STRENGTHERA®
MUSCLE MAINTENANCE + VITALITY

Stay Stronger, Longer.



Why Muscle Health Matters

Beginning around age 30 adults naturally lose muscle mass and strength. This process accelerates after age 50 and can be further accelerated by illness, inactivity, and rapid weight loss associated with GLP-1 medications.



Maintaining muscles is not just about strength, it helps support:

- Healthy Aging
- Mobility
- Independence
- Balance
- Physical Performance
- Everyday Vitality

Muscle Health by the Numbers

Starting at **AGE 30** adults lose approximately **3-8%** of their muscle mass per decade[1]

After **AGE 50** muscle strength declines by approximately **1-3%** per year, often faster than muscle mass itself[1]

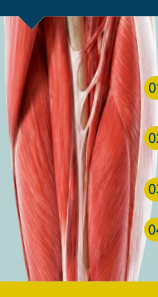
By **AGE 80** adults may lose **30-50%** of their skeletal muscle mass if no preventive strategies are implemented[2]

1. Mitchell WK, et al. Sarcopenia, dynapenia, and the impact of advancing age on human skeletal muscle size and strength; a quantitative review. *Front Physiol.* 2012;3:260.
2. Janssen I, et al. Skeletal muscle mass and distribution in 468 men and women aged 18-88 yr. *J Appl Physiol* (1985). 2000;89(1):81-88.

GLP-1 Companion Solution

GLP-1 therapies have transformed weight management, but rapid weight reduction often comes at the expense of muscle mass.

A 12-week study of 92 healthy adults (ages 55-70) taking 650 mg/day of Strengthera demonstrated improvements in:



01 Muscle Health
02 Mitochondrial Efficiency
03 Lean Mass
04 Muscle Quality

Strengthera® at a Glance

What is Strengthera®?



What does Strengthera® do?

Strengthera® is a clinically studied botanical ingredient that supports muscle maintenance, strength, endurance, and physical function. It is especially beneficial for healthy aging and preserving lean muscle during weight management, including GLP-1 therapy.



The Science Behind Strengthera®

Unlike many muscle ingredients that focus only on athletic performance in younger individuals, Strengthera® has been clinically studied in healthy adults over age 55, demonstrating improvements in strength, endurance, mobility, and vitality that support everyday independence and healthy aging. Significant benefits were observed beginning as early as four weeks, with continued improvements through 12 weeks.



STUDY: Randomized Double-Blind, Placebo-Controlled Study

PARTICIPANTS: 92 healthy men and women, 55-70 years old

DOSE: 650mg/day for 12-weeks

4.2X Greater Improvement in Lower Body Strength†

4.5X Greater Improvement in Grip Strength†

86% Greater Improvement in Walking Speed and Functional Mobility†

2.1X Greater Improvement in Energy and Vitality†

Build Exciting Healthy Aging Products with Strengthera®

Designed with formulators in mind, Strengthera® performs exceptionally as a standalone solution or in combination with widely used ingredients supporting healthy aging, muscle health, mobility, strength, and vitality.

STACK #1 Creatine and Strengthera®

For older adults looking to maximize muscle strength, power, and overall physical performance. By combining creatine's support for ATP energy production with Strengthera®'s effects on muscle function this stack helps deliver faster gains in strength with less work.†

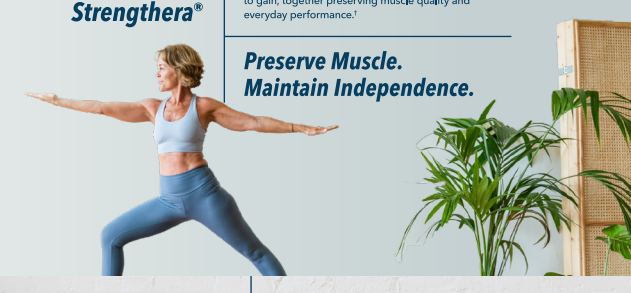
Build More Strength. Move with More Power.



STACK #2 L-Leucine and Strengthera®

For aging adults focused on maintaining lean muscle and preventing age-related muscle loss. L-Leucine stimulates muscle protein synthesis (MPS) while Strengthera® provides a new and different pathway to gain, together preserving muscle quality and everyday performance.†

Preserve Muscle. Maintain Independence.



STACK #3 Whey Protein and Strengthera®

A comprehensive daily nutrition stack for older consumers that combines high-quality protein with Strengthera® to provide powerful anti-catabolic, anabolic and general health benefits to the aging consumer.†

Complete Daily Muscle Nutrition



STACK #4 HMB and Strengthera®

For adults looking for maximum muscle and strength benefits. HMB helps promote muscle protein synthesis as well as having effects on growth hormones, while Strengthera® supports muscle performance, endurance, and vitality which creates a multi-mechanistic approach to maintaining muscle health over time.†

Protect Muscle. Support Healthy Aging.



What Product Applications can you use Strengthera® in?

Soft Gels • Stick Packs • Gummies
Capsules • Tablets • Powders
Chews • Effervescents



PLT HEALTH SOLUTIONS

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†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.