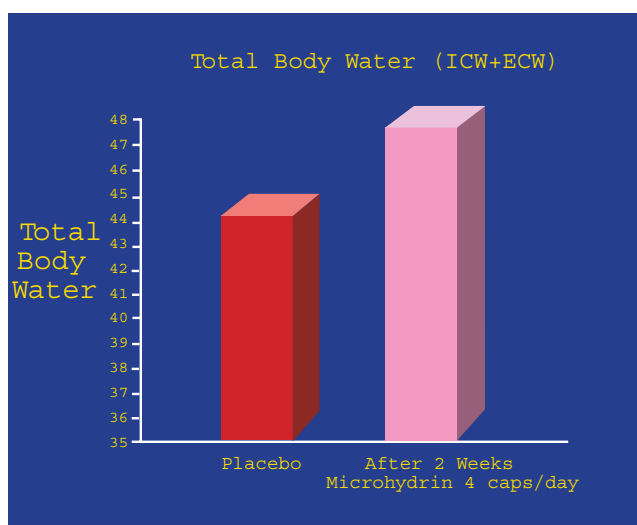


# Microhydrin® Supplementation Shows an Increase in Both Intra and Extra Cellular Hydration Values in Seven Subjects Taking 4 Capsules Daily

A double blind placebo controlled pilot study was conducted using the RJL Bioelectrical Impedance Analyzer, which measures hydration of the body based on nutritional status, developed by R. J. Liedtke. Seven subjects received 4 capsules of Microhydrin per day for two weeks and were crossed over receiving 4 capsules per day of a placebo (rice bran flour). Averaged values showed increased intracellular and extracellular hydration due to the consumption of Microhydrin as compared to the placebo group.

When consuming Microhydrin, the value for Total Body Water (intracellular and extracellular water) increased by 2.7%. The changes observed in TBW when subjects consumed Microhydrin, compared to the placebo, showed statistical significance ( $p \leq 0.05$ ) using a student's test for small sample groups.



Body Cell Mass (BCM) and Intracellular Water (ICW) are assessments of intracellular volume and water inside the cell, respectively. Extracellular Body Water, water that bathes the cells, also showed increased volume. Intracellular Water makes up approximately 60% of the total body water of healthy adults. Intracellular Water, as an indicator of cell integrity, is found to be higher in babies but decreases as adults age or lose body cell mass. Healthy tissue cells hold water within the cells and have higher anabolic (building up) function rather than catabolic (breaking down) function.

Intracellular Water, the most sensitive indicator of nutrition and metabolic state, increased by 2.7%. Body Cell Mass (intracellular volume), another indicator of water within cells, also showed a 2% increase during supplementation with Microhydrin. The increase observed in Extracellular Water values were statistically significant ( $p \leq 0.05$ ) when consuming Microhydrin as compared to taking the placebo. (*Unpublished data: Gary Osborn, R.Ph. and Heriberto Salinas, M.D., Texas Institute of Functional Medicines, 1999*)

