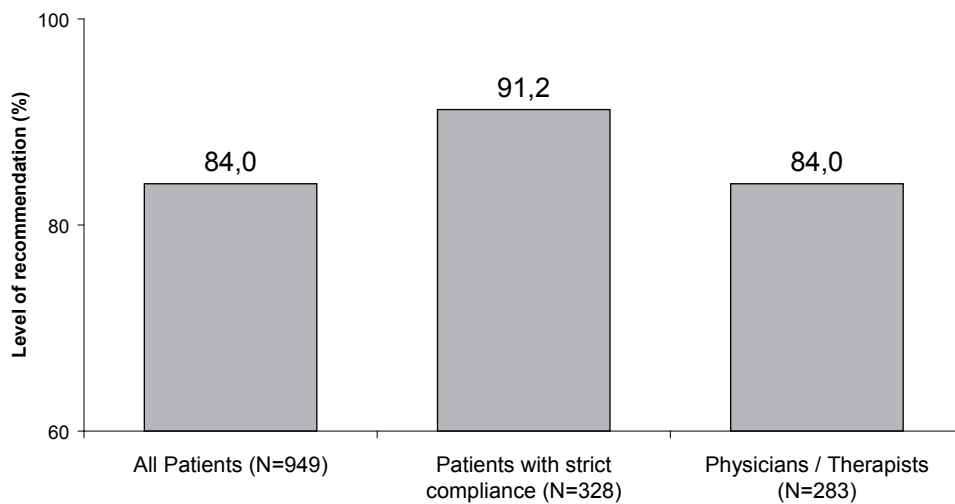
### Chart 11: Improvement of the general sensation

The chart shows the rate of patients whose general sensation had improved at the time of the control consultation after about 8 weeks compared to the admission consultation.



### Chart 12: Customers satisfaction

The chart shows the rate of those patients who - at the time of the control consultation - would recommend ImuPro 300 considering their experience with it.



