

OLIGOBS® SPM / PMS

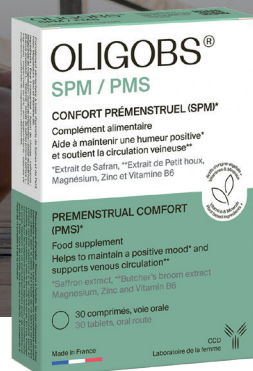
Promotes premenstrual comfort*

Results of the
observational
study



Do you know that, premenstrual syndrome
is believed to affect **75%** of women at childbearing age?

Premenstrual syndrome (PMS) is a recurrent disorder that occurs during the luteal phase of the menstrual cycle. It is characterized by intense physical, psychological, and behavioral changes that interrupt interpersonal relationships and disrupt the lives of affected women¹.



Laboratoire CCD presents its new innovative product **Oligobos® SPM / PMS**, formulated to provide a fast-acting and effective solution to premenstrual syndrome (PMS) and backed by an observational study.

*Saffron.
1. Zaafrane F, Faleh R, Melki W, Sakouhi M, Gaha L. An overview of premenstrual syndrome. J Gynecol Obstet Biol Reprod (Paris). 2007 Nov;36(7):642-52. French. doi: 10.1016/j.jgyn.2007.01.007. Epub 2007 Feb 26. PMID: 17321695.

DESIGN OF THE OBSERVATIONAL STUDY



100 participants
Age: 25/45 years-old
37.2 y.o. on average

Performed in France. Random and balanced territorial allocation



Inclusion criterias

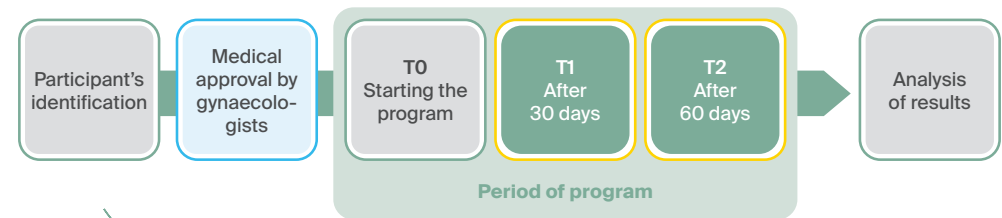
- ✓ Women aged between 25 and 45
- ✓ Participants suffering from premenstrual syndrome for 2 months or more, and having experienced physical, psychological or physical and psychological disorders in the last 2 months

Non inclusion criterias

- ✓ Pregnant or breastfeeding women
- ✓ Peri-menopausal women (suffering from menopause-related discomforts)
- ✓ Women under continuous medical treatment (except contraceptive pill or IUD or condoms use)
- ✓ Tested positive for COVID-19 at the start or during the study
- ✓ During the study, participants must not take other products targeting premenstrual syndrome 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 May and July 2022 on 100 women prone to Premenstrual Syndrome (PMS) for 2 months or more, and who have experienced physical, psychological and both physical and psychological discomforts (joint pain, tiredness, depression, trouble falling asleep...). Study conducted over a period of 2 menstrual cycles.



Mailing of the program and instructions

Survey stages	Number of participants
T0 - Start of intake	108
T1 - After 30 days	104
T2 - After 60 days	100

Number of participants nearly stable



Objective:

To demonstrate the benefits of **Oligobs® SPM / PMS** across several criteria such as: perceived efficacy, improvement in quality of life, acceptance/adherence of participants.



Primary endpoint:

Improvement monitoring in participants after 30 and 60 days.

