

MYKRŌ and UNIQ Weight Management Study

Author: Dr. Milton L. Carroll DC., CCSP. et all.

Abstract:

This study was designed to test the efficacy of a weight management supplementation called MYKRŌ and UNIQ. The study was limited in size and the data was collected using a survey format on Google Docs, which inherently is difficult if subjects do not fill out the forms correctly or fail to report relevant data then the data from those participants is irrelevant. This problem did force us to discount and not include some of the data from some of the participants, as we did our calculations and statistical analysis. However, in this clinical trial, these weight loss supplements showed evidence that the majority of the participants did lose weight especially during the first four weeks of the study and when MYKRŌ and UNIQ were combined with a weight loss diet, such as the Keto diet or Intermittent fasting there was a significant increase in its effectiveness. It also indicated that for those how have low energy levels throughout the day, it can help sustain increased energy levels throughout the day. This study did indicate that MYKRŌ and UNIQ are an effective weight management supplementation.

Introduction:

MYKRŌ and UNIQ are a weight management supplementation program manufactured and distributed by the company TruIQ. The study was administered to determine the efficacy of these products as a weight management system. One of the biggest hurdles in any weight management study is the myriad of variables that can affect a person's ability to lose weight. This makes it extremely difficult to determine if a product is working or if it's some other external component that triggers the weight loss. For instance, if someone starts a weight loss supplement at the same time they are decreasing their caloric intake significantly it is impossible to say whether or not it was the supplement or the decreasing calories that caused the weight loss. To eliminate this variable all participants except for a few were instructed to maintain the same eating, sleep and exercise regimen that they had prior to the study. The biggest limitation is the inability to control the placebo effect and whether or not the participants of the study would follow the guidelines and fill out the forms properly. We did use a series of questionnaires on a

Google form, which each participant was supposed to fill out every week. This should have eliminated as much of these variables as possible. Even though the study group is small if the participants filled out and followed the guidelines by filling out the forms as directed it should help reduce some of the external variance. We did have a control group that was using weight loss programs like keto diets and intermittent fasting with which to do comparisons. We wanted to see how large the difference would be between those trying to lose weight and those who were not.

Study methods:

The clinical trial was conducted over a three month period of time with the target population between the ages of 20 years old and 70 years old. In each decade from 20-29, 30-39, 40-49, 50-59 and 60-69 we included two males and two females. Each person was given a three month supply of MYKRŌ and UNIQ and instructed to take two capsules of MYKRŌ between the hours of 6 AM and 12 PM and to mix up one dose of the UNIQ with water to drink throughout the day.

The data was collected using a Google document form sent to each participant each week via email. They were instructed to fill out the form prior to starting the trial so that we had a baseline of where each participant was prior to starting the supplementation. They were instructed to fill out the survey form, each week at the same time so that when they took their weight and body measurements they would be consistent. The form included: their name, their age, their gender, their current medications, their height and weight. It also had measurements which were taken at the med Bicep on both sides, mid-Thigh at both sides, chest at the nipple line, the hips at the greater trochanter, and their waist at the umbilical. They also filled out how many meals they ate regularly each day including snacks, how much water intake they had in ounces per day, and their fitness level which was measured on a scale of (**None, Poor:** only house and yard work, **Fair:** 10-30 minutes of exercise 1-3 times per week, **Good:** 30-60 minutes of exercise at least 3 times per week, **Excellent:** 60+ minutes 3-6 times per week). They also recorded how many hours of sleep per night and the quality of sleep rated on a scale from (**0 to 5**), 5 being the best sleep and zero being no sleep. They also record what time they woke up in the morning and their energy levels which were recorded by indicating after they woke up, how

long before they started feeling tired. This was recorded on a scale of: (**tired all day, by 10 am, by 1 pm, by 3pm, by 6 pm and not tired all day**).

