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GliSODin® Supplement Shown to be a Preventative Agent Against Atherosclerosis in individuals with Metabolic Syndrome

MORRISTOWN, NJ (March 13, 2007) PL Thomas (PLT) today, in association with Isocell, Paris, France, announced the results of a new study using their exclusive dietary supplement ingredient, GliSODin® in the *European Annals of Allergy and Clinical Immunology*. GliSODin® supplementation in combination with healthy diet and lifestyle modifications significantly inhibited the progression of cardiovascular risk factors compared to diet and modifications alone.

Conducted at the National Association of Preventative Medicine (ANPM), Paris, the researchers demonstrated the preventative efficacy of GliSODin® at a preclinical stage.

The three-year study included young adults (aged 40 - 46) with high-risk factors for cardiovascular disease as evidenced by the risk factors of metabolic syndrome. Key measurements included are body mass index (BMI), blood pressure, antioxidant status and intima media thickness (IMT) of the carotid artery. Oxidative stress is a known risk factor to promote inflammation and cardiovascular disease, and the measurement of IMT, or thickening of the artery, via precise Ultrasound-B Imaging is accepted internationally as a method to allow detection of the early stages of arterial damage.

According to Francois Vix, President of Isocell, the manufacturer of GliSODin®, "This study is very interesting in that it confirms changes in diet and lifestyle can impact risk factors, but do not reduce inflammation nor protect cardiovascular health – suggesting once started, the inflammatory process will continue." "Further," Vix continued, "Clearly supplementation with GliSODin® helps halt inflammation and also positively impacts and may even regress previous damage."

For the first twelve months all subjects were given dietary (Lyon Heart Diet) and lifestyle modifications with rigorous oversight by the clinicians. As a result, minor improvements in BMI, blood pressure and LDL cholesterol were realized. However, the subjects' antioxidant status did not improve and their intima media thickness was considered too high for individuals in their age bracket.

The subjects were then divided into two groups for an additional two years, with the control group continuing on the heart-healthy diet, and the active group following the diet but also given 500mg GliSODin® daily. The control group showed no change in antioxidant status over the two year period, while the GliSODin® group saw a significant improved antioxidant status with a reduction in MDA, a measure of lipid oxidation, and increases in serum *superoxide dismutase* and *glutathione peroxidase*, the body's potent endogenous antioxidants.

Further, the control group experienced a slight but significant thickening in carotid IMT indicating progression in inflammation, while the GliSODin[®] group showed a significant reduction in IMT thickness by the end of the first year of supplementation and a highly significant reduction by the end of the second year (p<.001).

This new study builds upon previous research in humans. In a double-blind, placebo-controlled clinical trial that was published in [Free Radical Research](#)², September 2004, researchers showed GliSODin[®] supplementation protects cellular DNA against induced oxidative damage. GliSODin[®] was the only supplement to show a protective benefit in this well established model of oxidative stress.

Previous published human and laboratory studies have shown GliSODin[®]'s effectiveness in protecting cells from oxidative stress by activating the body's production of its own antioxidants, including SOD, catalase and glutathione peroxidase.

This "internal antioxidant defense system" is necessary for the elimination of the free radicals produced by oxidative stress, resulting in tangible health benefits, including helping protect cellular DNA from oxidative stress, inhibit photo-oxidative stress in the sun-sensitive, inhibit lactic acid accumulation under exercise, help restore normal levels of SOD, and positively affect other significant markers of oxidative stress.

More information on GliSODin[®] is available at the research site www.glisodin.org and www.glisodininfo.com.

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About GliSODin[®]

GliSODin[®] is patented and trademarked by Isocell Nutra, Paris, France. www.glisodin.com. It is available in North America as a nutritional raw material exclusively from PL Thomas & Co., Morristown, NJ. Numerous in vivo and human studies support the use of GliSODin[®] in nutritional applications

¹ Cloarec, et. al., "GliSODin[®], a Vegetal SOD with Gliadin, As Preventative Agent vs. Atherosclerosis, as Confirmed with Carotid Ultrasound-B Imaging," **European Annals of Allergy and Clinical Immunology** V 39 (2) 2007

² Muth, et. al. "Influence of an orally effective SOD on hyperbaric, oxygen related cell damage," **Free Radical Research** 38:9 (2004) pp. 927-932