

Lumity Nutritional Supplementation for Healthy Aging - Executive Summary

Following supplementation, skin appeared smoother and firmer, with fewer wrinkles and increased hydration and elasticity.

Study period: 12 weeks

Population: 50 subjected, healthy female subjects aged 35-65

Dose: 3x daily of morning supplement + 3x daily of night supplement

Study method: Single site, double blind placebo-controlled study. Measures were assessed by photography and questionnaires. In addition, the participants underwent non-invasive measurements of corneometry and skin replicas (Silflo) on a pre identified facial target site. Photographs were taken of the front, right, and left face.

Reference: Z. D. Draelos, J Clin Aesthet Dermatol, 2019, 12, 13-16. An Oral Supplement and the Nutrition-Skin Connection.

Lumity Improves Overall Appearance of Skin & Quality of Life Factors

Supplementation with Lumity Improves Skin Health

The relationship between good nutrition and skin health is difficult to scientifically document. While minimum daily allowances of nutrients to prevent disease have been established, the optimal nutritional state for skin health has been relatively unknown. It is known that a healthy diet contributes to beautiful skin – the body requires proper nutritional building blocks to build and repair body tissues, especially those with a high metabolic turnover such as skin, hair and nails.

The morning formulation contains vitamin A (1,500 IU), vitamin C (12mg), and vitamin E (9 IU), which are important antioxidants. Antioxidants destroy radicals by neutralising them, preventing them from damaging the body. Vitamin D (600 IU) is present in the formulation to support normal bone health. The morning supplement contains trace nutrients including iodine (225 µg), selenium (24.75 µg), magnesium (60 mg), and zinc (3 mg). Other ingredients include flaxseed oil (1 g) , a source of essential fatty acids (omega-3 and omega-6), L-cysteine (682 mg), acetyl-L-carnitine, turmeric extract (30 mg), and coenzyme Q10. Finally, the morning contained

acetyl-L-carnitine and coenzyme Q10. Magnesium contributes to the reduction of tiredness and fatigue as well as normal energy-yielding metabolism.

The night supplement is a formulation designed to meet the needs of a body at rest. It contains additional flaxseed oil (933mg) and L-cysteine (634mg) and a variety of amino acids, such as lysine hydrochloride, L-glutamine, and L-arginine.

There were statistically significant improvements to skin smoothness, firmness, wrinkle depth, elasticity and hydration which could be observed in healthy female subjects when compared to the placebo. Using laser scanning technology, a reduction in wrinkle breadth in the supplement group was observed compared to the placebo group ($p=0.018$) when compared to the baseline. No tolerability or adverse reactions were reported by either the participants or the trial investigator.

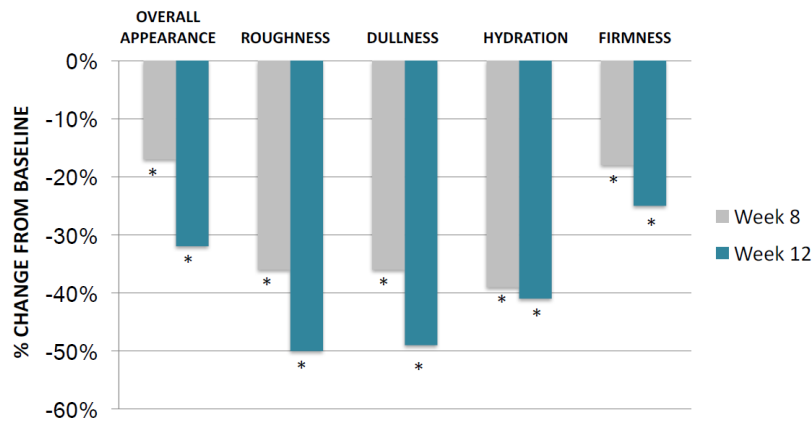


Figure 1. clinical grading result expressed as a change from baseline determined through a double blind, single centre, placebo-controlled study. * = $P < 0.05$.

Supplementation with Lumity Improves Quality of Life Factors

QOL assessments were obtained at Weeks 4, 8, and 12 to determine if the supplement improved attributes associated with life performance. The participants assessed product efficacy on a 5 point ordinal scale (0=none, 1=minimal, 2=mild, 3=moderate, 4=severe). Statistical analysis (Student's t-test and Mann-Whitney analyses were carried out on the data).

At Week 4, there was a significant preference for the consumption of the supplement over the placebo in terms of waking up less during sleep, fewer colds, increased mental alertness, increased emotional balance, enhanced endurance, improved hair quality, stronger and healthier nails, better skin, and increased skin hydration ($p=0.007$). This shows that participants consuming Lumity morning and Lumity night were able to differentiate between the benefits of the supplement over placebo as early as at Week 4.

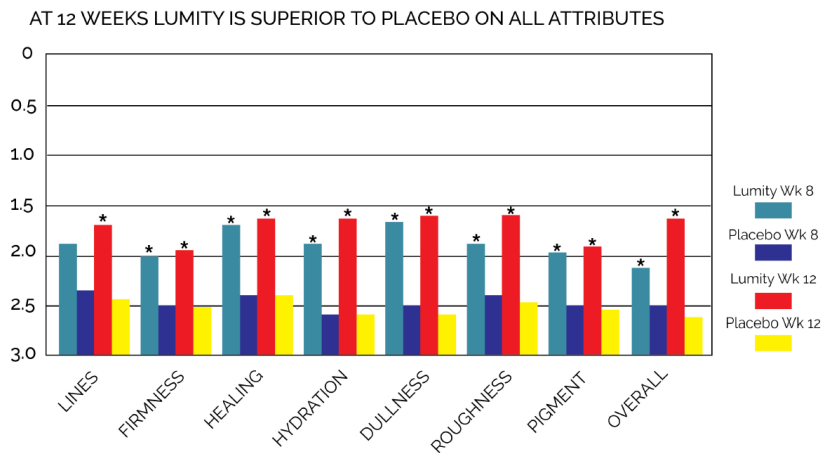


Figure 2. self-assessment results at 12 weeks of Lumity supplementation vs placebo. * = $P < 0.05$.



“My skin is smoother and I feel more productive. I also noticed my hair looks and feels healthier”

“I feel like the vitamins have helped with the overall appearance of my skin. My skin has a glow and lines have been reduced”

“I feel like my skin is more hydrated. My energy and sleep have improved. I feel more confident!”

Figure 3. Representative photographs; appearance of an example subject at A) study entry and; B) after 12 weeks of supplementation

Improvement continued into Week 8 with the same statistically significant findings and additional benefits noted with the supplement over placebo in terms of increased energy, improved sleep, easier to wake up in morning, fewer energy slumps, improved menses, and positive outlook. By Week 12, all of the quality of life attributes broke statistically from the findings associated with the placebo. The subjects evaluated product tolerability and no consistent statistically significant findings were reported. The tolerability of the supplement was excellent as self-reported by the participants.