

ForsLean® Study Abstract

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Clinical report on root extract of perilla plant (*Coleus forskohlii*) ForsLean® in reducing body fat

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A standardized extract of *Coleus forskohlii* roots known as ForsLean® (10% diterpene forskolin) was evaluated in a 12 week open field study in overweight volunteers, 1 male and 13 females; average weight 74.7 ± 11.98 kg, average BMI 29.9 ± 4.31 and average body fat $38.2 \pm 4.87\%$. ForsLean was administered in a dose of 125 mg twice a day. Total daily intake of ForsLean was calculated as 25 mg of diterpene forskolin. Each patient was examined in the physician's office and body composition measurements were taken with an infrared analyzer Futurex 6200 on day 0, first month, second month and third month. Total body weight showed tendency to decrease from an average 74.7 kg at the onset of the study to 73.5 kg on the third month ($p < 0.05$). Body mass index improved from an initial average value of 29.9 to 29.4 ($p < 0.05$) at conclusion of the study. The body fat was decreased from an initial average value of 38.2% to 37.1% ($p < 0.01$) at conclusion of the study. Lean body mass was preserved in the course of 12 week ForsLean administration (average 45.8 kg vs. 45.9 kg). The 12-week regimen with 25 mg of forskolin per day did not significantly change blood pressure parameters, i.e. average systolic blood pressure 135.7 mmHg vs. 128 mmHg; average diastolic blood pressure 85.3 mmHg vs. 83.6 mmHg. This 12 week open field study of ForsLean on 14 overweight Japanese subjects indicates its usefulness in weight loss management with no apparent subjective and objective side effects of the regimen.

Sabinsa Corporation reminds readers that the beneficial effects of forskolin are best obtained when the supplement is used in conjunction with a sensible diet and healthy life style measures.