

BioCeuticals Research & Development Analytical Laboratory

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The purpose of this study is to show that Kre-Alkalyn^R (US Patent #6,399,661) increases endurance in human beings.

Kre-Alkalyn^R is manufactured by All American Pharmaceutical & Natural Foods Corporation & comes in powder, liquid, capsules, softgels and tablets. Capsules were used for this study do to the convenience for administration and exact doses being administered.

The reason for the study is to prove weather Kre-Alkalyn^R increases endurance in athletes.

Kre-Alkalyn^R (US Patent #6,399,661) is buffered creatine, that is completely stable.

Date: May 5, 2002

The Testing

Due to the complexity and many functions of the chemical, a direct case study approach was taken. Since the product is Patented, there was no need to prove what was already known and was not important to do a double blind test. Instead, we wanted to find out how effective Kre-Alkalyn^R was for increasing endurance with out any changes to diet, workout programs or activity levels.

Test Group 1

Group 1 was composed of professional male football players who are currently involved in a heavy workout schedule (pre-season), with all being season veterans to this beginning part of the season. Their position were wide receivers and defense of backs The body weight for this group at the beginning of camp was as follows:

Subject A: 185 lbs
Subject B: 187 lbs
Subject C: 190 lbs
Subject D: 195 lbs

Group 1 started and finished with Two 750 mg capsules of Kre-Alkalyn^R, which were administered in the A.M. This went on 7 days a week for 6 weeks. Body fat, body weight, strength, endurance & stamina were measured before starting Kre-Alkalyn^R. Any aches and pains were also noted.

Test Group 2

Group 2 was composed of professional male football players who are currently involved in a heavy workout schedule (pre-season), with all being season veterans to this beginning part of the season. Their positions were running back and linebacker. The body weight for this group at the beginning of camp was as follows:

Subject E: 225 lbs
Subject F: 227 lbs
Subject G: 235 lbs
Subject H: 237 lbs

Group 2 started and finished with Two 750 mg capsules of Kre-Alkalyn^R, which were administered in the A.M. This went on 7 days a week for 6 weeks. Body fat, body weight, strength, endurance & stamina were measured before starting Kre-Alkalyn^R. Any aches and pains were also noted.

Test Group 3

Group 3 was composed of professional male football players who are currently involved in a heavy workout schedule (pre-season), with all being season veterans to this beginning part of the season. Their positions were offence of line and defense of line. The body weight for this group at the beginning of camp was as follows:

Subject E: 315 lbs
Subject F: 330 lbs
Subject G: 340 lbs
Subject H: 380 lbs

Group 3 started with Two 750 mg capsules of Kre-Alkalyn^R, for the first week, increasing to four 750 mg capsules at week 2 and remaining on that amount. Capsules were administered in the A.M. This went on 7 days a week for 6 weeks. Body fat, body weight, strength, endurance & stamina were measured before starting Kre-Alkalyn^R. Any aches and pains were also noted.

The Results

After a full 6 weeks of testing, the following were the results reported.

Test Group 1

Over all energy levels seemed to have increased, with a total body fat % being lowered by 1 %. All reported increased endurance levels through out the two a day (times 3 hour) practices. Recuperation between practices increased along with strength levels. Group 1 out performed, out endured and out played other athletes of the same position through out the 6 week period.

Test Group 2

Over all energy levels seemed to have increased, with a total body fat % being lowered by 2 %. All reported increased endurance levels through out the two a day (times 3 hour) practices. Recuperation between practices increased along with strength levels. Group 1 out performed, out endured and out played other athletes of the same position through out the 6 week period.

Test Group 3

Over all energy levels seemed to have increased, with a total body fat % being lowered by 3.5 %. All reported increased endurance levels through out the two a day (times 3 hour) practices. Recuperation between practices increased along with strength levels. Group 1 out performed, out endured and out played other athletes of the same position through out the 6 week period.

All three groups reported less aches and pains then they other athletes on the team. Each subject reported feeling better, had more energy, more endurance, more stamina that ever in the past.

Conclusion:

From the testing and research done with the product Kre-Alkalyn, we so conclude that this product is very effective for increasing endurance and stamina, while eliminating fatigue due to lactic acid build up.

These 12 subjects are professional athletes who were into pre-season training and are very in tuned with their bodies. All athletes are continuing on the program along with the rest of the team for later evaluation as the season progresses.

In final summary conclusion, this laboratory has found Kre-Alkalyn to be a very safe and effective way to increase endurance. It also is this laboratory's conclusion that Kre-Alkalyn could be effective for weight loss and joint pain.