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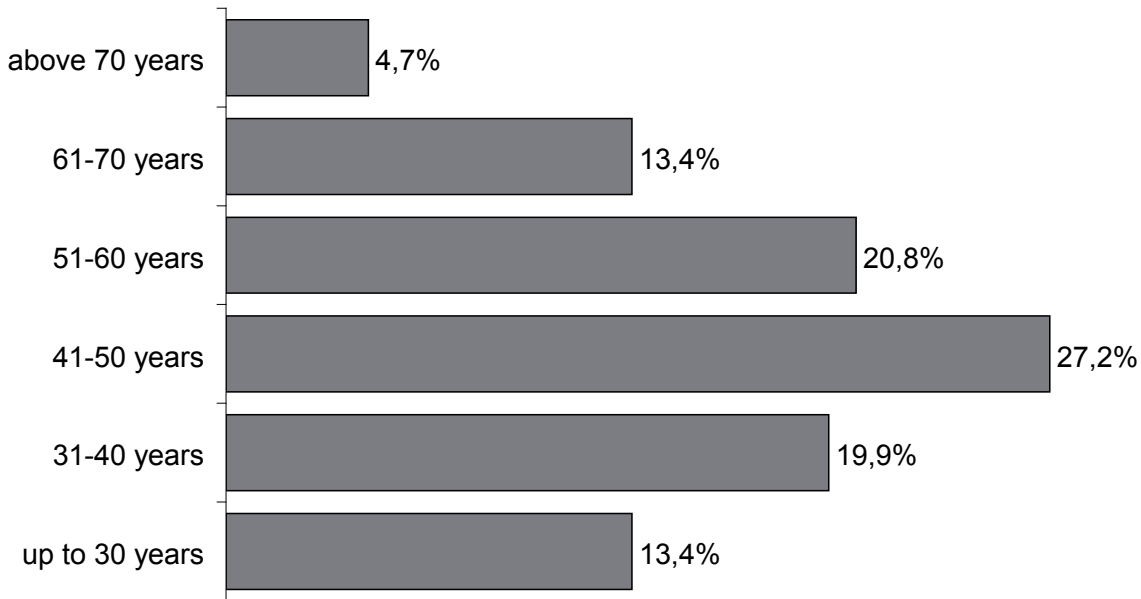
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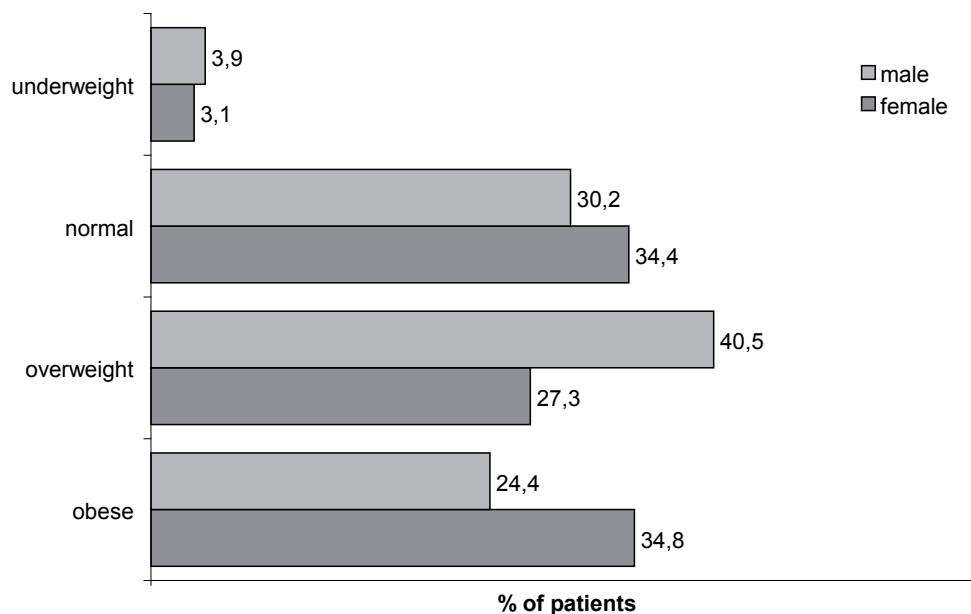
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**Chart 2:**

Taking the data for weight and size, the BMI was calculated and the patients were classified according to the threshold values for overweight and adiposity recommended by the WHO.

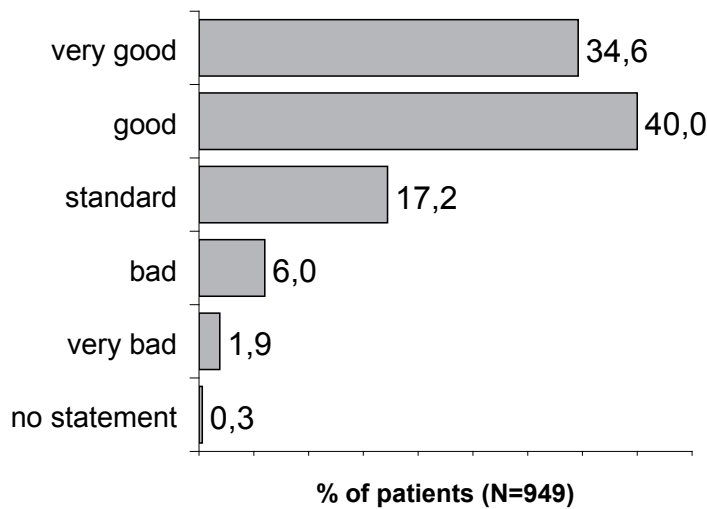
**Body weight distribution (N=949)**



**Chart 3:**

The determination of the patients in following the nutritional guidelines (N=949).

