



Spisar®



Spinacia olearacea L. – Spanish spinach leaf extract



MUSCLE FITNESS & STRENGTH

- ✓ Promotes muscle fitness & strength in combination with resistance training
- ✓ Proven by clinical study

CLINICAL STUDY

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

WATER ONLY EXTRACTION

✓ The Pure-Hydro Process® 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, production, and distribution of the product.



Suggested
Daily Dose
up to 2g
of extract



v6.1



Supplements



Beverages



Food



Pharma



Nutricosmetics



Nutraceuticals



Gummies



Solid Drinks



Pure-Hydro®
PROCESS



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.

CLINICAL STUDY WITH SPISAR®

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

READ THE
FULL STUDY




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



Combined with
moderate-intensity
training program



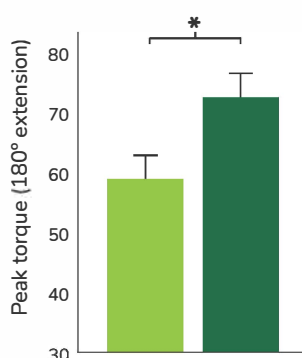
Dynamometer
test

RESULT: “ALL BODY STRENGTHENING”

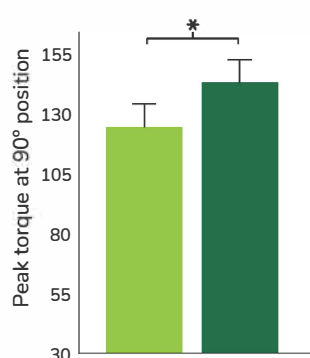
When combined with a standardized training program, Spisar® significantly improved muscle strength (as measured by dynamometry of the dominant leg) and muscle quality in both men and women, compared to baseline and placebo. Significant increase in muscle mass were observed only in men.

■ Initial 0 days
■ Final 90 days

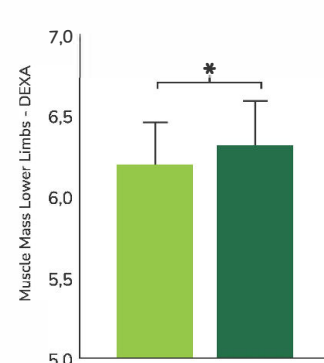
MUSCLE STRENGTH



MUSCLE QUALITY



MUSCLE MASS



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

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