

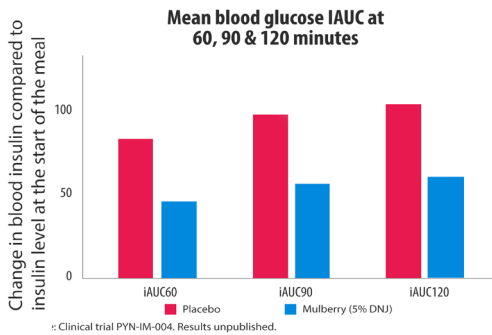
FOR HEALTHCARE PROFESSIONALS

Consumers are often encouraged to consult with a healthcare professional before beginning use of dietary supplements. This section of the StayLo website is solely for the purpose of assisting healthcare professionals in any evaluation they may perform of the StayLo dietary supplement.

Description

StayLo is a dietary supplement that contains an extract from the leaves of white mulberry (*Morus alba*). The mulberry ingredients are extracted with a proprietary aqueous process, avoiding the use of solvent extraction. This process preserves the mulberry alkaloid iminosugars and concentrates them to a potency that is approximately 50-fold greater than found in dried mulberry leaves and 5 to 10-fold greater than a standard water extract of mulberry.

The final mulberry extract is standardized to contain a minimum of 5% of the iminosugar 1-deoxynojirimycin (DNJ) which, along with other nutritionally active compounds, such as D-Fagomine, in the formula, have been demonstrated in multiple clinical studies to produce a ~40% reduction in postprandial blood glucose and plasma insulin compared to placebo. This effect is achieved with a dosage of 250mg of the mulberry concentrate (one capsule) taken at least 10 minutes before a carbohydrate-containing meal.



Mechanism of Action

Iminosugars are natural sugar analogs that contain a nitrogen rather than oxygen in the ring structure. Due to this structural similarity, they competitively inhibit digestive enzymes, leaving enzymes unavailable to break down dietary starches and disaccharides for absorption into systemic circulation.

Staylo exerts this effect within the small intestine, through the reversible, competitive inhibition of α -amylase and α -glucosidase enzymes, resulting in a significantly lower after-meal glucose and insulin response. Undigested carbohydrates presumably pass to the large intestine where they are expected to be fermented in a prebiotic fashion.

One of the most studied of these iminosugars is DNJ. DNJ is released from enzymes it binds approximately 60 minutes after ingestion and is eliminated rapidly through the urine. DNJ is otherwise metabolically inert and not metabolized.

The StayLo supplement inhibits the breakdown of all starches and sucrose but does not inhibit the absorption of monosaccharide sugars since they are already in their simplest form and do not require enzymatic cleavage for digestive absorption. It does not inhibit the absorption of high fructose corn syrup because high fructose corn syrup is an inverted sugar syrup with the glucose-fructose bond broken in production, and thus subject to rapid intestinal absorption without enzymatic cleavage.

In several clinical studies the mulberry ingredient caused no increase in gastrointestinal side effects compared to the placebo.

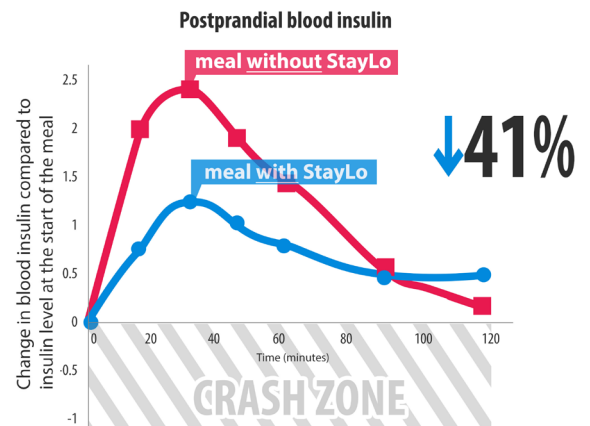
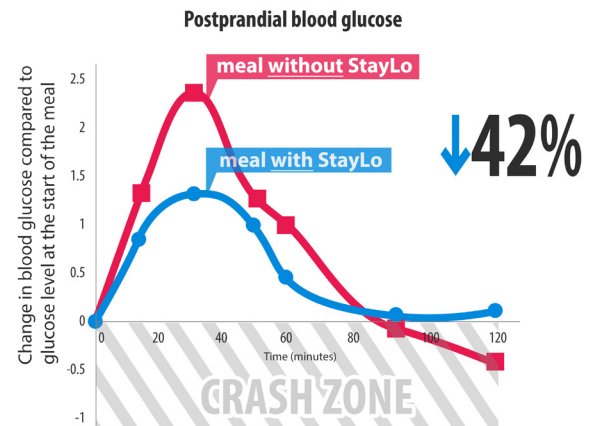
Mechanism of Action

Consumers of the supplement have reported enhanced satiety between meals which could be due to the undigested nutrients triggering the release of satiety hormones, much the same way that undigested fibers do.

There are also reports of higher levels of sustained energy between meals. These reports may stem from StayLo's moderation of glucose excursions and consequently a moderated insulin response. Published research has shown that modulating postprandial glucose excursions leads to improved appetite control and enhanced fat oxidation (Fletcher et al., 2012; Henry et al., 2017).