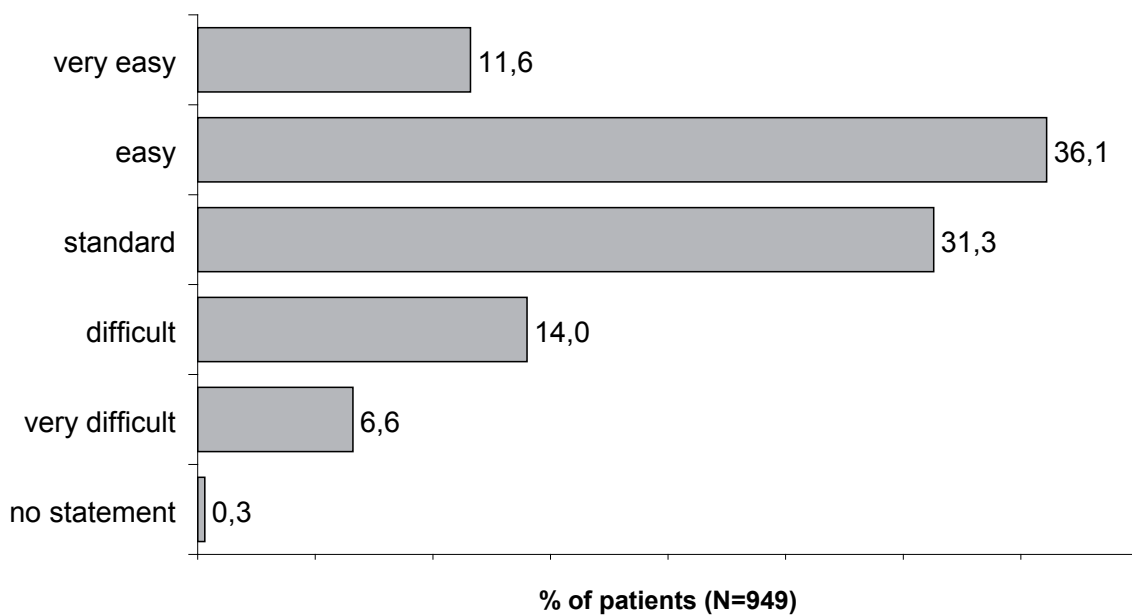
**Compliance to the change in diet**



**Chart 4:**

Difficulties in following the nutritional guidelines after about nine weeks (N=538).

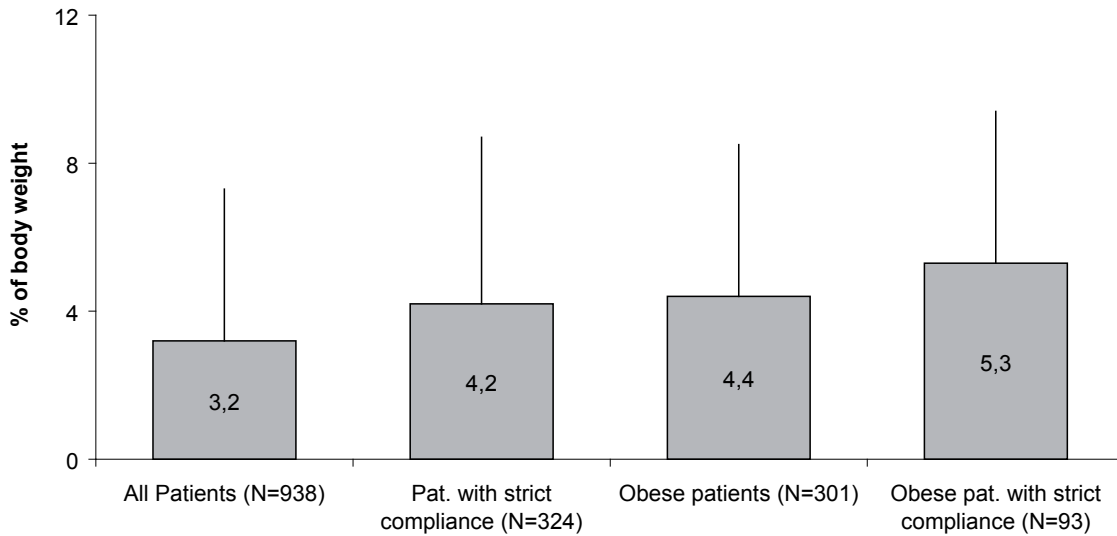
**Able to maintain the new diet in week 8?**



**Chart 5:**

Loss in weight in percentage of the body weight (average mean and standard deviation).

