



PRESS RELEASE

Weight loss activity of Svetol® demonstrated in new clinical study

02/22/2007 – Berkem (Gardonne, FRANCE), French polyphenols specialist since 1964, announced that a recent study published in *Phytothérapie* reveals the ability of Svetol®, Berkem's unique extract of decaffeinated green coffee beans, to reduce body mass index (BMI) and to increase the lean mass to fat mass ratio.

Coffee, one of the most consumed beverages in the world, is believed to reduce the risk of developing type 2 diabetes, a disease that is characterized by the mechanisms regulating blood glucose concentration dysfunction, which results in insulin resistance. Insulin resistance is characterized by abnormal and prolonged hyperglycemia.

Several previous epidemiologic studies have shown that individuals with an average to high daily consumption of coffee reduced their risk of developing type 2 diabetes. Other works have demonstrated that coffee consumption improved glucose tolerance, which led to a protective effect against the development of type 2 diabetes.

Some researchers claim that coffee's glucose tolerance activity may result from the combination of several active ingredients, versus just one of its components. For example, a series of previous scientific studies have proven that pure caffeine is not the active component that affects blood glucose regulation. *In vitro* studies show that chlorogenic acids – particularly 5-caffeoylquinic acid found in green coffee – inhibits the glucose-6-phosphatase (G-6-Pase) which intervenes in blood glucose regulation.

However, the quantity of chlorogenic acids utilized in these studies would, in reality, correspond to the consumption of several hundred cups of coffee per day, depending on the type of coffee consumed. Clearly, the epidemiologic studies results reflect the synergic effect of coffee's components rather than only one constituent.

On the basis of this data, Berkem, French polyphenols specialist since 1964, extended its expertise to new active ingredients, such as green coffee extract and developed Svetol®, a water-soluble extract of decaffeinated green coffee beans. Berkem obtains this extract via a traditional process that carefully preserves all of the plant's unique qualities and health benefits.



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Svetol®'s slimming action was confirmed by a clinical study carried out by Dellalibera, Lemaire and Lafay. This placebo controlled double-blind clinical study enrolled a total of 50 participants, aged between 19 and 75 years with a BMI higher than 25. Thirty patients were administered a 200 mg capsule of Svetol® twice a day, while the others received a placebo.

"After 60 days of treatment, we observed in a significant manner a mean reduction in weight of 5.7 percent (average reduction of 5 kg) and an increase in the lean to fat mass ratio of 4 percent, as compared to only 2.9 percent and 1.5 percent respectively in the placebo group," explained Sophie Lafay, Ph.D. in Nutrition and Scientific Director of Berkem.

"Due to its specific mechanism of action, Svetol® works as a fat burner. Based on our findings from scientific literature, we came to the promising conclusion that Svetol®'s active molecules could decrease the glucose intestinal absorption and inhibit the glucose-6-phosphatase," said Dr. S. Lafay. "Thanks to the inhibition of G-6-Pase, the body has to get energy from another source, i.e. to burn fat from the adipose tissue", she adds.

In collaboration with INRA (French National Agricultural Research Organization), Berkem studied the bioavailability of the main compound of Svetol®, the 5-caffeoylquinic acid. The results obtained are in agreement with the suggested mechanism of action.

Successfully launched in Europe, Svetol® is the new active ingredient for weight management. Svetol® is perfectly suited for use in dietary supplements, and holds great potential to be used in functional foods and beverages.

More information on Svetol®: www.svetol.com

More information on Berkem: www.berkem.com

Press release contact: BERKEM

Karine NARDON

+33 (0)553.63.81.00

active.ingredients@berkem.com

Berkem Développement Administrative office

Marais Ouest
24680 GARDONNE
Head office
115 rue saint Dominique
75007 PARIS
RCS Paris B 481 604 197
Siret 481 604 197 00014
APE 741 J
Capital 140.000 €

Berkem SA

Marais Ouest
24680 GARDONNE
tel : +33 05 53 63 81 00
Fax : +33 05 53 27 03 45
RCS Bergerac B 393274824
SIRET 393274 824 00019
APE 241 G
Capital 7.574.000 €

Berkem Inc

535 West 34th Street,
Suite 206A
NEW YORK, NY 10001
USA
Tel : +1 646 274 1292
Fax : +1 646 274 1293

Berkem China

2 - D - 686 Gu Bei Road
SHANGHAI 200336
Chine
Tel : +86 21 62-707797
Fax : +86 21 62-089059

Berkem South East Asia

Sethiwan Res., Unit 17A
Sukhumvit, Soi 13
Klongtoei 10110
Bangkok, Thailand
Tel/Fax: +66 2651 3009