



Information Pack: Paediatric Support

1) What is cGP?

cGP normalises Insulin-like Growth Factor-1 (IGF-1), a crucial hormone. cGP has been well-researched for its mechanism, it is known to cross the blood-brain-barrier providing support to healthy brain development and function.

2) What is cGPMAX™ Paediatric Support?

cGPMAX™ Paediatric Support is a natural supplement formulated from food sources that are rich in cGP. Each capsule is standardised to deliver 20mcg of natural cGP. Each batch is tested for its purity, consistency, and exceptional quality.

3) Are all ingredients natural?

Yes. This product only contains our hero ingredient - cGP-PRo® which is exclusively manufactured in New Zealand. cGP-PRo® is a combination of non-GMO New Zealand blackcurrant concentrate with hydrolysed collagen peptides that undergo a unique and specialised manufacturing process. The encapsulation aids used are considered nontoxic, well-tolerated and safe.

4) How does cGP/IGF-1 work?

IGF-1 is a hormone that is involved in multiple biological processes. The main role of cGP in the body is to normalise IGF-1 activity without over-stimulating it or inhibiting it.

IGF-1 activity can naturally decline with age or be affected at birth as a result of the onset of developmental conditions. To maintain healthy IGF-1 activity, the body increases the production of cGP. As the need for cGP increases the body is no longer able to produce enough to maintain the levels needed, resulting in low IGF-1 activity, poor health outcomes and reduced quality of life.

5) Has cGPMAX™ Paediatric Support been tested in children?

No, our products were developed for supporting age-related symptoms for an adult population. We do not have any clinical trials conducted in children. However, we do have a customer base of families with children suffering from neurodevelopmental conditions associated with low IGF-1 levels.

6) What studies have been done in other groups and what were the results?

We have done several clinical observational studies in older populations with vascular diseases (stroke, cognitive impairment, and hypertension), and clinical trials in Parkinson's Disease, as well as patients with peripheral neuropathy caused by type 2 diabetes.

- The clinical observational studies demonstrated that people with more cGP in circulation have better memory. Increased levels of cGP are key to maintaining cognitive function in aged populations whereas the decreased levels of cGP with age contributes to Dementia.
- The clinical trial in Parkinson's patients suggests that cGP is orally bioavailable in the brain and improved mood scores (anxiety and depression).

cGPMAX™ PRODUCTS ARE NATURAL SUPPLEMENTS AND ARE NOT INTENDED TO TREAT, CURE OR DIAGNOSE ANY DISEASE OR CONDITION.

THIS INFORMATION IS PROVIDED FOR EDUCATIONAL PURPOSES ONLY

- The peripheral neuropathy trial suggests that cGP can improve the recovery of diabetes associated peripheral neuropathy (nerve damage that causes pain, tingling, and weakness in extremities, can lead to amputations in severe cases). This clinical trial is soon to be published in a peer-reviewed journal.

7) Is there any research on blackcurrant-based interventions?

Blackcurrant (*Ribes nigrum*) comes with a long history of safe use and has been studied for its health benefits over decades. Some of its benefits include supporting healthy cognitive function. Currently, there is limited data on cGPMAX™ Paediatric Support, however, the following information might help:

- An open label clinical trial in Parkinson's Disease involved 11 adult males. After 28 days of oral supplementation, they found increased concentration of cGP in the cerebral spinal fluid. Compared to scores before the supplementation, 28-day supplementation reduced the anxiety and depression scores. The participants have normal cognitive function, thus the supplementation did not alter the cognitive scores.
<https://doi.org/10.3390/nu10060714>
- One case study in Rett syndrome involved blackcurrant extract but the individual also received multiple other interventions including concomitant treatment IGF-1. <https://doi.org/10.3390/reports1020014>

8) Is there feedback on the benefits that you can share?

We have not conducted any formal trials in children hence all of our feedback is anecdotal. Over the years, our customers have repeatedly reported an improved quality of life for their children, specifically in the following areas:

- ➔ Mood (less irritability/anxious)
- ➔ Concentration
- ➔ Sleep
- ➔ Impulse control

9) How is the supplement given? e.g. capsule, liquid?

cGPMAX™ Paediatric Support is currently available as a capsule – a hard shell with powder inside.

10) Can the capsule be dissolved in water?

Yes, you can open the capsule and remove the powder, it is water soluble so can be dissolved in water or sprinkled onto your yogurt/breakfast.

11) Please tell us a little more about the dosage.

As with all supplements, we recommend consulting your healthcare provider prior to and during supplementation. Unfortunately, we are not medical doctors and cannot give medical advice.

As everyone has different levels of IGF-1 deficit, a person's need for cGP supplementation and subsequently, their responses may vary.

As a guide, you may wish to start children on one capsule per day of cGPMAX™ Paediatric Support. For additional support, or for those over 13 years of age, up to two capsules per day of cGPMAX™ Paediatric Support may be taken.

12) Do you know of any contraindications as to why some people should avoid it?

No, so far, we do not have any information about contraindications in children or adults.

cGPMAX™ PRODUCTS ARE NATURAL SUPPLEMENTS AND ARE NOT INTENDED TO TREAT, CURE OR DIAGNOSE ANY DISEASE OR CONDITION.

THIS INFORMATION IS PROVIDED FOR EDUCATIONAL PURPOSES ONLY

13) Are there any side effects?

So far, there have been no known or reported side effects.

14) How is cGP^{MAX}™ Paediatric Support absorbed and excreted by the body?

The cGP in cGP^{MAX}™ Paediatric Support is orally bioavailable in humans; meaning, it is easily absorbed through the digestive system, into the circulation, and available for uptake by the brain. The effective dose is low and within physiological concentrations. cGP is a small, lipophilic, and enzymatic resistant molecule which allows it to be excreted via the urine.

15) Is it suitable for children and/or young adults?

Children and young adults with healthy IGF-1 levels do not need cGP supplementation. However, those with low/insufficient IGF-1 levels may consider supplementing with cGP to support IGF-1 activity. We do have a growing customer base of children with neurodevelopmental conditions who have been using the supplement over time and have reported positively. Nonetheless, we do recommend consulting your healthcare provider prior to and during supplementation.

16) Where can I find out more information?

You can find access to all the detail on the development of natural cGP and the relevant scientific papers on www.cgp-health.com.

cGP^{MAX}™ PRODUCTS ARE NATURAL SUPPLEMENTS AND ARE NOT INTENDED TO TREAT, CURE OR DIAGNOSE ANY DISEASE OR CONDITION.

THIS INFORMATION IS PROVIDED FOR EDUCATIONAL PURPOSES ONLY