**Weight loss after 8 weeks**

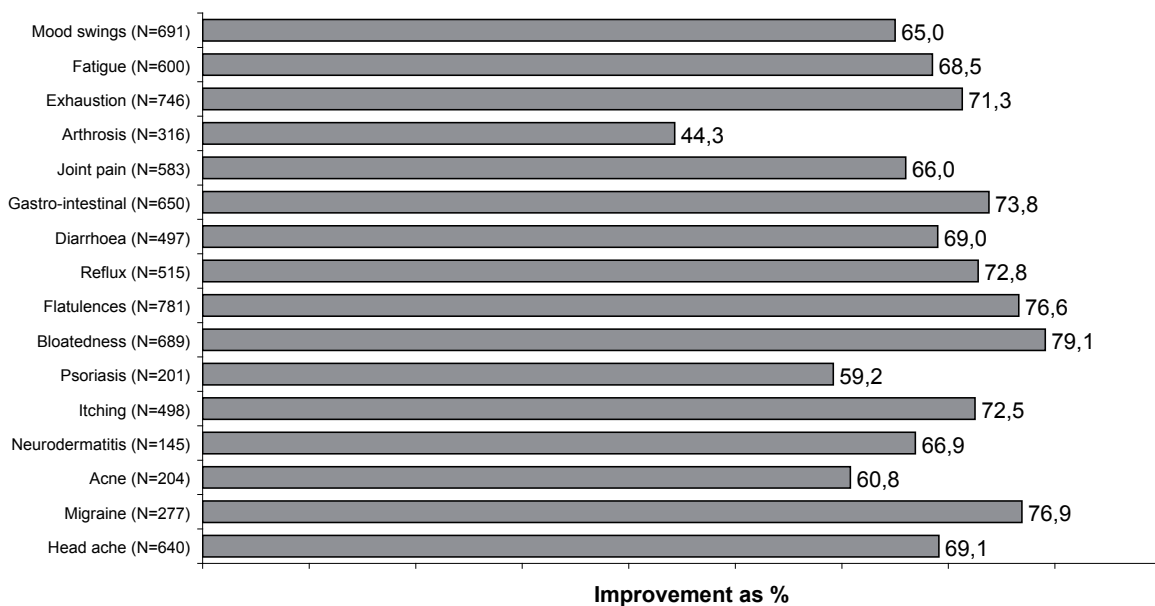


**Chart 6:**

Improvement rate of the symptoms.

The chart shows the number of patients whose symptoms improved during the application period. The number of patients in brackets refers to those patients who had at least minimum symptoms at the admission consultation.

