



**Spisar**<sup>®</sup>  
*Spinacia olearacea L.*



**Spanish spinach leaf extract**

Suggested daily dose

up to **2 g**  
of extract

**Promotes muscle fitness & strength**  
in combination with resistance training



**Clinical study**

Spisar<sup>®</sup> promotes muscle fitness  
Nutrients 2021, 13, 4373. doi: 10.3390/nu13124373

**WATER ONLY EXTRACTION**

The Pure-Hydro Process<sup>®</sup> is an eco-friendly patent-pending extraction method using ultrapure water as the only solvent. It preserves and concentrates natural ingredients of the fruit and vegetable without any risk of residual volatile solvents.



**VERTICALLY INTEGRATED**

Euromed controls each step of the supply chain.



Supplements



Nutraceuticals



Pharma



Beverages



Food



Nutricosmetics



Solid Drinks



Gummies



# CLINICAL STUDY WITH SPISAR®

Nutrients 2021, 13(12), 4373; <https://doi.org/10.3390/nu13124373>



**4 x 500 mg  
Spisar® daily**  
12-week randomized,  
double-blind,  
placebo-controlled  
study in middle  
aged participants (n:45)



Combined with  
moderate-intensity  
training program

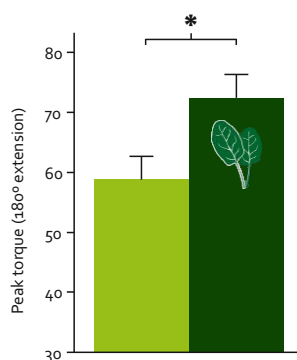


Dynamometer  
test

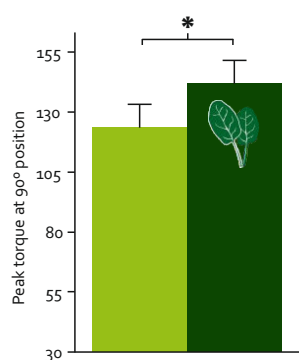


## "ALL BODY STRENGTHENING"

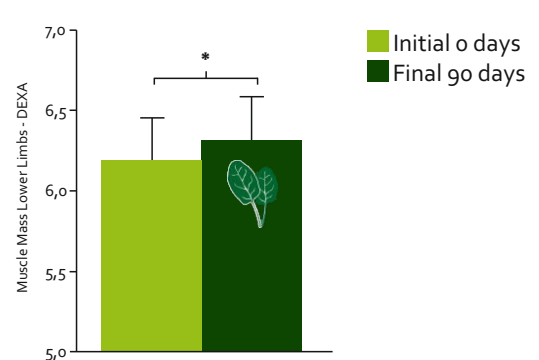
### MUSCLE STRENGTH



### MUSCLE QUALITY



### MUSCLE MASS



Charts are used for illustration, taken or modified from DOI:10.3390/nu13124373

Spisar® combined with a standardized training program, significantly improved **MUSCLE STRENGTH** (dynamometry of the dominant leg), **MUSCLE QUALITY** and increased **MUSCLE MASS** by 1.5 %.



VIEW  
THE PUBLICATION

This material is intended for professionals only.

**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.**

All information given in this documentation reflects published current knowledge. EUROMED disclaims any responsibility for the suitability of this information for products intended by the user. The suggestions given do not release EUROMED's customers and the user of the products from evaluating the individual products as to their legal compliance. The user of the product is solely responsible for compliance with all laws and regulations applying to the use of the products.

[www.euromedgroup.com](http://www.euromedgroup.com)