

Addendum to Table 1

Please note that all of our studies, except for #2, used the original formula for Diet Plus; we have since modified the formula to reflect more realistic drinking habits of coffee consumers (i.e., they drink more than one cup a day). Thus, although our newly formulated Diet Plus 62 sku is slightly lower in concentration of nutraceuticals, I would speculate that you would get similar effects (as found in the 5 clinical trials on the original Diet Plus) based on a greater overall volume consumed (i.e. the normal behavior of most coffee drinkers).
Jose Antonio PhD

Table 1. Summary of Clinical Trials Conducted on JavaFit

Investigators	Conference	Product	Ingredients	Design	Subject Characteristics	Dosage	Results	Summary	Comments
STUDY 1: 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 (ISSN) Conference and Expo, June 2004 at Lake Las Vegas NV	JavaFit Diet Plus	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 tbsps, respectively).	These data indicate that a 1.5-2.0 tbsps serving in 12 ounces of water of JavaFit Diet Plus 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: Darryn Willoughby, Ph.D., Baylor University, Waco TX	Presented as an abstract at the ISSN Conference, June 2005 in New Orleans	JavaFit Energy	Ground coffee, green tea extract with EGCG (50% polyphenols, 37.5% catechins), garcinia cambogia (50% HCA), niacin (19 mg)	Double- blind, placebo- controlled, cross-over trial	N =10 (male = 5; 26 yr, 213 lbs, 72 inches; female = 5, 29 yr, 142 lbs, 66 inches); recreationally active regular coffee drinkers	1.5 tbsps (354 ml of JavaFit Energy versus Regular Folgers)	Energy expenditure (i.e. metabolic rate) increased significantly after consuming JavaFit (12.1% in males and 17.9% in females; mean = 14.4%); the Folgers group	The results of this study show that JavaFit Energy is effective at increase resting energy expenditure in both male and female regular coffee drinkers for up to 3 hours post-ingestion; regular coffee	Using the 'gold' standard of clinical trials (double blind, placebo controlled, cross-over), we demonstrated that JavaFit Energy Extreme consumption

							decreased by - 5.7%.	showed no effect. Also, no adverse events were noted.	enhances metabolic rate significantly and is safe. This paper is currently being written as full scientific manuscript by Dr. Darryn Willoughby
STUDY 3: Jay Hoffman, Ph.D. College of New Jersey, Ewing NJ	Presented as an abstract at the ISSN Conference June 2005 in New Orleans	JavaFit Diet Plus	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 JavaFit Diet Plus versus Decaffeinated Folgers)	During the endurance exercise test, the JavaFit group lasted 29% longer than the Decaffeinated coffee group (35.3 min vs 27.3 min). (p =0.06)	In conclusion, consuming JavaFit Diet Plus 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 performance. Journal of Strength and Conditioning Research, 2007, 21(2), 456-459 Hoffman JR et al. Thermogenic Effect from Nutritionally Enriched Coffee	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-enriched coffee beverage appears to enhance time to exhaustion during aerobic exercise, but does not

								Consumption. Journal of the International Society of Sports Nutrition. 3(1): 35-41, 2006. (www.theissn.org)	provide an ergogenic benefit during anaerobic exercise."
STUDY 4: Ron Mendel, Ph.D., Jennifer Hofheins, M.S., RD, Tim Ziegenfuss, Ph.D., The Ohio Research Group (ORG)	Presented as an abstract at the ISSN Conference June 2005 in New Orleans	JavaFit Diet Plus	Ground coffee, extra caffeine (150 mg), bitter orange (6% synephrine), chromium polynicotinate (75 mcg), garcinia cambogia (50% HCA)	Open-label trial looking at body composition (or proof-of-concept pilot study)	N = 9 (39 yr, 91 kg, 38% body fat).	1.5 tbsps of coffee brewed 20-30 min prior to a standardized exercise regimen (whole body resistance training and aerobic exercise)	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%) with no changes in heart rate, blood pressure, or comprehensive clinical chemistry panels.	These data suggest that consuming JavaFit Diet Plus prior to exercise can improve body composition with no deleterious effects on the cardiovascular system or in various blood measures.	This was our first open label trial that examined chronic intake.
STUDY 5: Ron Mendel, Ph.D., Jennifer Hofheins, M.S., RD, Tim Ziegenfuss, Ph.D., The Ohio Research Group (ORG)	Completed Nov 2005	JavaFit Diet Plus	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 tbsps 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 JavaFit Diet Plus compared to Folgers coffee can produce a more significant	These data suggest that consuming JavaFit Diet Plus over several weeks prior to exercise can improve body composition (i.e. ↓ body fat) with no deleterious effects on the cardiovascular system or in	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

							increase in weight loss and body fat loss	various blood measures	manuscript currently.
<p>Study 6: Davis J, Green JM, Laurent CM, Bacon N, Thomas W. Department of Kinesiology, The University of Alabama, Tuscaloosa, AL 35487. Email: davisjk7@yahoo.com; The effects of a nutritionally enriched coffee drink on repeated flying 40yd sprint performance.</p>	<p>Presented as an Abstract at the 2008 ISSN Conference in Vegas.</p>	<p>JavaFit Diet Plus</p>	<p>Ground coffee, extra caffeine (150 mg), bitter orange (6% synephrine), chromium polynicotinate (75 mcg), garcinia cambogia (50% HCA)</p>	<p>Double blind placebo control</p>	<p>N = 13</p>		<p>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 = 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>	<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).</p>	<p>Diet Plus clearly is an ergogenic aid.</p>

General Comment: The best time to consume any of the JavaFit products is 30-60 prior to exercise. Why? The thermic effect of our coffee will enhance exercise performance. Also, the provision of coffee (and caffeine) prior to exercise may enhance the oxidation of free fatty acids. On days that you do not exercise, it is suggested you drink JavaFit first thing in the morning.