

Summary of Clinical Trials Conducted on Coffee Blend in South Beach Java Dieting Blend

STUDY 1:	Conference	Product	Ingredients	Design	Subject Specs	Dosage	Results	Summary	Comments
Ron Mendel, Ph.D., Jennifer Hofheins, M.S., RD, Tim Ziegenfuss, Ph.D., The Ohio Research Group (ORG)	Presented as a abstract at the International Society of Sports Nutrition Conference and Expo, June 2004 at Lake Las Vegas NV	Coffee Blend in South Beach Java Dieting Blend (hereinafter referred to as "SOBEJAVA-DIET"	Ground coffee, extra caffeine (150 mg), bitter orange (6% synephrine), chromium polynicotinate (75 mcg), garcinia cambogia (50% HCA [hydroxycitric acid])	Open-label trial	N = 10 (male = 9; female = 1); 32.7 yr, 177 cm, 84 kg; recreationally active, healthy coffee drinkers	1.5 to 2.0 tablespoons brewed in 12 ounces of water	Compared to baseline, there were no deleterious changes in heart rate, blood pressure or ECG (p>0.05); however, resting metabolic rate increased by 8.9% and 25.6% (for the 1.5 and 2.0 tbsp, respectively).	These data indicate that a 1.5-2.0 tbsp serving in 12 ounces of water of SOBEJAVA-DIET has no negative effects on the cardiovascular system and has a dose-dependent thermogenic effect in healthy subjects.	This open label trial answered two basic questions: 1) is it safe? Answer: yes; and 2) does it increase metabolic rate versus baseline? Answer: yes, significantly.
STUDY 2:	Conference	Product	Ingredients	Design	Subject Specs	Dosage	Results	Summary	Comments
Jay Hoffman, Ph.D. College of New Jersey, Ewing NJ	Presented as an abstract at the ISSN Conference June 2005 in New Orleans	Coffee Blend in South Beach Java Dieting Blend (hereinafter referred to as "SOBEJAVA-DIET"	Ground coffee, extra caffeine (150 mg), bitter orange (6% synephrine), chromium polynicotinate (75 mcg), garcinia cambogia (50% HCA)	Double-blind, placebo-controlled, cross-over trial	N = 10 (male = 8, female = 2; 21 yr, 178 cm, 72 kg); physically active college population.	1.5 tbsp (354 ml of SOBEJAVA-DIET versus Decaffeinated Folgers)	During the endurance exercise test, the SOBEJAVA-DIET group lasted 29% longer than the Decaffeinated coffee group (35.3 min vs 27.3 min). (p =0.06)	In conclusion, consuming SOBEJAVA-DIET may enhance endurance exercise performance as measured in time to exhaustion. There are two full peer-reviewed manuscripts on this: Hoffman JR et al. Effect of Nutritionally-enriched coffee consumption on aerobic and anaerobic exercise	Traditionally it has been thought that coffee does not possess ergogenic properties; this trial suggests otherwise. This study has been published in the Journal of Strength and Conditioning Research; year 2007, volume 21, number 2, pp:456-9. According to Dr. Hoffman, "A nutritionally-e

