The Freiburg Study

Deprivation Study

- **Free Radicals**
- **Inflammation** (hs-CRP)
- **Blood Pressure** (Systolic, Diastolic)
- **Blood Lipids** (Cholesterol, Triglycerides)
- **Energy Utilization** (Heart Rate)
- **Sugar Metabolism** (Blood Glucose, HOMA, HbA1c)

Adding years to your life and life to your years requires consistent usage.

The follow-up Deprivation Study.

Twelve weeks after the completion of the Freiburg Study, Freiburg researchers conducted a deprivation follow-up. This study revealed some of the most insightful pieces of data yet: almost all of the benefits participants gained from using the *Peak Performance Pack* had all but vanished! In almost every instance, key health markers like free radicals, blood pressure, inflammation, cholesterol, and heart rate had already returned to less-healthy, pre-study levels.

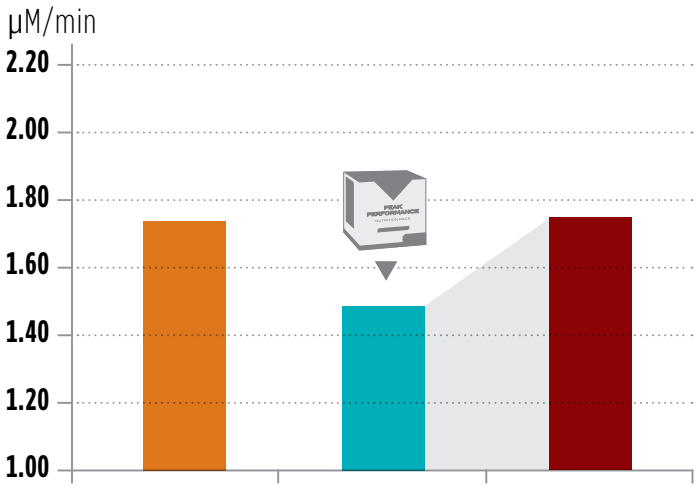
Freiburg Study methodology.

Twelve weeks after the end of the original Freiburg Study, a total of 31 of the original 48 Freiburg subjects returned to participate in this deprivation portion of the study. In order to qualify for the follow-up study, subjects had to have not made any changes to their diet or exercise after the completion of the original study. The only change was to have stopped taking the *Peak Performance Pack*. Following protocols developed for the original Freiburg Study, subjects were tested for all 25 health markers to determine if any change had taken place.

Two-thirds of the original Freiburg Study participants returned for the deprivation follow-up.

Understanding the graphs.

To demonstrate not only the profound effects of the *Peak Performance Pack*, but also the need for ongoing supplementation, we have created these graphs from the data obtained from the initial Freiburg Study as well as the Deprivation Study. To present the most accurate results, we have isolated and are showing only the data from the 31 subjects who participated in both the original Freiburg Study and the Deprivation Study.



The first bar shows the subjects' health marker before taking the *Peak Performance Pack.*

The middle bar shows the effect on the health marker after taking the *Peak Performance Pack* continuously for 12 weeks.

The final bar shows the health marker 12 weeks after the subjects stopped taking *Peak Performance.*

The data in the blue circle highlights the average improvements subjects saw after taking the *Peak Performance Pack.*

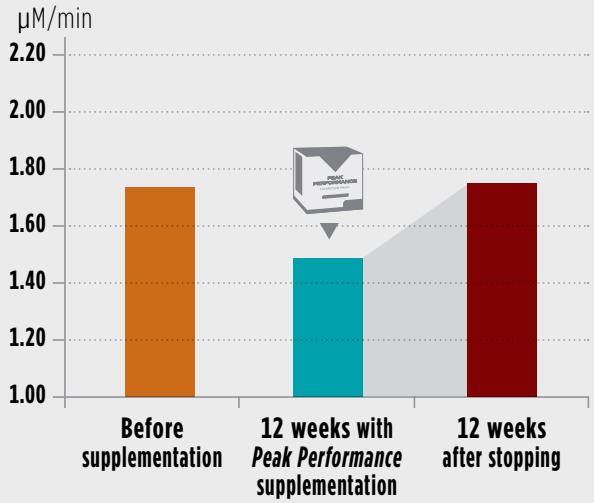
Calculated as a percent change of the "before supplementation" number.