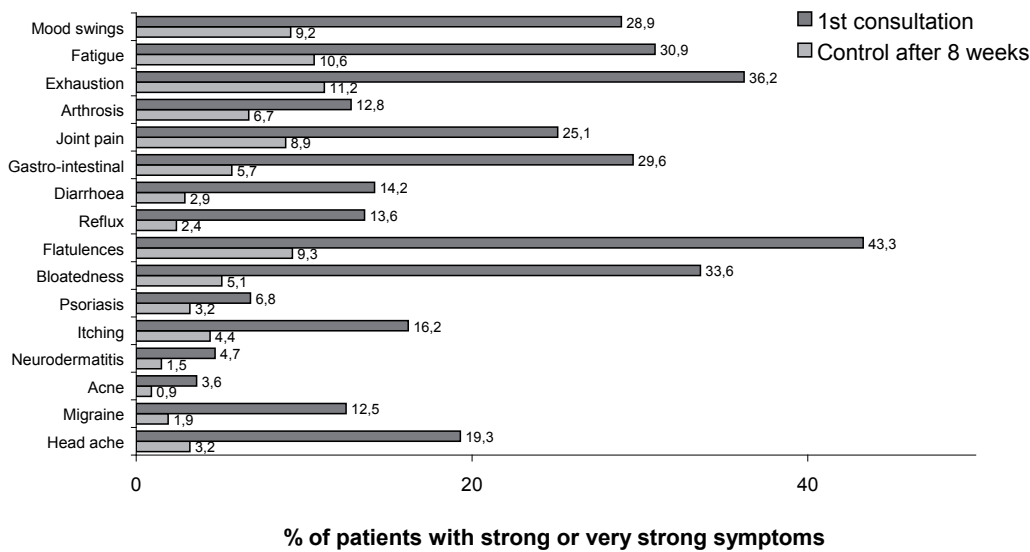
**Improvement rates after 8 weeks**



**Chart 7:**

Strongly resp. very strongly distinct symptoms at admission and control consultation. For both consultations the rate of patients is depicted who showed a strong or very strong symptom. For each symptom those patients were evaluated whose data were collected at both documentation dates.

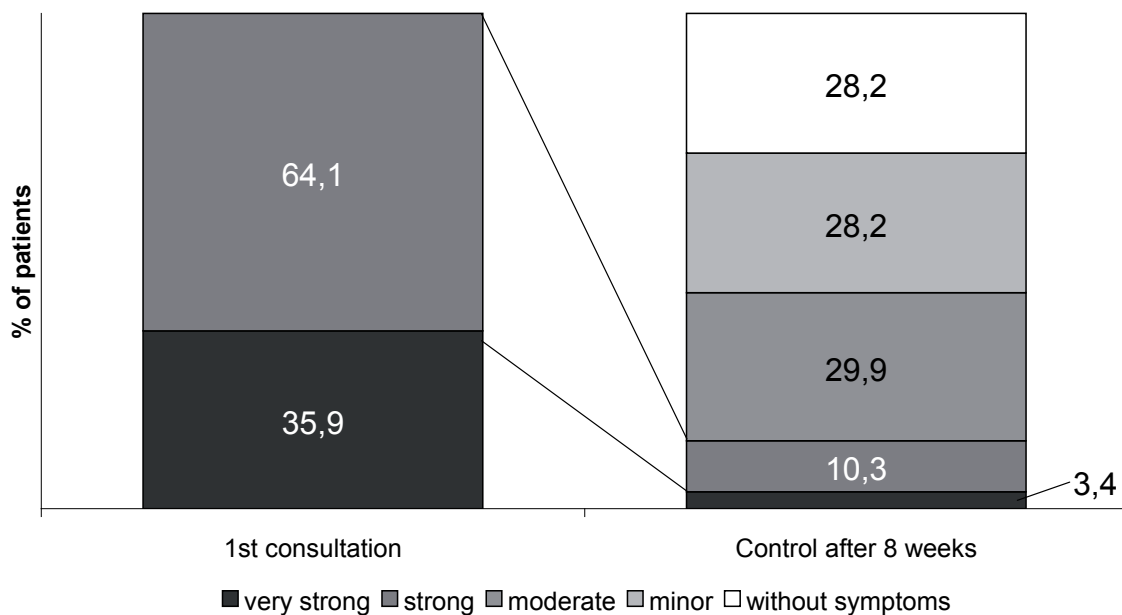
**Improvement of strong and very strong symptoms**



