

Scientific Validation of the Weight Management Genetic Test

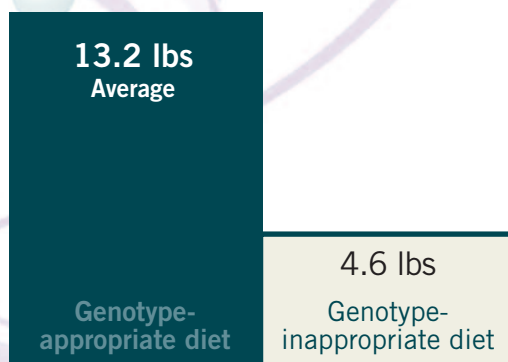
In March 2010, **Interleukin Genetics, Inc.** and a major university¹ announced top-line positive results from a retrospective clinical study on weight management using patients who participated in a diet study previously reported in the Journal of the American Medical Association. The new clinical study demonstrated that individuals following diets matched to their genotype, as determined by the Inherent Health Weight Management Genetic Test, showed **statistically significant greater weight loss and other benefits at all time points (2 months, 6 months and 12 months) when compared to individuals on diets not matched to their genotype.**

Study Design:

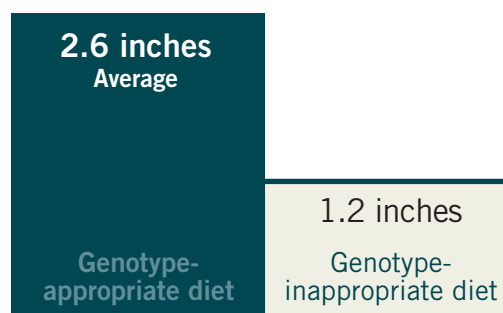
Overweight/obese premenopausal women participated in a one-year weight loss study comparing four weight loss diets: very low carbohydrate, low carbohydrate/high protein, low fat and very low fat. Beginning in 2008, participants who completed the trial were invited by e-mail and postal mail to provide DNA samples by a simple cheek swab. Of those participants, 145 responded. Genotyping was accomplished in 101 Caucasian participants who were categorized using the Interleukin Genetics Weight Management Genetic Test into three pre-determined composite genotype patterns of individuals who are more likely to respond to calorie reduction diets that are: a) low fat, b) low carbohydrate, or c) balanced in macronutrients. The primary endpoint analysis compared weight loss for women who were on a diet that was consistent with their genotype category to those individuals on diets not suitable for their genetic pattern.

Key Findings:

Weight loss over 12 months (p=0.013)



Reduction in waist size over 12 months (p=0.01)



Conclusion:

Individuals on a diet identified as appropriate to their genotype by the Weight Management Genetic Test lost an average of over 2.5 times more weight than individuals on diets that were not appropriate.

¹ **Mindy Dopler Nelson, Prakash Prabhakar, Venkateswarlu Kondragunta, Kenneth S Kornman, Christopher Gardner.** Genetic Phenotypes Predict Weight Loss Success: The Right Diet Does Matter. (Oral Presentation #4). Presented at the American Heart Association's Joint Conference - 50th Cardiovascular Disease Epidemiology and Prevention and Nutrition, Physical Activity and Metabolism - 2010, March 2-5, 2010, San Francisco, CA. Mindy Dopler Nelson and Christopher Gardner represent Stanford University; all others represent Interleukin Genetics, Inc.