Study	Product	Title and Author
Clinical GI Study	NGC™ powder shake (brand InZone)	Clinical definition of GI value. *Steen S. et al., Lund University, 2003*
Clinical GI Study **http://www.glycemicindex.com/foodSearch.php?num=1450&ak=detail**	NGC™ powder shake (brand InZone)	Clinical definition of GI value. *Brand-Miller J, Holt S. Sidney University, 2004 (Published in GI database)*
Eslöv School Study	NGC™ powder shake (brand InZone) and bar	Effects on Study results and Social Performance of School children, when adding InZone to the daily diet. *Steen S, Larsson E, Sjöberg T. Lund University, 2003*
Hedemora Study	NGC™ powder shake (brand InZone)	Lifestyle and wellness improvements while using InZone on a daily menus. *Steen S, Buchar M, Larsson E. Lund University, 2003-2004*
Diet intervention in Subjects with Metabolic Disorders	NGC™ powder shake (brand InZone)	Effects on metabolic syndrome. *Carlson S. Gothenburg University, 2004*
Obesity Program	NGC™ powder shake (brand InZone)	Diet intervention in a population of obese persons including patients diagnosed with diabetes. *Åsidans Health Care center, 2004-05*
Lund Hospital Nurses	NGC™ bar and ready-to-drink	Diet intervention with InZone snacks and drinks. *Nilsson A-C, Steen S, Lund University, 2005*
Multi-center pilot reports	NGC™ products (powder shakes, bars, ready-to-drink, brand InZone)	Diet intervention with various NGC™ products on patients diagnose with diabetes. *Lund University, 2004-05*
Comparing NGC™ and standard diet	NGC™ ready-to-drink/Allerto	Positive effects observed while adding NGC™ drinks to the typical Swedish lunch meals: extended satiety and stable energy, balancing blood sugar levels and insulin responses. *Steen S, Larsson E, Lund University, 2005*

Study	Product	Title and Author
Clinical GI study	NGC™ ready-to-drink/Allerto	Clinical definition of GI value. *Steen S, Wohlfart B, Sjöberg T, Larsson E, Lund University, 2006*
GI Japan	NGC™ product powder shakes (brand InZone)	Effects of NGC™ on postprandial glucose levels and glycemic index in Japanese adults. *Progress in Medicine Vol 27. No 12 2007.12*
Diet Intervention	NGC™ products (powder shakes, bars, ready-to-drink, brand InZone)	NGC™ diet interventions and lifestyle changes to achieve a healthy weight and improve general well-being and health. *Steen S et al. ILSC, 2002*
Diet Intervention	NGC™ products (powder shakes, bars, ready-to-drink, brand InZone)	Case reports to observe effects of the NGC™ products to decrease blood pressure. *Steen S, Sjöberg T. et al. Multi-center report, Lund University*
Diet intervention within obesity population	NGC™ bar and ready-to-drink	Positive effects within obese youngsters (10-18 years old) population, including weight reduction and lowering ghrelin hormones (hunger hormones) and increasing leptin hormones (satiety hormones) when used NGC™ products on a regular bases. *Flodmark Carl-Erik, Child obese unit, MAS (Malmö Academical Hospital) 2009*
Weight Management using Preload Method during 24 months regime	NGC™ powder shake	Designed for Oriflame. Using 2-3 daily servings in a daily diet with preload method (intake 30 minutes before main meal): strong evidence of long term weight reduction, enhanced well-being and metabolic values. *Stig Steen et al. Lund University 2010*

Study	Product	Title and Author
2014 PRELOAD Increased satiety using NGC™ Preload to reduce weight in a 8-week study in healthy volunteers recruited in cooperation with Swedish pharmacy Apoteket AB	NGC™ powder shake (InZone brand) and NGC™ powder shake with glucomannan (InZone brand)	Results: NGC™ weight control products administrated with preload method will reduce significantly weight due to the increased satiety and intake of the smaller food servings. Significant waist and hip circumferences reduction within all participants. *Sederholm, M*
2015 PRELOAD Influence of the low glycemic food with preload method on metabolic parameters within Type 2 Diabetes Mellitus patients in a 6 month study	NGC™ powder shake (InZone brand) Published in Frontiers of Endocrinology, Vol 6 Sep 2015:139	Hypothesis: Macro-nutrient preload food given 30 min before regular meals may improve metabolism. The goal was to investigate how type 2 diabetic patients will react to the preload food consisting a blend of macro-nutrients with a low-glycemic load (NGC™ powder shake). Results: A macro-nutrient preload treatment reduces postprandial glucose, inflammatory markers and serum lipids within patients with Type 2 Diabetes Mellitus. Approximately half of the study group also displayed reduced body weight. *Li L et al*
2016 PRELOAD Impact of the preload method and NGC™ powder shake dietary intervention on blood sugar balance and pregnancy outcomes within women diagnosed with Gestational Diabetes Mellitus (GDM)	NGC™ powder shake (InZone brand) Published in Journal of Clinical & Translational Endocrinology, Vol 5 Sep 2016 pp 36-41	The effect of the preload method and NGC™ powder shake on blood sugar and pregnancy outcome was studied within 66 randomised patients diagnosed with gestational diabetes mellitus. The patients were randomized into NGC™ Preload intervention group and control group. The treatment schedules were conducted according to the usual GDM guidelines. Following three months of NGC™ preload, the fasting blood sugar and 2-hour postprandial blood sugar levels were significantly reduced ($p<0,05$) in NGC™ preload group. Conclusion: NGC™ preload has a positive effect on GDM control. *Li L; Wang J et al*

Study	Product	Title and Author
2016 PRELOAD Effect of Macronutrient Preload Intervention on Glycaemic Control and Pregnancy Outcome in Gestational Diabetes	NGC™ powder shake (InZone brand) Published at ESPEN, Copenhagen 2016 Published at Journal of Food and Nutrition Research, 2018, Vol. 6. No. 9, 584-589	Results: the macronutrient preload treatment with NGC™ powder shake can be safely given to patients with GDM. The elevated blood glucose levels were stabilized faster at a lower level in the preload treated group compared to the control group, significant in women >30 years, and within patients with higher pregestational BMI. The balanced blood sugar levels are related to the lower birth weight reducing various risks during birth and long term risks (for examples T2DM). *Sederholm M; Liu P; Cai Jingjing; Guo Q, Wang B; Norstedt G* *Clinical Nutrition Department, Peking University People's Hospital, China;* *CMM, Karolinska Institutet, Stockholm, Sweden.*
2016 Glycaemic Index Verification Clinical measurements of the NGC™ products	Various NGC™ based products	Clinical studies of various NGC™ based products, all including same specific dosage (15g) of the NGC™ Formula: powder shake, ready-to-drinks and bars. All products showed very low post prandial blood sugar response i.g. Low GI. Comparison of the GI was conducted with apple juice drink (250ml serving) and the same juice drink with added 15g NGC™. The apple juice with NGC™ dosage showed a reduction of GI approximately 15%. *Auth: Leatherhead Food Research, United Kingdom*