**Chart 8:**

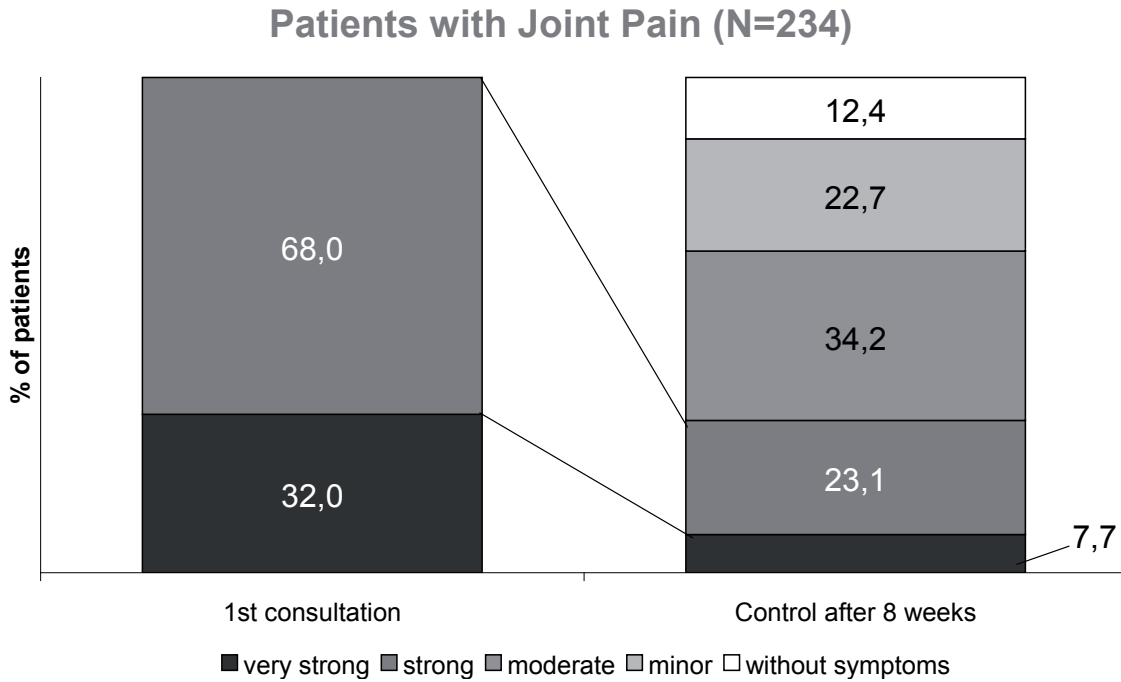
Development of symptoms in the case of patients with strong resp. very strong migraine (N=117).

