



**Abstract Number: 213403**  
**264-P**

**Clinical Effects of Combining A Liquid Dietary Supplement Containing A Combination of Indigestible Soluble Fiber, Phenylalanine, N-Acetyl-L-Tyrosine, Tea Extract with Polyphenols and Caffeine and *Lycium barbarum* (TAIslim<sup>®</sup>), Glucomannan fiber-Containing Chew (TAIslim<sup>®</sup> SKINNY) and Meal Replacement Shake (TAIslim<sup>®</sup> SHAKE) on Appetite and Gastrointestinal Parameters: A Randomized, Placebo-controlled, Blinded Human Clinical Study**

Harunobu Amagase, Richard Handel, Phoenix, AZ

**Background:** TAIslim<sup>®</sup> (Product A) reduced appetite and anthropometric parameters when used with exercise and diet restriction. We examined glucomannan fiber-containing products with Product A on appetite and gastrointestinal parameters during a weight loss program.

**Methods:** Combination of Product A with chewable confection (TAIslim<sup>®</sup> SKINNY=Product B) and/or meal replacement shake (TAIslim<sup>®</sup> SHAKE=Product C) was studied in a randomized, placebo-controlled, blinded manner. Fiber content in Product A, B, or C was 5, 1, or 5 g, respectively. A total of 58 male and female adults (age=37.5 y; BMI=30.8 kg/m<sup>2</sup>) were randomized into 3 groups (All placebos, Product A+B+placebo C, Product A+B+C). Intake procedures were; Product A, 60 ml (20 kcal) t.i.d. immediately before meal; Product B, 1 chew (20 kcal) t.i.d. between meals and after dinner; Product C, 40.5 g (158 kcal) mixed with water as breakfast. A calorie-restricted diet (1,200-1,800 kcal/d) with multi-vitamin supplement and daily exercise was required. Visual analogue scales for appetite and ranked scale questionnaire (0-10) for gastrointestinal conditions were assessed after 12 h fast at baseline and during the first 3 days.

**Results:** Appetite was significantly reduced by 21.2±5.3% and 38.6±6.5% (mean±SEM) compared to the baseline level by Product A+B and Product A+B+C, respectively, and better than placebo (P<0.05). No significant changes were found in placebo group. Gastrointestinal side effects were not detected.

**Conclusions:** Based on previous TAIslim study and these results, it is suggested that combining these products may be useful as a weight loss program, as additive effects are expected on appetite and other parameters.