

CONDITION SPECIFIC

fiit-ns®

CLINICALLY
PROVEN

Healthy metabolic ageing

Reactivates the
virtuous circle of
well-being

Benefits
supported by
2 clinical studies

Consumer test
on 200 people

KEY FEATURES

- Improves metabolic markers of aging
- Increases vitality
- Supports a more active lifestyle
- Promotes a better quality of life (SF-36 healthy survey)

EU APPROVED CLAIM ON VITAMIN B3

- Vitamin B3 in Fiit-ns contributes to normal energy-yielding metabolism.*

COMPOSITION & ACTIVE COMPOUNDS

Green tea extract (*Camellia sinensis* (L.) Kuntze), Guarana extract (*Paullinia cupana* Kunth), Grape extract (*Vitis vinifera* L.), Grapefruit extract (*Citrus paradisi* Macfad), Black carrot extract (*Daucus carota* L.), vitamin B3.

Flavonoids	≥ 15%
Vitamin B3	16 mg
Caffeine	45 mg

900
mg/day

fiit-ns®

CERTIFICATIONS

Non-GMO, Halal, gluten-free, suitable for vegans

REFERENCES

Cases J. et al.; *Int. J. Food Sci. Nutr.*; 2015, 66 (1): 120-125
Romain C. et al.; *Nutrients*; 2021
EFSA Journal; 2010, 8 (10): 1757
*Regulation 432/2012; EFSA Journal; 2010, 8 (10): 1757

CLINICALLY PROVEN BENEFITS

■ Double-blind, randomised, placebo-controlled clinical studies.

PILOT STUDY

12 weeks

17 subjects

BMI: 30-33 kg/m²

Age: 39-45 years old

Physical activity

30 min/week

Normo-caloric diet

Body composition

ViScan (Tanita corporation)

CAPSULES

2 x 450 mg/day

PIVOTAL STUDY

16 weeks

72 subjects

BMI: 25-38 kg/m²

Age: 26-52 years old

Physical activity

Usual level, recorded

Normo-caloric diet

Body composition

DXA scan

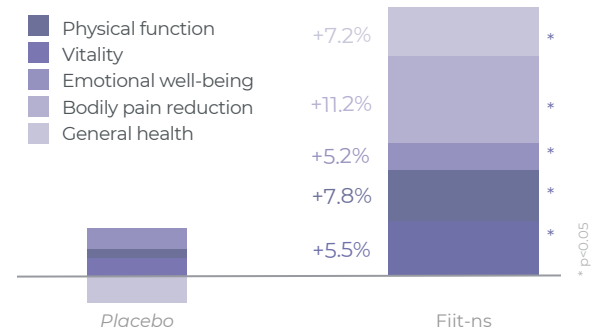
CAPSULES

2 x 450 mg/day

Quality of life improvement

SF-36: health survey on quality of Life

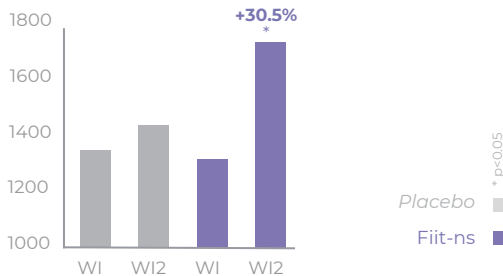
ΔW1-W16



Metabolic markers

Superoxide dismutase

(SOD) (IU/g Hb)



Fiit-ns supplementation leads to a significant optimisation of metabolic markers:

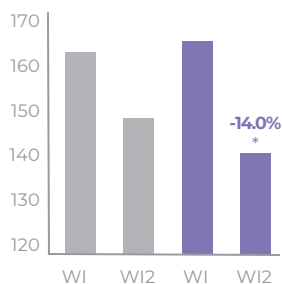
- **Healthier lipid and glycemic profiles** are achieved in the Fiit-ns group.
- Low-grade inflammation significantly decreases and **oxidative status also improves**: endogenous SOD increases by 30% in the supplemented group.

After the supplementation, **subjects are more likely to practice physical activity**, measured by a higher score with the International Physical Activity Questionnaire (IPAQ).

Improvement of body composition combined with metabolic benefits contribute to significantly improving reported **Quality of Life**, as assessed with the SF-36 health survey.

Triglycerides

(mg/dL)



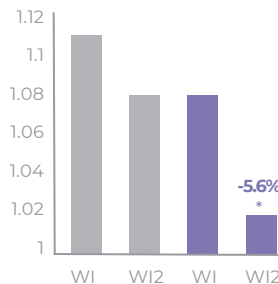
LDL-c

(mg/dL)



Fasting glycemia

(g/L)



Glycated hemoglobin

(mmol HbA1c/mol Hb)