The data in the red circle indicates the average loss of benefit subjects experienced after stopping the *Peak Performance Pack.*

Calculated as a percent change of the "12 weeks with supplementation" number.

Free Radicals

12 weeks after subjects began taking the *Peak Performance Pack*, their average free radical levels dropped 16.2%. After they stopped taking *Peak Performance*, the levels increased 22.1%.

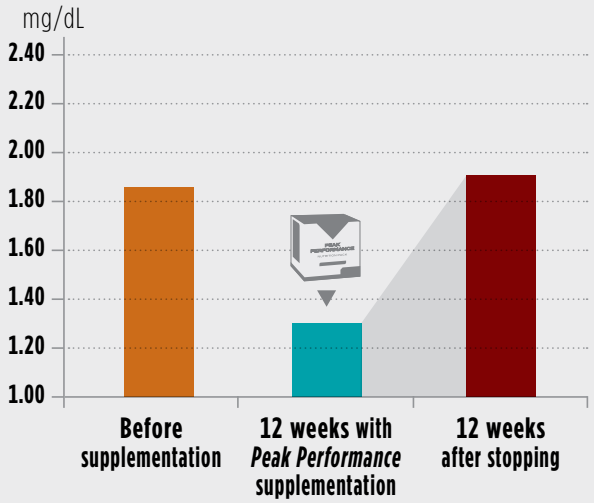


▼ 16.2% 12 WEEKS

▲ 22.1% 12 WEEKS DEPRIVED

Inflammation: hs-CRP

A protein in the blood called hs-CRP increases when inflammation levels rise. These values are a good indicator of the amount of inflammation in the body. Twelve weeks after subjects began taking the *Peak Performance Pack*, their hs-CRP values dropped 18.8%. After they stopped taking *Peak Performance*, it increased 46.2%.

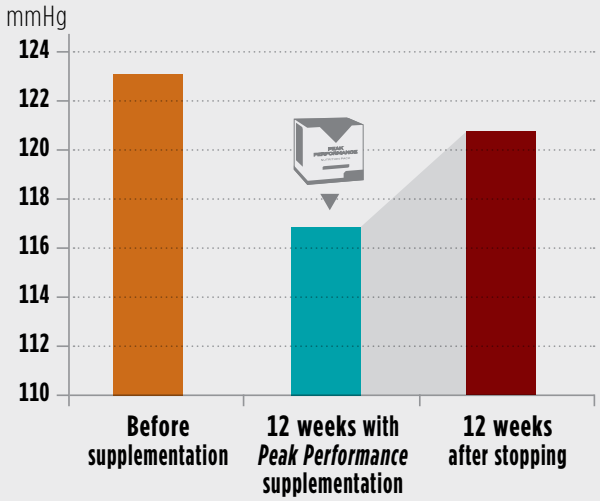


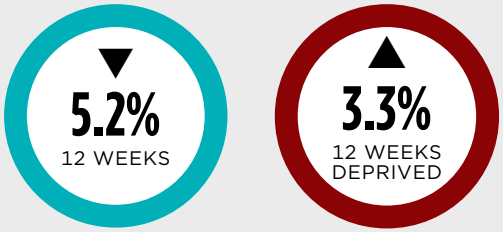
▼ 18.8% 12 WEEKS

▲ 46.2% 12 WEEKS DEPRIVED

Blood Pressure: Systolic

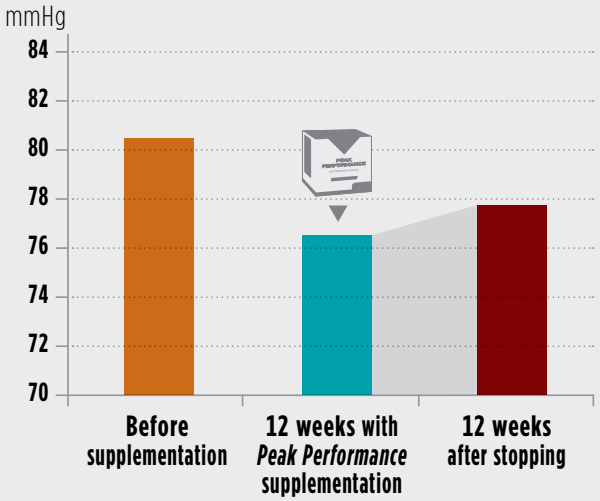
While on the *Peak Performance Pack*, subjects saw a 5.2% improvement in their average systolic blood pressure. After they stopped taking *Peak Performance*, their blood pressure increased by 3.3%.

