

# *PhaeOptim*<sup>TM</sup>

NATURALLY ENHANCES  
YOUR WELLNESS JOURNEY







## A HOLISTIC APPROACH TO HEALTH AND WELLNESS

Today, **holistic health** takes center stage in the pursuit of **overall well-being**. Consumers of dietary supplements now favor an integrative approach that **combines exercise and balanced nutrition** to achieve general **physical wellness**. Calorie deprivation and extreme exercise are no longer considered effective methods and have been shown to be detrimental to long-term health. Recent research highlights the importance of body composition, metabolism, and **maintaining an active and healthy lifestyle to achieve optimal wellness and a healthy lifespan**.

## BUT MAINTAINING A HEALTHY LIFESTYLE IS NOT SO EASY...


Adopting a healthy, active lifestyle can be challenging, especially for overweight or out-of-shape individuals, who make up nearly **70% of U.S. adults**<sup>1</sup>. Many are turning to **natural, holistic approaches** to managing their weight, although some still seek rapid solutions with medications. While GLP-1 agonists can deliver significant weight loss, they often come with **serious side effects and weight regain** after stopping. However, **innovative ingredients can support** people using these medications, **helping them to maintain their progress and improve their wellness journey**.

<sup>1</sup> National Institute of Diabetes and Digestive and Kidney Disease, Overweight and obesity statistics, 2021



# PhaeOptim™

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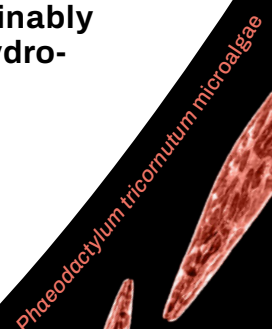
PhaeOptim™ is the only **sustainable and clinically supported microalgae-based solution** that **enhances consumers' wellness journey by optimizing exercise and nutrition efforts**. It has been shown to improve **exercise capacity, cardiovascular health and bone health**, in a 100% women-centric clinical study.\*

PhaeOptim™ supports consumers' efforts towards a healthy lifestyle and healthy weight management.

PhaeOptim™ is a microalgae extract that is **sustainably produced** in France using an innovative and **patented hydro-biomimetic technology**.



*Phaeodactylum tricornutum microalgae*



# PhaeOptim™

The only double-blind, randomized, placebo-controlled microalgae-based ingredient studied on women that:



- OPTIMIZES EXERCISE CAPACITY\*
- STRENGTHENS CARDIOVASCULAR FITNESS\*
- ENHANCES BONE HEALTH\*

12-week clinical trial on 37 overweight women with a supervised exercise training, a diet intervention plan and 220mg/day of PhaeOptim™.

Dickerson et al., *Nutrients*, 2024, 16(7), 990

<https://doi.org/10.3390/nu16070990>

**2.5X**  
better VO<sub>2</sub>  
max increase\*

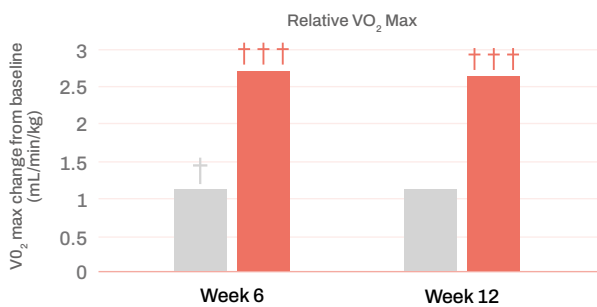
**25X**  
more effective  
to maintain  
bone health\*

**10%**  
decrease  
in basal  
heart rate

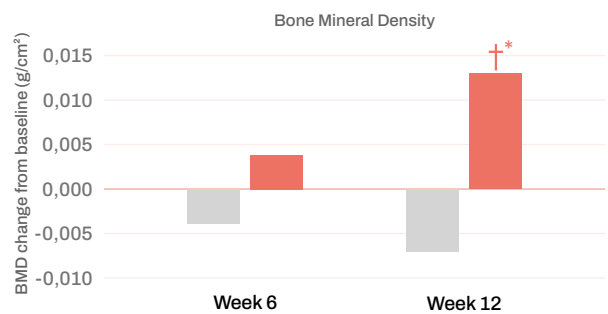
up to  
**50%**  
more fat  
oxidized at rest\*



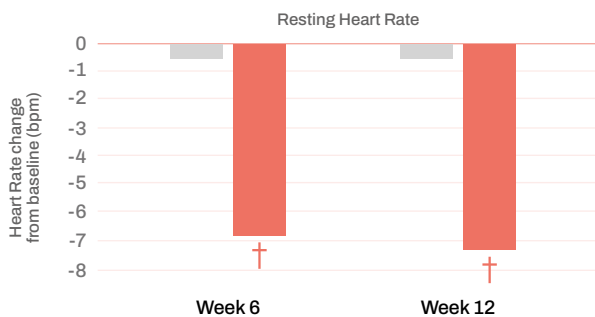
**PhaeOptim™** helps to perform more easily in sporting activities and improves endurance by increasing the VO<sub>2</sub> max.\*



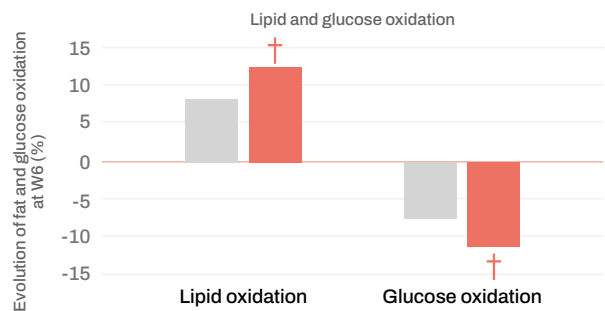
**PhaeOptim™** prevents normal bone damage and bone loss when exercising by increasing bone mineral density.\*



**PhaeOptim™** contributes to strengthen cardiovascular capacities by lowering resting heart rate.\*



**PhaeOptim™** optimizes the body's resources and exercise capacity by favoring lipid use for a given effort.\*



Placebo

PhaeOptim™

Data is based on means and 95% confidence intervals.

† indicates significant within groups difference at W6 or W12 compared to baseline (W0): † p<0.05 and ††† p<0.001.



**An exclusive bioactive:**

- Patent-filed composition
- Efficacy at low dose
- Clinically-studied on women



**Reliable and sustainable sourcing:**

- Patented hydro-biomimetic technology
- Sustainable production process
- State-of-the-art large-scale platform

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.



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Clinically shown to support  
exercise capacity, cardiovascular function  
and bone health in women\*

Low-dose efficacy

Unique mode of action

NDI status from FDA

Non-GMO Project Verified, Allergen-free

## SUITABLE FOR



Softgels



Capsules



Tablets



Gummies



Protein bar

Sustainable sourcing and consistent supply

Exclusive hydro-biomimetic technology

*Microphyt's exclusive technology*



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