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Double-blind, placebo-controlled study of postprandial glycemic and insulin response to a 75g sucrose challenge. Meal with placebo in red. Meal accompanied by StayLo in blue.

Safety

White mulberry leaf has a long history of safe use as both a food and a medicinal herb. StayLo contains a concentrated version of this traditional mulberry remedy. The supplement's concentrated mulberry ingredient has been toxicologically tested and is GRAS (Generally Recognized As Safe) in the United States for use in foods, beverages, and dietary supplements, based on scientific procedures and corroborated by a history of safe use.

Clinical Studies

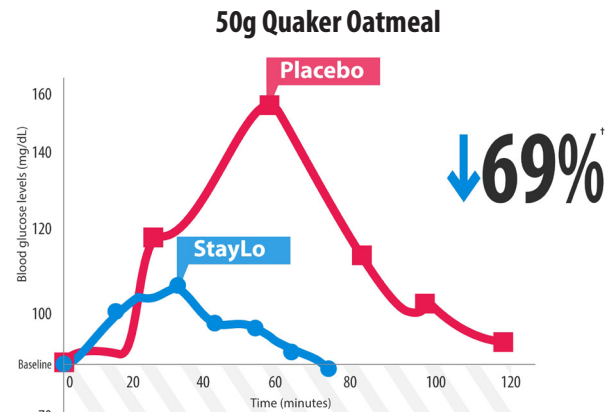
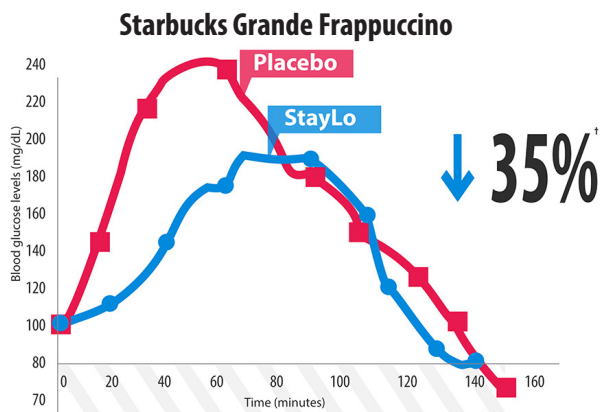
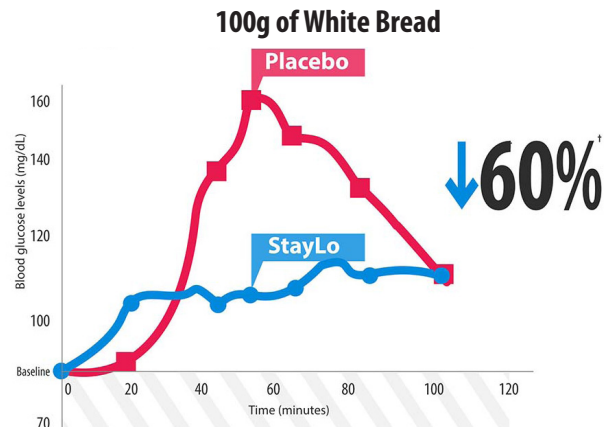
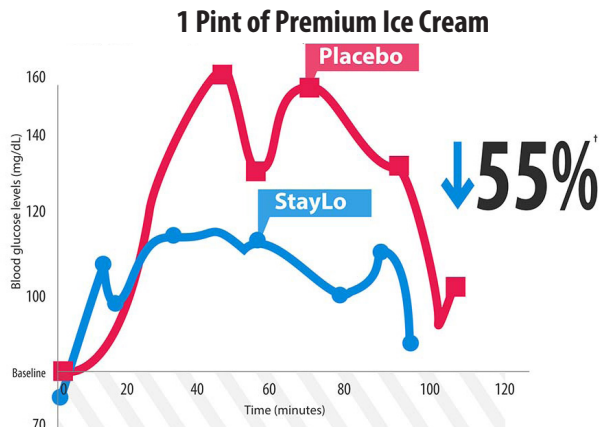
StayLo's concentrated mulberry ingredient has been tested in multiple human clinical studies. Study results have consistently confirmed its efficacy. As noted, approximately 40% mean reduction in postprandial glucose and plasma insulin has been confirmed across clinical trials, although results vary among individuals. For references, visit stayloloife.com/healthcare-professionals/

Usage Directions

StayLo is most effective when taken approximately 10 minutes prior to a meal. This provides sufficient time for the capsule to dissolve and the mulberry nutrients to reach and bind enzymes in the small intestine before the starches and sugars from the meal arrive in the small intestine.

Collected User Test Results

Follow-up testing of postprandial response is being conducted with single individuals. For each food tested, identical meals were consumed on two different days, one without the StayLo supplement & the other with one capsule of the StayLo supplement. No additional sweeteners were added to the foods tested. All tests were conducted after a period of fasting. Note that some of these anecdotal results out performed the group mean data from the clinical studies. For more in depth information on the tests visit : stayloloife.com/testing/



Disclaimer: This dietary supplement is a nutraceutical, not an FDA approved pharmaceutical, so no claim may be made that it is intended to diagnose, treat, cure or prevent any disease. Consequently, our statements concerning this supplement are for its use by healthy individuals and for educational purposes only.

Questions? Email healthpro@stayloloife.com