

OLIGOBS® RÈGLES DIFFICILES

Contributes to menstrual comfort*

Results of the
observational
study



Do you know that **80%**^[1] of women experienced primary dysmenorrhoea (painful periods) at some stage in their lifetime?

5% to 15%^[1] of them experienced severe dysmenorrhea, which significantly disrupts their quality of life

Laboratoire CCD presents its new product **Oligobos® Règles Difficiles (Menstrual Discomfort)**, formulated to provide a fast-acting and effective solution to painful menstruation and backed by an observational study.

DESIGN OF THE OBSERVATIONAL STUDY



100 participants
Age: 18/40 years-old
33 y.o. on average

Performed in France. Random and balanced territorial allocation



Inclusion criterias

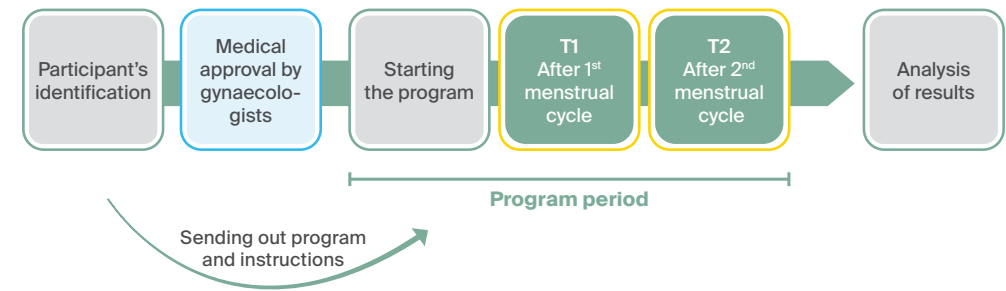
- ✓ Participants suffering from difficult menstrual periods (lower spasmodic pain, constant abdominal pain, severe fatigue etc.)
- ✓ Those who do and do not purchase non-medicinal and/or medicinal solutions for painful menstruations

Non inclusion criterias

- ✓ People allergic to one of the ingredients of **Oligobs® Règles Difficiles**
- ✓ Pregnant or breastfeeding women
- ✓ Women under continuous medical treatment (except contraceptive pill, IUD or condoms use)
- ✓ Those currently taking targeted products for painful menstruations in the form of food supplements, phytotherapy, homeopathy or medication
- ✓ Tested positive for COVID-19 at the start or during the study
- ✓ **During the study, participants must not take other products targeting painful menstruations in the form of food supplements, phytotherapy, homeopathy, pain-killers, anti-inflammatory or any other kind of medication.**



Observational study conducted by the **Expansion Consulteam institute of studies & surveys (Paris-FRANCE)** between October and December 2022 on 100 women suffering from difficult menstrual periods (spasmodic pain, fatigue, headaches, etc.), with the food supplement **Oligobs® Règles Difficiles** over a period of 2 menstrual cycles.



Survey stages	Number of participants
T0	100
T1	100
T2	100

Complete stability of number of participants



Objective:

To demonstrate the benefits of **Oligobs® Règles Difficiles** across several criteria such as: perceived efficacy, speed of action, improvement in the quality of life and the acceptance/compliance of the participants



Primary endpoint:

Improvement monitoring in participants after 1 and 2 menstrual cycles

Intake

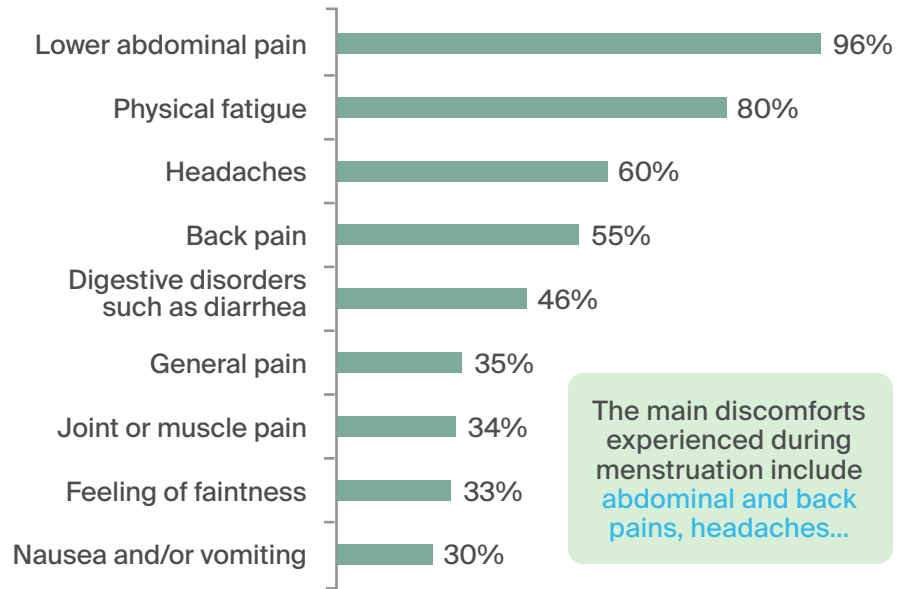


3 tablets per day (1 morning, 1 noon, 1 evening), to be swallowed with a glass of water, to be taken from the start of menstruation, for 5 days. Can be taken during or outside meals.