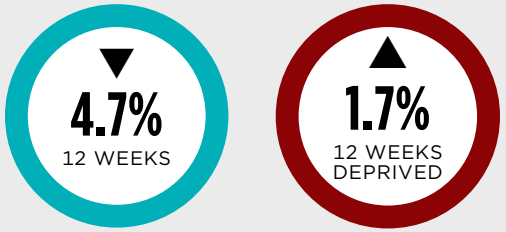




Blood Pressure: Diastolic

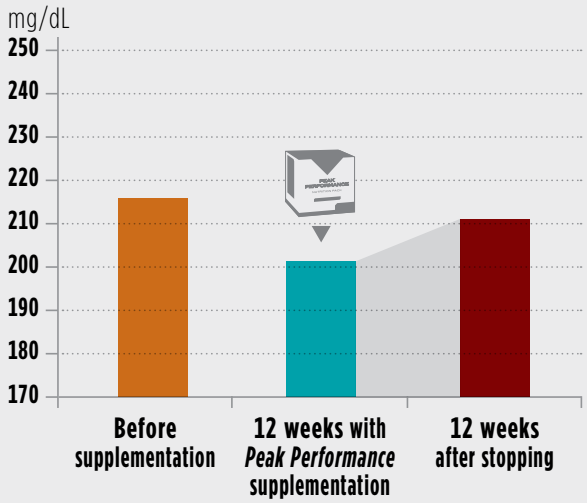
While on the *Peak Performance Pack*, subjects' average diastolic blood pressure dropped 4.7%. After they stopped taking *Peak Performance*, those levels increased 1.7%.

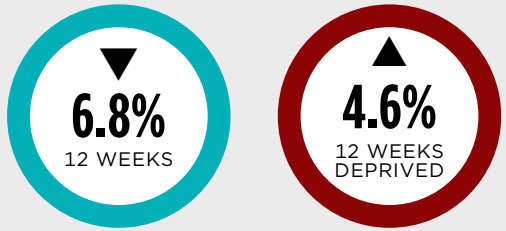




Blood Lipids: Total Cholesterol

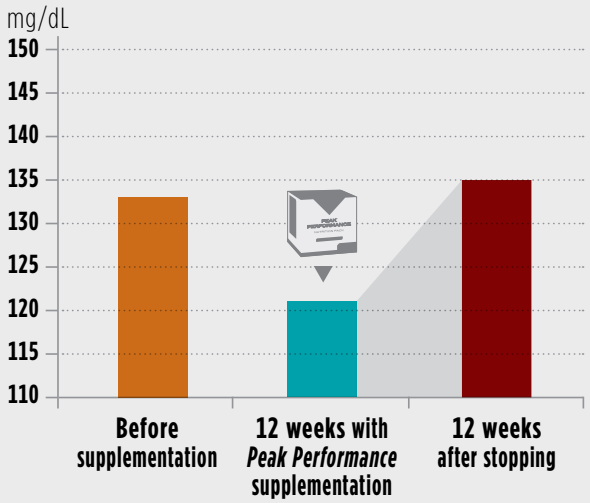
Twelve weeks after subjects began taking the *Peak Performance Pack*, their total cholesterol levels dropped 6.8%. After they stopped taking *Peak Performance*, their cholesterol levels rose 4.6%.

