Fruitflow®
Health benefit solution

What is Fruitflow®
Fruitflow® is a breakthrough ingredient – the first natural, scientifically substantiated solution contributing to healthy blood flow. In ten human trials, consumption of Fruitflow® has been proven to maintain healthy platelet aggregation and improve blood flow. The effect takes place within 1.5 hours and lasts for 12 to 18 hours. When taken regularly on a once per day basis, the effect is continuous, making it ideal for use in functional foods or dietary supplements.

Mechanism of Action
- Platelets can become ‘spiky’ i.e. more prone to clotting in normal daily life due to a variety of factors such as stress, overweight, high cholesterol and also sports.
- Fruitflow® works by keeping blood platelets smooth to avoid aggregation inside blood vessels.
- Fruitflow® does not disrupt the blood clotting process required following injury.

Cardiovascular health
There are three major risk factors in cardiovascular health: increased cholesterol, high blood pressure and increased platelet aggregation. Fruitflow’s proprietary technology creates currently the only functional food ingredient addressing platelet aggregation.
Fruitflow® was discovered by Professor Asim Duttaroy at the Rowett Research Institute in Aberdeen in 1999. Since then, Fruitflow’s effectiveness has been tested in ten different studies on healthy volunteers.

- Healthy platelet aggregation was maintained; platelets became less activated or ‘smoother’ after consuming a food, beverage or dietary supplement containing Fruitflow®.
- Effective in 97% of subjects tested in published studies.
- Safety has also been confirmed in multiple human studies.
- No side effects have been reported; no adverse effects from prolonged intake, no allergic reactions and, no increased bleeding risk even for people under medication of blood thinning agents.

### Onset and duration of in vivo anti-platelet effect

**Study design**
- Randomized, placebo-controlled, single-blinded study design.
- 23 normal healthy subjects (40 – 65 years) completed the study.
- Blood samples were collected at baseline, 1.5, 3 and 6 hours.

**Results**
- Onset of antiplatelet effect seen within 1.5 hours after ingestion – measured as a significant difference from baseline platelet function.
- Duration of effect variable, but after 18 hours platelet function returned to baseline in all subjects tested.

For more information on this Health Benefit Solution by DSM, visit [www.dsmnutritionalproducts.com](http://www.dsmnutritionalproducts.com), [www.quali-blends.com](http://www.quali-blends.com) or e-mail info.dnp@dsm.com

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