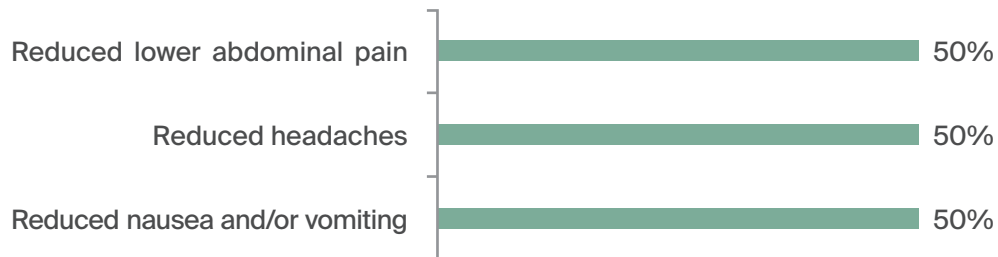
WHAT TYPE OF DISCOMFORTS DO WOMEN FEEL? WHAT RELIEF DO THEY EXPECT?

Question: What type of discomforts do you experience? (T0, N=100)

TYPES OF DISCOMFORTS FELT



Question: What kind of effects are you looking for, when taking food supplements for pain and discomforts during menstruation? (T0, N=100)



50% of women surveyed expect the product to reduce various types of pains caused by menstruation.

WHAT ARE THE RESULTS AFTER 1 AND 2 MENSTRUAL CYCLES?

Question: By taking this product during your current menstrual cycle, what was the impact on discomforts during your period?

N=100		T1 vs T0	T2 vs T0
% of women who noticed an improvement on the following discomforts:	Lower abdominal pain	74%	81%
	Back pain	61%	64%
	Joint or muscle pain	47%	51%
	Physical fatigue	68%	69%
	Headaches	57%	67%
	Nausea and/or vomiting	52%	58%
	Feeling of faintness	56%	56%
	Digestive disorders such as diarrhea	54%	65%

Question: Does *Oligobs® Règles Difficiles* meet your expectations?

N=100		T1 vs T0	T2 vs T0
	Discomforts relief	79%	82%
	Fast-acting: discomforts improved within 2 days	71%	76%

OLIGOBS® RÈGLES DIFFICILES:
Reduces menstrual pain and discomforts as from the first menstrual cycle.

More than 8 out of 10 women experience a discomforts relief.

WHAT ABOUT ITS IMPACT ON QUALITY OF LIFE?

N=100	T0	T1	T2
Average number of days of absence in work or school places due to acute menstrual discomforts	2.07 days	1.66 days	1.25 days

-40%**






Taking **Oligobs® Règles Difficiles** considerably **reduces women's discomforts** and **absence** from work or school.

Nearly **81%** of women felt an **improvement in their quality of life** with **Oligobs® Règles Difficiles** at the end of the study.

WHAT ABOUT THEIR PARTICIPANT'S COMPLIANCE OF OLIGOBS® RÈGLES DIFFICILES?

Question: Do you like the galenic form? Do you agree with the dosage?
Do you agree with the program terms? (T0, N=100)

	Adherence to galenic form	96%
	Adherence to dosage	94%
	Adherence to program terms	96%



Overall, the studied food supplement was **well accepted** by the participants. Taking **Oligobs® Règles Difficiles** is **convenient**, it has **improved their quality of life** and **met participants' expectations**.



Recommendation

85%
would recommend

Oligobs® Règles Difficiles
to a relative in the
same situation



Intention to buy

73%
would buy

Oligobs® Règles Difficiles
without considering
price or place to buy

**What do women think about it?
What are the feedbacks?**

"A very good product, it is perfect"

"I find the product effective. I've had fewer symptoms than usual while I'm usually very sick."

"I found the program more effective on the 1st cycle."

"Thank you very much for this product test, I am satisfied."

"Nothing special, except saying that the product is really effective and easy to take."

"Very good product, efficient."

"Thank you for this test, as it really did relieve my pain."

"Not too effective on the first day, but by the 2nd day, I could rapidly experience the working effects."

Feedbacks from the observational study conducted by the Expansion Consulteam institute of studies & surveys (Paris-FRANCE) between October and December 2022 on 100 women.

**40 = ((2.07-1.25)/2.07)x100

OLIGOBS® RÈGLES DIFFICILES

A GENUINE AND EXCLUSIVE FORMULA

**Chamomile
matricaria
extract 187.5 mg**

**Helps promote
relaxation and mental
and physical well-being**



**Fennel extract
60 mg**

**Helps maintain comfort
during menstrual period**



**Ginger extract
187.5 mg**

**Contributes to the
physical well-being
and the normal
functioning of the
digestive tract and
helps to maintain the
feeling of comfort.**

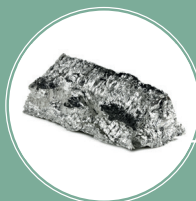


*3 tablets / day
for 5 days*

*1 tablet morning,
noon and evening*

**Zinc sulfate
15 mg**

**Contributes to
good cognitive
function**



**Magnesium
bisglycinate
300 mg**

**Contributes to
normal physiological
functions**



**Vitamin B6
1.4 mg**

**Helps regulate hormonal
activity and reduce fatigue**

Laboratoire CCD is a French pharmaceutical laboratory founded in 1964 which develops innovative products for women's health, and helps improve their daily well-being in life.

→ Find more information on our website,
accessible by scanning the QR code
or directly at www.laboratoire-ccd.fr



Laboratoire CCD
36, rue Brunel
75017 PARIS
FRANCE

Tel. : +33 1 44 95 14 95
General information (France):
08 00 35 80 00
www.laboratoire-ccd.fr

Food supplements are no substitute for a varied, balanced diet and a healthy lifestyle. Respect the recommended daily dose. Keep out of reach of young children. Not for use by children under 12. If you have any questions about the product or the quality complaint, please send your message to infomed@ccdlab.com