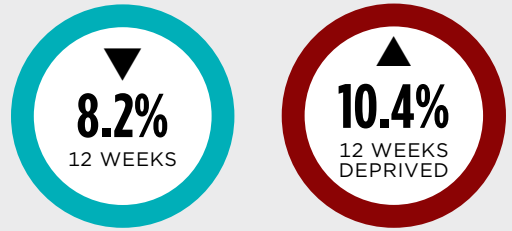




Blood Lipids: LDL Cholesterol

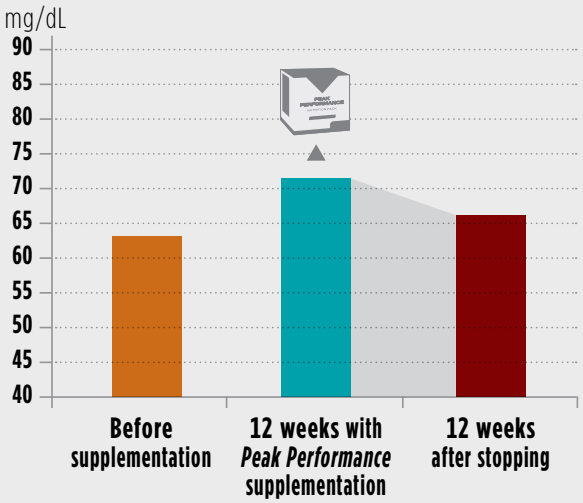
Twelve weeks after subjects began taking the *Peak Performance Pack*, their average LDL (or bad cholesterol) dropped 8.2%. After they stopped taking *Peak Performance*, it increased 10.4%.

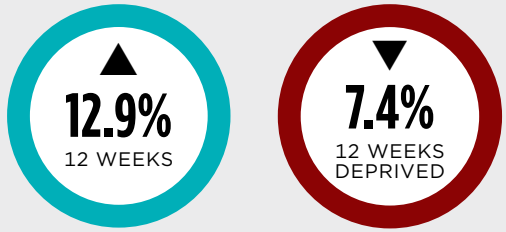




Blood Lipids: HDL Cholesterol

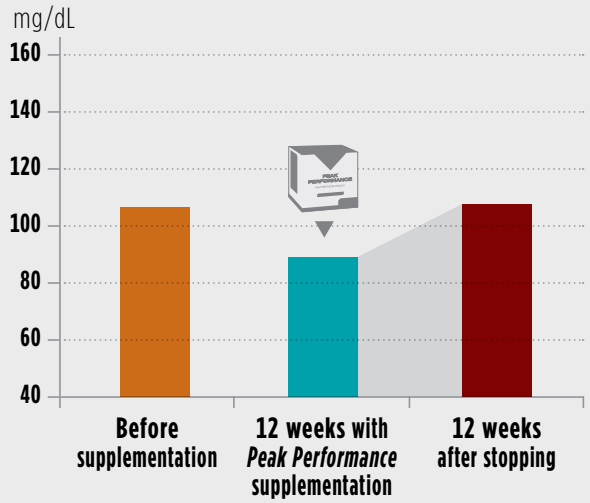
Higher levels of HDL (good cholesterol) help reduce the risk of heart disease. Twelve weeks after subjects began taking the *Peak Performance Pack*, their average HDL increased 12.9%. After they stopped taking *Peak Performance*, it dropped 7.4%.

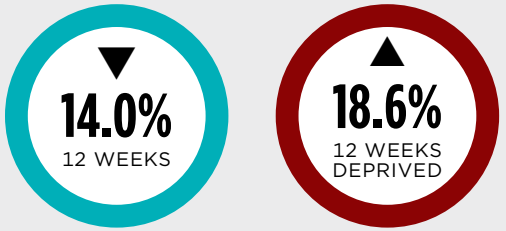




Blood Lipids: Triglycerides

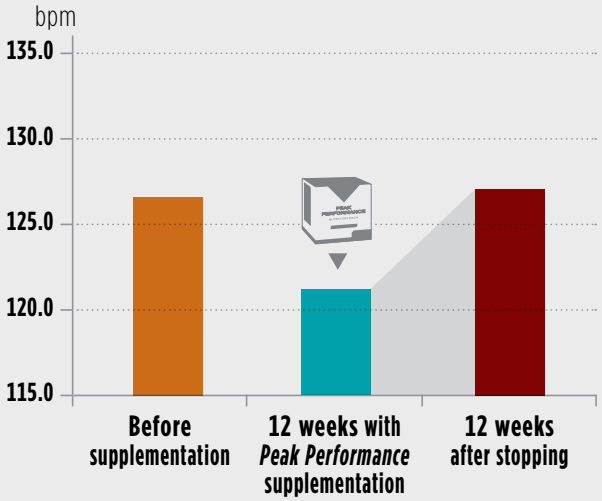
Twelve weeks after subjects began taking the *Peak Performance Pack*, their average triglyceride levels dropped 14.0%. After they stopped taking *Peak Performance*, their triglyceride levels increased 18.6%.

