



For Immediate Release

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CLINICAL STUDY FINDS FIBER AND NUTRIENT DRINK LOWERS TOTAL CHOLESTEROL, LDL AND HOMOCYSTEINE

Orem, Utah (October 30, 2002) -- A new clinical study demonstrates that BIOS LIFE 2® advanced fiber and nutrient drink is beneficial in lowering both total cholesterol and LDL ("bad") cholesterol levels when taken regularly along with a diet low in saturated fat and cholesterol. In addition, the double-blind, peer-reviewed study shows that BIOS LIFE 2® helps to reduce blood homocysteine levels. Reducing homocysteine levels is a well-documented method of lowering the risk of heart disease. BIOS LIFE 2® is marketed by Unicity Network, international direct selling unit of Royal Numico, N.V., a world leader in specialized nutrition.

The study, conducted at the prestigious Cleveland Clinic Foundation, Preventative Cardiology Section, by Dennis L. Sprecher, M.D. and published in the September, 2002 issue of the journal *Metabolism*, compared fasting blood samples from approximately 100 subjects over an eight-week period. All study participants followed the National Cholesterol Education Program (NCEP) Step 1 diet for six weeks prior to beginning the study. Additionally, no concurrent lipid-lowering therapy or statin during the previous 30 days was permissible. Those participants who still had LDL cholesterol greater than 130 mg/dL following the six week diet program were included in the study and were required to continue to follow the NCEP Step I diet for the duration of the investigation. Half of the study participants were given twice-daily servings of BIOS LIFE 2®, and the other half were given a placebo. Neither the researchers nor the participants were aware of which substance any individual received.

The group receiving BIOS LIFE 2® had a significant reduction in LDL ("bad") cholesterol levels averaging 7.9 percent, while LDL increased an average of 2.4 percent for the participants who received the placebo over the eight-week test period, for a 10.3 percent difference between the groups. Similarly, total cholesterol level for the BIOS LIFE 2® group was significantly reduced by an average of 5.7 percent, while total cholesterol levels for the participants receiving the placebo rose an average of 3.1 percent.

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“Taking a fiber supplement is a fairly safe and easy way to help keep your cholesterol under control,” Dr Sprecher said. “BIOS LIFE 2® makes getting enough fiber – along with an important and efficacious combination of vitamins – convenient and available for everyone.”

Dr, Sprecher also observed a significant reduction in blood homocysteine levels in the BIOS LIFE 2® group. Homocysteine is an amino acid found in the blood, and high levels of homocysteine have been associated with increased risk of vascular and heart disease. In this study, homocysteine levels were found to drop significantly— an average of 11.2 percent – among the BIOS LIFE 2® group, while those in the placebo group dropped an insignificant 2 percent.

“Such a product [as BIOS LIFE 2®],” the study concluded, “if taken regularly, could reduce cardiovascular risk on a population basis and potentially decreases the need and/or dose for lipid-lowering prescription drugs.”

Unicity Network™, created by the unification of two of the direct-selling industry’s highly successful companies –Rexall Showcase International and Enrich International - markets scientifically-based and efficacious nutritional and personal care products through a global network of Independent Business Owners. Its parent company, Royal Numico, N.V., is a world leader in specialized nutrition, including infant formula, clinical nutrition and nutritional supplements. Headquartered in The Netherlands, Royal Numico operates in over 100 countries, has manufacturing facilities in more than 50 countries, maintains research facilities in The Netherlands, Germany, the U.K., China, Australia and the United States, and employs more than 28,5000 people worldwide. Visit the company websites at www.unicitynetwork.com and www.numico.com.

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