**Patients with Migraine (N=117)**



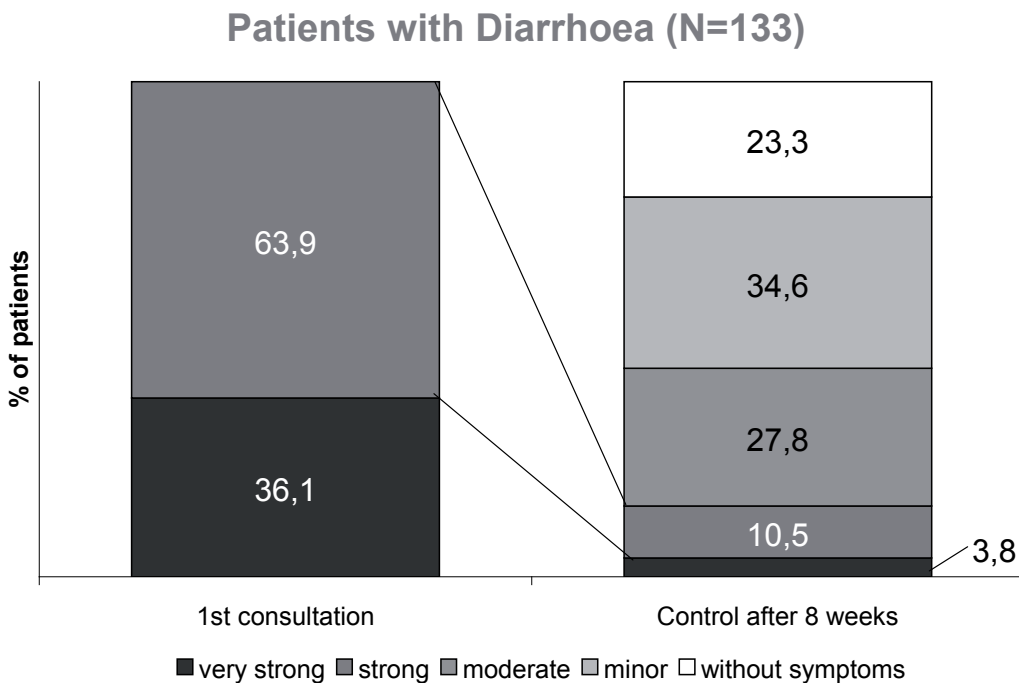
**Chart 9:**

Development of symptoms in the case of patients with strong resp. very strong joint pains (N=234).



**Chart 10:**

Development of symptoms in the case of patients with strong resp. very strong diarrhoea (N=133).

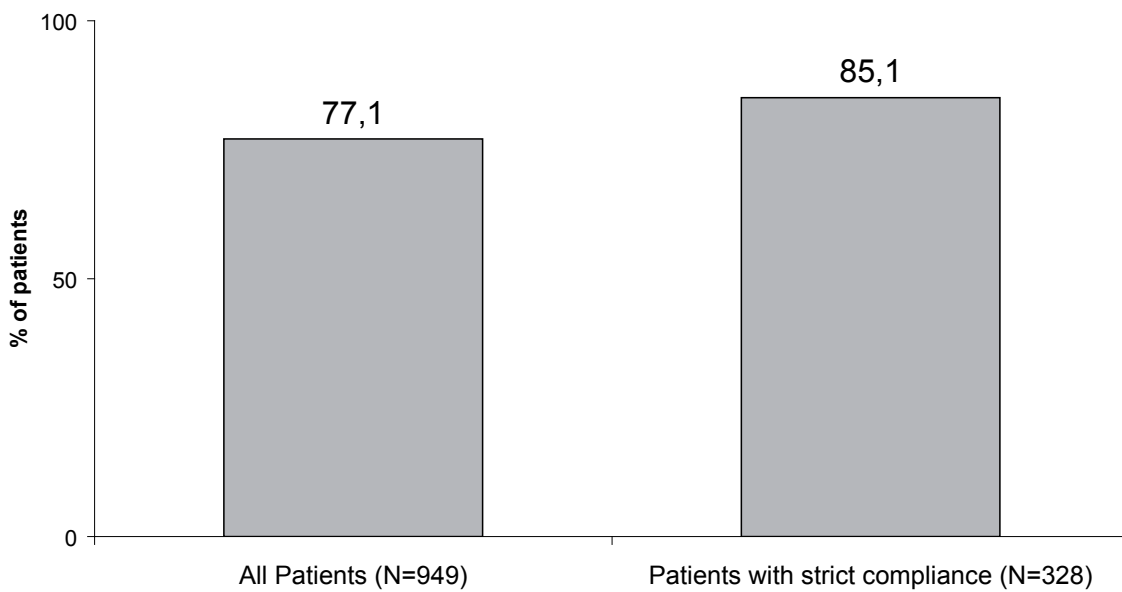


**Chart 11:**

Improvement of the general sensation.

The chart shows the rate of patients whose general sensation had improved at the time of the control consultation after about 8 weeks compared to the admission consultation.

**Improvement of general well-being**



**Chart 12:**

Customers satisfaction.

The chart shows the rate of those patients who - at the time of the control consultation - would recommend ImuPro 300 considering their experience with it

**Would you recommend ImuPro?**

