



**GLP-1**  
COMPANION  
SOLUTION

MUSCLE HEALTH

# STAY STRONGER LONGER®



## Clinically Demonstrated Benefits

In a 12-week double-blind, placebo-controlled study on adults ages 55-70:

- 4.2x greater improvement in leg strength vs. exercise alone
- 4.5x greater improvement in grip strength vs. exercise alone
- 86% greater improvement in walking speed and functional mobility
- 30% improvement in muscle endurance/active capacity
- Increase in total lean mass compared to placebo
- 2.1x more perceived energy/vitality

These outcomes directly address the muscle loss, weakness, and reduced mobility risks associated with GLP-1 treatment.

## Why Strengthen is the Ideal GLP-1 Companion

- ✓ Rapid weight reduction is often accompanied by loss of muscle mass.
- ✓ Supports strength and muscle mass in both younger and older adults, women and men.
- ✓ Supports independence and healthy lean muscle mass.
- ✓ Enhances mobility, helping users stay active and vital.

## The GLP-1 Era

GLP-1 therapies have transformed weight management - but as with other forms of rapid weight loss, one of the biggest drawbacks is the risk of muscle mass loss. This potentially impacts strength, mobility, and long-term health. Without maintaining muscle, weight loss can come at the expense of vitality and independence.

## The Solution: Strengthen

Strengthen is a clinically studied botanical that helps preserve and enhance muscle health. It offers a unique advantage: maintaining lean mass, strength, and functional mobility, to accompany any weight management program.

GROWTH THROUGH INNOVATION



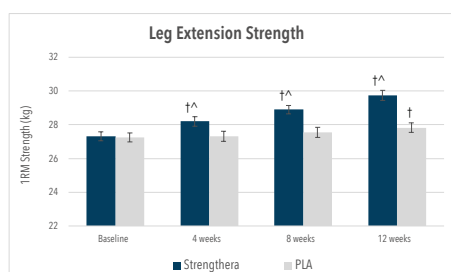
**PLT**  
HEALTH SOLUTIONS

# STUDIES DEMONSTRATE ENHANCED MUSCLE STRENGTH AND IMPROVED PHYSICAL FUNCTION FOR DAILY LIVING

A 12-week double blind placebo-controlled study was conducted on 92 healthy men and women ages 55-70 years (mean age 60 years). Subjects received either a 650 mg dose of Strengthera a day or a placebo. Subjects performed resistance band home exercises 3 times per week. Measurements were conducted at baseline, 4, 8 and 12 weeks.

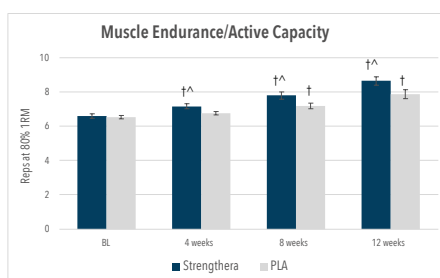
## Improvement in Muscle Strength

Strengthera improved lower body strength vs baseline and placebo at the earliest timepoint assessed - 4 weeks. By 12 weeks, this represented an 4.2% improvement in lower body strength over placebo.



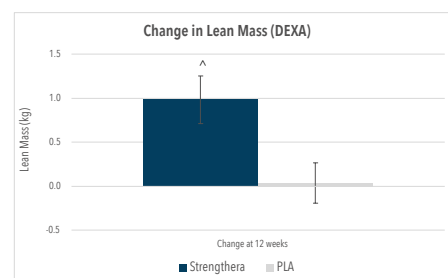
## Improvement in Muscle Endurance

Assessed as 1RM repetitions to failure, Strengthera improved muscle endurance/active capacity versus baseline and placebo at the earliest timepoint assessed of 4 weeks. By 12 weeks, this represented a 30% improvement in active capacity over baseline assessment.



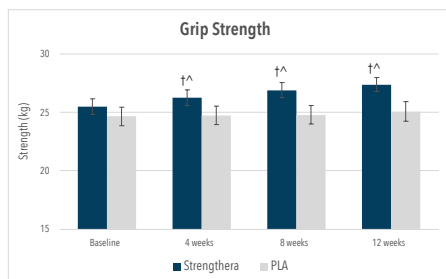
## Improvement in Lean Mass

The Strengthera group increased their total lean mass relative to baseline. While the actual values were not statistically significant between groups, the analysis of change scores showed statistically a significant difference versus placebo.



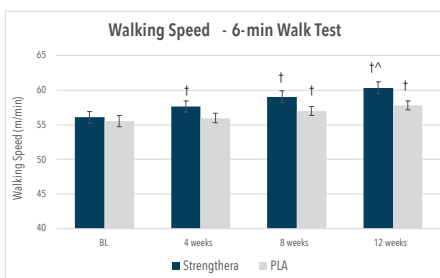
## Improvement in Grip Strength

Strengthera improved grip strength versus baseline and placebo at the earliest timepoint assessed - 4 weeks. By 12 weeks, this represented a 7.5% improvement in grip strength over the baseline assessment. The subjects in the Strengthera group improved their grip strength 4.5x (1.9 kg) more than those doing the same exercises and taking placebo (0.42 kg).



## Improvement in Walking Capacity

Walking Capacity measured as distance or speed, was tested via a 6-minute walk test. Strengthera improved walking capacity versus baseline at 4 weeks. By 12 weeks, the improvement was also statistically significant versus placebo. This represented a 1.5% improvement in walking capacity over placebo. A 25.64 m distance improvement was observed for Strengthera subjects versus a 13.78 m improvement for the placebo group, A 4.27 m/min speed improvement was seen in Strengthera subjects versus a 2.3 m/min improvement in the placebo group.



† Statistically significant difference vs. baseline values

^ Statistically significant difference vs. placebo

**THERE'S A ROLE FOR PLT IN YOUR FORMULATION. LET US SHOW YOU THE DATA.**

Studies on file. Contact us for more information at [info@plthealth.com](mailto:info@plthealth.com)

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