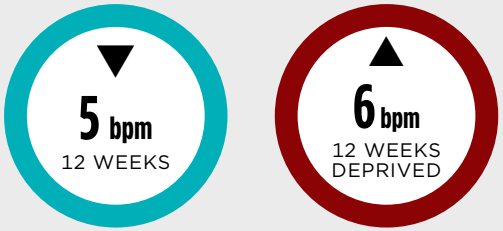




Energy Utilization: Heart Rate

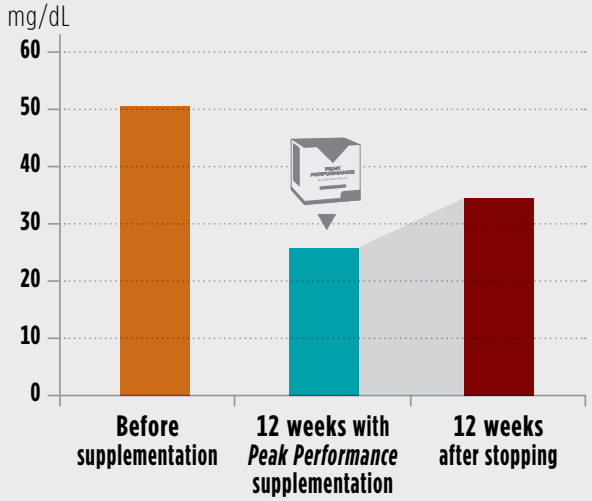
Twelve weeks after subjects began taking the *Peak Performance Pack*, their average heart rate fell by 5 beats per minute during excercise. After they stopped taking *Peak Performance*, it increased by 6 beats per minute.

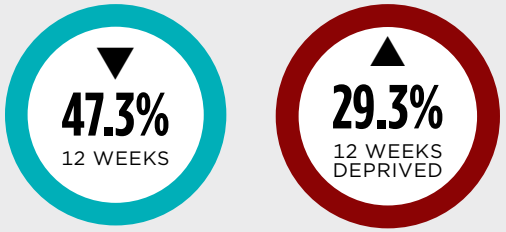




Blood Glucose Spike

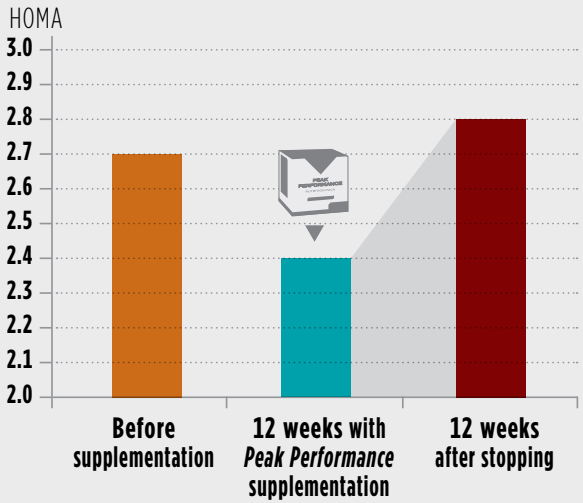
Twelve weeks after subjects began taking the *Peak Performance Pack*, their average blood sugar spikes dropped 47.3%. After they stopped taking *Peak Performance*, blood sugar spikes rose 29.3%.

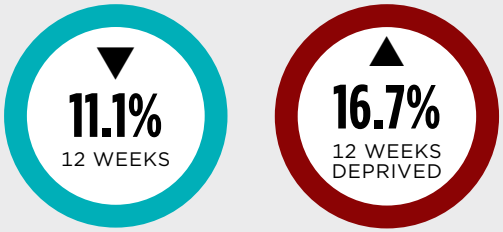




Sugar Metabolism: HOMA

Twelve weeks after subjects began taking the *Peak Performance Pack*, an 11.1% decrease in the HOMA index—a measure of insulin sensitivity—was observed. After they stopped taking *Peak Performance*, it increased 16.7%.





Sugar Metabolism: HbA1c

Twelve weeks after subjects began taking the *Peak Performance Pack*, their average HbA1c—which shows an overall picture of average blood sugar levels over a period of 90 days—decreased by 3.6%. After they stopped taking *Peak Performance*, it increased 1.5%.