INGREDIENT RESEARCH

CLINICAL STUDY SUMMARY
CQR-300

Cissus quadrangularis stem and leaf extract

Based on the published clinical research by
Nash and colleagues

8 WEEKS | 300 mg DAILY | 67 PARTICIPANTS REPORTED

A randomized, double-blind, placebo-controlled pilot trial in overweight adults.

BODY COMPOSITION

The CQR-300 group showed greater reductions in body fat than placebo, measured by bioelectrical impedance and DEXA. Waist and hip circumference also improved.

TOLERABILITY OBSERVATIONS

No adverse effects from CQR-300 administration were reported during the trial. Three participants reported uneasiness after DEXA scanning. Allergy testing at week two showed no signs of allergy.

This small, short-term pilot trial does not establish long-term safety or safety for everyone. Pregnant or breastfeeding women and people with diabetes were excluded.

CQR-300
RESEARCH SUMMARY

PUBLICATION DETAILS

Nash R, et al. J Altern Complement Med. 2019;25(1):98-106.

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Findings relate to the studied ingredient, not to a finished product formulation.

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