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STUDY 3:	Conference	Product	Ingredients	Design	Subject Specs	Dosage	Results	Summary	Comments
<p>Ron Mendel, Ph.D., Jennifer Hofheins, M.S., RD, Tim Ziegenfuss, Ph.D., The Ohio Research Group (ORG)</p>	<p>Presented as an abstract at the ISSN Conference June 2005 in New Orleans</p>	<p>Coffee Blend in South Beach Java Dieting Blend (hereinafter referred to as "SOBEJAVA-DIET"</p>	<p>Ground coffee, extra caffeine (150 mg), bitter orange (6% synephrine), chromium polynicotinate (75 mcg), garcinia cambogia (50% HCA)</p>	<p>Open-label trial looking at body composition (or proof-of-concept pilot study)</p>	<p>N = 9 (39 yr, 91 kg, 38% body fat).</p>	<p>1.5 tbsp of coffee brewed 20-30 min prior to a standardized exercise regimen (whole body resistance training and aerobic exercise)</p>	<p>According to body composition as assessed by DEXA, a 1-way ANOVA revealed a significant increase in lean body mass (2.9%), a decrease in fat mass (-3.5%) w/ no changes in heart rate, blood pressure, or comprehensive clinical chemistry panels.</p>	<p>These data suggest that consuming SOBEJAVA-DIET prior to exercise can improve body composition with no deleterious effects on the cardiovascular system or in various blood measures.</p>	<p>This was our first open label trial that examined chronic intake.</p>
								<p>performance. Journal of Strength and Conditioning Research, 2007, 21(2), 456-459 Hoffman JR et al. Thermogenic Effect from Nutritionally Enriched Coffee Consumption. Journal of the International Society of Sports Nutrition. 3(1): 35-41, 2006. (www.theissn.org)</p>	<p>enriched coffee beverage appears to enhance time to exhaustion during aerobic exercise, but does not provide an ergogenic benefit during anaerobic exercise."</p>

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STUDY 4:	Conference	Product	Ingredients	Design	Subject Specs	Dosage	Results	Summary	Comments
Ron Mendel, Ph.D., Jennifer Hofheins, M.S., RD, Tim Ziegenfuss, Ph.D., The Ohio Research Group (ORG)	Completed Nov 2005	Coffee Blend in South Beach Java Dieting Blend (hereinafter referred to as "SOBEJAVA-DIET")	Ground coffee, extra caffeine (150 mg), bitter orange (6% synephrine), chromium polynicotinate (75 mcg), garcinia cambogia (50% HCA)	Double-blind, placebo-controlled trial	N = 50 (38 yr, 77-85 kg).	1.5 tbsp of coffee brewed 20-30 min prior to exercise; drink coffee on non-workout days too. The placebo is regular Folgers.	This is the very first double-blind, placebo-controlled trial to show that regular consumption of SOBEJAVA-DIET compared to Folgers coffee can produce a more significant increase in weight loss and body fat loss	These data suggest that consuming SOBEJAVA-DIET over <i>several weeks</i> prior to exercise can improve body composition (i.e. ↓ body fat) with no deleterious effects on the cardiovascular system or in various blood measures	This data was presented at the Experimental Biology conference in April 2006; San Francisco CA. Publication as a full paper is pending. Dr. Ron Mendel is writing this manuscript currently.
STUDY 5:	Conference	Product	Ingredients	Design	Subject Specs	Dosage	Results	Summary	Comments
Davis J, Green JM, Laurent CM, Bacon N, Thomas W. Department of Kinesiology, The University of Alabama, Tuscaloosa, AL 35487 - The effects of a nutritionally enriched coffee drink on repeated flying 40yd sprint performance.	Presented as an Abstract at the 2008 ISSN Conference in Vegas.	Coffee Blend in South Beach Java Dieting Blend (hereinafter referred to as "SOBEJAVA-DIET")	Ground coffee, extra caffeine (150 mg), bitter orange (6% synephrine), chromium polynicotinate (75 mcg), garcinia cambogia (50% HCA)	Double blind placebo control	N = 13		A 2 (trial) x 2 (treatment) repeated measures ANOVA revealed significantly (p=0.03) faster (main effect) sprint time for NEC. Post-hoc analyses revealed significantly faster times (p ≤ 0.05) for sprints 1, 3, 4, 6, 8, and 17, while approaching significance at sprints 10 (p = 0.07) and 15 (p	Results indicate that caffeine administered in a NEC drink can enhance repeated bouts of acute sprint performance possibly through delayed fatigue as evidenced in a dampened perceived exertion response (faster sprints with similar RPE).	SOBEJAVA-DIET clearly is an ergogenic aid.

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							<p>= 0.08). No main effect for A-RPE ($p=0.28$) or [LA] ($p=0.15$) was found. Results from a paired t-test revealed a significantly improved FI ($p=0.04$) with NEC but no significant impact on S-RPE ($p=0.72$).</p>		
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