



# FAST FACTS ON X39 STUDIES

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## The Metabolism Pilot

- 17 Amino acid changes at significance at the end of the week.
- Produced anti-inflammatory effects based on amino acid results.
- A reduction in blood pressure at significance.
- Improves quality of sleep.
- Increased vitality.
- Improved short term memory.

## The Metabolism Double Blind

- Increase in 8 amino acids at significant levels over the 3 time periods.
- Increase in 3 amino acids at near significance.
- Improved short term memory at significant levels over 7 days.
- Improved mid term memory at near significance in 7 days.
- Improved quality of sleep at significant levels within 24 hours.
- Increase in Vitality at near significant levels in 7 days.
- Reduction in blood pressure at significance in 7 days.
- Improved muscle relaxation at near significance in 7 days.
- Improved Heart Rate Variability at significance in 7 days.
- Increase in depth of respiration at near significance in 7 days.  
(Breathing more deeply.)

## The Blood Plasma Pilot

- Increased production at significance of GHK in 24 hours.
- Increased production at significance of GHK-Cu in 7 days.