Our primary objective was to analyze weight gain or weight loss and body size measurements for increase or decrease during the study as the primary indicator of whether or not MYKR \bar{O} and UNIQ were effective weight management supplements. We also were interested in finding out if this product would increase energy levels or sleep patterns or affect someone's willingness to increase their fitness levels and or the consumption change in food or hydration.

We had all participants except for our control group maintain their normal daily routine including your normal habits and eating and sleeping as well as exercise to try to keep from manipulating the study. Control group were doing either keto diet or intermittent fasting diet along with taking the supplements. This was done in an effort to do a comparison between those who didn't change your habits and those who were purposely trying to lose weight. We understand that this is a very limited study and can be flawed due to the participants' willingness to fill out the study surveys, but we do feel that when the forms were filled out correctly, we were able to collect useful clinical data that is unbiased. However, a much larger group with better control of participants filling out the forms and collecting clinical data could have been done if each participant was required to come in and have a third-party observer make sure that they were taking the measurements and weighing in as well as filling out the forms correctly. Due to Covid restrictions and in an effort to reduce exposure to participants, all data collection was done at home by the participant and recorded via Google Docs. This inherently creates some weakness in the data collection resulting in exclusion of some of the participants' information for use in the statistical analysis that will be given here after.

Analysis of the data will include ratios between the study and the control group and percentages between individuals in the study group, 1. on their change in energy levels, 2. sleep patterns, 3. change in exercise routines and 4. overall weight loss as well as body measurements. In both study group and the control group we saw that 95% of the participants fell into the poor or fair category in exercise and only 15% of these test subjects made any change to their exercise

your routine going from poor and fair to good indicating a slight increase in their exercising but this only occurred for 1 to 3 weeks for these individuals this indicates that there was no statistically significant change in exercise patterns while taking MYKRŌ and UNIQ. We also noticed that there was absolutely no change in your water intake per individual over the course of study which indicates that water consumption was solely based on the individuals habits. The same thing is true for the number of meals and snacks that each individual partook during the study. According to the forms 28% of the people reported a 20 to 40% increase in the quality of sleep and only two people reported having a decrease of 20% in the quality of the sleep over the course of the study. 28% of the test subjects reported an increase of energy from being tired all day to being tired by 3 PM which was an increase of 66% in energy levels in that population. We did have 7% of the population in the studies show a 16% increase in energy levels. This indicates that 35% of the test subjects did notice an energy increase through the course of study while taking MYKRŌ and UNIQ. The remainder of the participants indicated that they already had high energy levels and therefore didn't report any change in their energy levels so for those who struggled with energy levels, these supplements did increase their energy levels. The next set of data is primarily collected from the first four weeks of the study because that's where we had the highest percentage of test subjects filling out the weekly surveys and the data is more concrete. During the overall course of this study, we only kept 85% of the test subjects' clinical data for use in the following numbers. The total weight loss reported was 88.7 pounds for the study. 41.9 pounds lost in the first four weeks that is 47% of the total weight loss reported in the first month of the study. The average weight loss per participant included in this statistical data was 6.33 pounds per person. 22% of the total weight loss in the study was by the control group on a keto or intermittent fasting diet. This shows that the control group lost 30% more weight per individual as compared to the main study group. The average body measurement decrease for the study was 1 to 2 inches lost in the arms and thighs, 1 to 3 inches in the stomach, 1 inch in the chest and 2 to 4 inches in the hips. I'm not including individual or group statistical data on the size measurements only the averages.

Conclusion:

The statistical data supports the claim that MYKRŌ and UNIQ do stimulate weight loss especially in the first month of use even when individuals are not changing diet or exercise

habits. It also shows that those doing specific weight loss diets when accompanied by MYKRŌ and UNIQ have a significant increase in their weight loss. This also shows that if an individual has been suffering from severe fatigue, MYKRŌ and UNIQ can increase their energy levels by over 50%. Our conclusion is that MYKRŌ and UNIQ are affective weight management supplementation and can be used in conjunction with other diets to increase their effectiveness and also improve energy levels.

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