

Indolplex™ and the Atkins Diet

A Research Study by BioResponse® Nutrients



INTRODUCTION

Thank you for participating in our research study! We are studying how Indolplex™ influences the Critical Carbohydrate Level (CCL) of people on the Atkins Diet.

The active ingredient in Indolplex is diindolylmethane (DIM), a safe, naturally-occurring and beneficial phytonutrient found in broccoli and other cruciferous vegetables.

Some people on the Atkins Diet have reported that Indolplex has helped them push past their normal "CCL plateau." These people were able to maintain a ketotic state and lose weight, even though they were eating more carbohydrates than they previously thought possible. For that reason, our research seeks to document two key benchmarks:

- 1) Your Critical Carbohydrate Level BEFORE taking Indolplex.
- 2) Your Critical Carbohydrate Level AFTER taking Indolplex.

For our research to be meaningful, it's vital that you follow the researcher's instructions exactly, and report your results completely and accurately. For example, if you forget to record your carbohydrate intake for a day, do NOT fill in the blanks with your best guesses. Cross off that day and resume your diary the next day, with precise and timely recordings of your intake.

Your careful, daily diary entries may help us find a way to bring the benefits of the Atkins Diet to a much wider audience. To make the most out of your participation, please read and follow the instructions below. And thank you for helping in this important research effort.

-BioResponse Nutrients

INSTRUCTIONS

- **YOUR RESEARCH STUDY KIT:** We've enclosed everything you should need to successfully complete your participation in our research study — a Daily Diary to record your results; 50 Ketodiastix (KD) strips for determining whether you are in a ketotic ("fat-burning") state; 5 pre-addressed and stamped envelopes for returning your diary pages by mail; a Research Study Consent Form; and a bottle of Indolplex containing 60 capsules.
- **PAYMENT:** All participants successfully completing our study will receive \$100 for their time and dedication. NOTE: We will NOT pay participants who fail to complete the entire study, or who provide partial or unreliable reports of their progress. Please follow our instructions exactly.
- **CONSENT FORM:** Mail your signed Consent Form to us as soon as possible; you can't participate in this study until we have received your completed form.
- **THE ATKINS DIET:** Stay on the Atkins Diet for the entire research period.
- **TAKING INDOLPLEX:** Do not take the Indolplex capsules until your KD strips indicate "negative" (see Step #1, below). Then, take the exact number of Indolplex capsules as directed, every day.
- **DIARY:** Use this diary to record ALL carbohydrates you consume. Throughout the day, write down all foods consumed. This is very important!
- **USE OF KETODIASTIX STRIPS:** The Atkins Diet requires that you use Ketodiastix strips (KD strips) to determine whether you are in a ketotic ("fat-burning") state. Therefore, you must monitor and record your KD strip readings every day, preferably in the evenings, after dinner. This is very important!
- **EXERCISE:** Please try to exercise every day. As a minimum, we recommend at least 15 minutes of sustained and moderate walking. Be sure to follow your physician's instructions regarding exercise.
- **REPORTING:** For your participation to be meaningful, you MUST use your diary throughout the day to record ALL carbohydrates consumed, plus the daily readings from your KD strips.

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Reporting your diary results:

A) **PHONE-and-MAIL:** Call BioResponse every day and leave the following information on our answering machine: your name, total grams of carbohydrates consumed the **previous day**, and your KD strip reading **from the prior evening**. Call 303-447-3841 and choose the voicemail option for "research study."

B) Every Monday, mail your diary pages from the prior week to: BioResponse Nutrients, PO Box 288, Boulder, CO 80306. Before mailing your pages, be sure to fill out your personal master sheet, so you will have your own records to track your weekly performance and weight loss.

ADJUSTING YOUR CRITICAL CARBOHYDRATE LEVELS (CCLs):

1) Before taking Indolplex, make sure you are ketotic for 2 or more days (a strip reading of at least "small"). Increase your carbohydrates by 5-10 grams/day until your KD strip indicates "negative." Report to BioResponse the KD strip reading and total carbohydrate intake for the previous day; this is your **CCL before** Indolplex.

2) Begin taking Indolplex daily, as directed by BioResponse. If you are directed to take more than one capsule, take all capsules at the same time, **WITH FOOD**.

3) Reduce your daily carbohydrate intake until your KD reading climbs to at least "small." Take Indolplex daily for 1 week before you attempt to increase your carbohydrate intake. During this time, maintain a KD strip reading of at least "small."

4) Increase your carbohydrates by 5-10 grams/day until your KD strip indicates "negative" again. Report this KD strip and total carbohydrate intake to BioResponse. This is your **CCL with** Indolplex.

5) The next day, begin reducing your daily carbohydrate intake until you regain your ketotic state (a KD reading of at least "small").

6) Once you regain your ketotic state (an KD reading of at least "small"), maintain that level of carbohydrates for at least 2 days, then begin increasing your carbs by 5-10 grams/day until your strip once again indicates "negative."

Report this reading to BioResponse and reduce your carbohydrate intake to achieve a constant "small" reading on your KD strips.

7) Continue your Atkins Diet routine, with Indolplex, for 30 consecutive days. Keep making daily entries in your diary! Adjust your carbohydrate intake as-needed (by 5-10 grams/day) in an effort to maintain at least a constant "small" reading on your KD strips.

Every day, call BioResponse and leave the following information in the "research study" message box: your name and your previous day's total carbohydrate intake in grams, plus your KD strip readings from the prior evening.

GUIDELINES when using Indolplex (once your "with Indolplex" CCL has been determined):

- **REDUCE CARBS** when your KD strip readings show "**negative**" or "**trace**."
- **MAINTAIN CARBS** when your KD strip readings show "**small**."
- **INCREASE CARBS** when your KD strip readings show "**moderate**" or "**large**."

Questions? Please contact us:



Phone: 303-447-3841 • Fax: 303-938-8003

PO Box 288 • Boulder, CO 80306