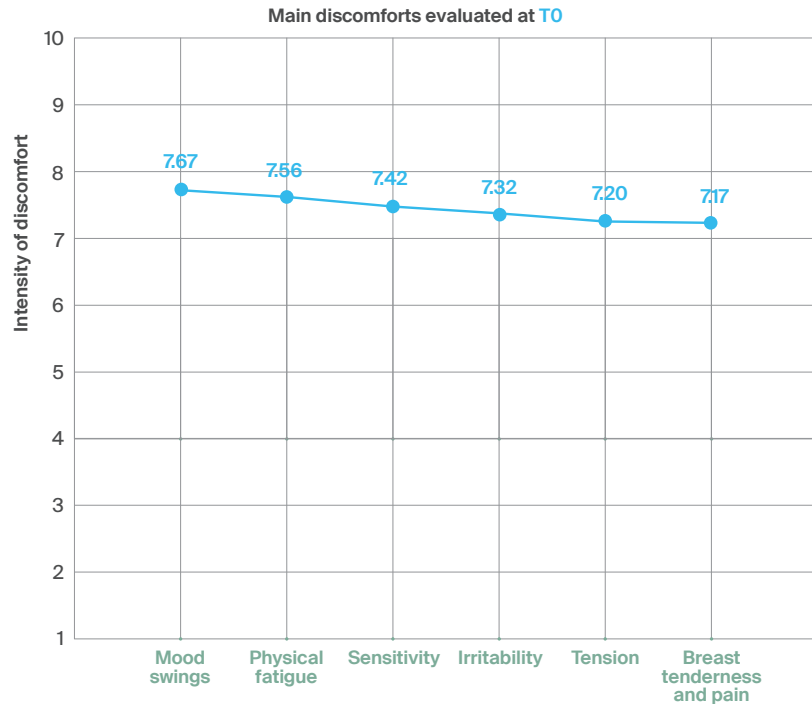
Intake



3 tablets per day, in one intake, preferably in the evening, during 10 days before the menstrual period.

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

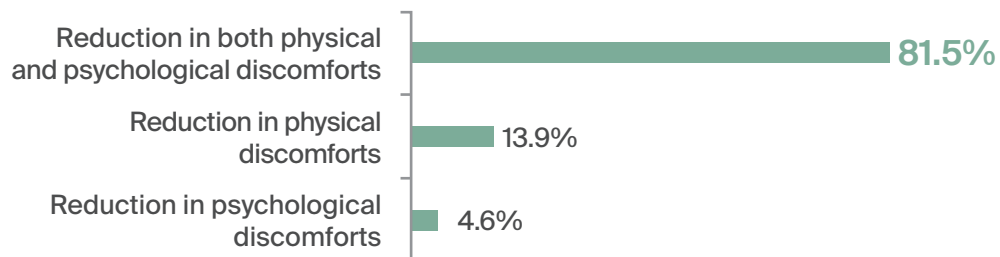
Question: What type of discomforts do you feel? (T0, N=108)



Scale of intensity: 0 = no discomfort 5 = medium discomfort 10 = very high discomfort

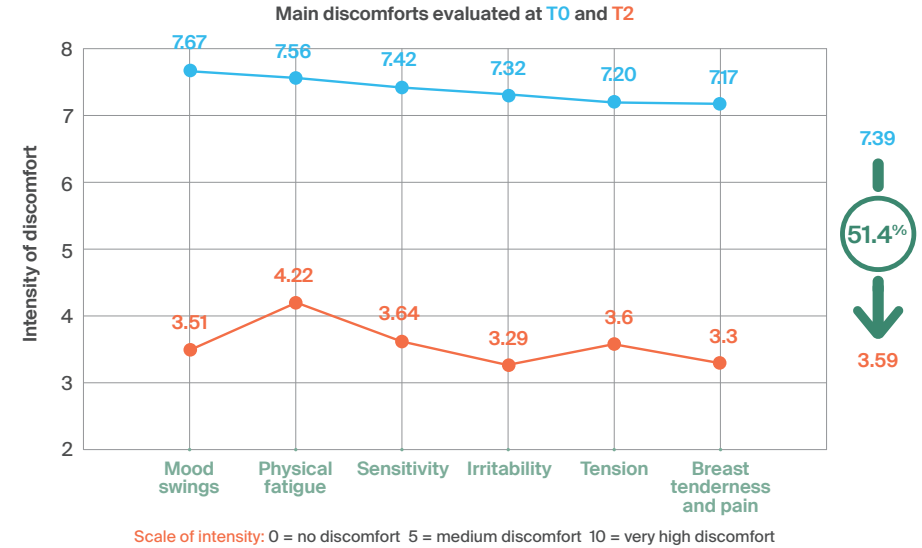
Main physical discomforts: physical fatigue, breast tenderness and pain.
Main psychological discomforts: mood swings, sensitivity, irritability, tension.

Question: What kind of effects are you looking for when taking food supplements for PMS discomforts? (T0, N=108)



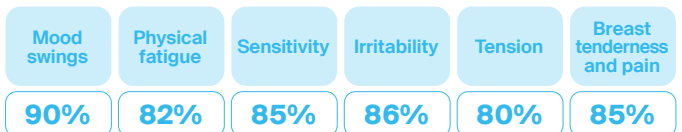
WHAT ARE THE RESULTS?

Question: By taking this product, what was the impact on discomforts? (T2, N=100)



On average, the most serious discomforts were reduced by **51.4%**² after 2 months of taking Oligobos® SPM / PMS.

RATE OF IMPROVEMENT IN PERCEPTION OF DISCOMFORTS³



2. $51.4 = (7.39 - 3.59) / 7.39 \times 100$

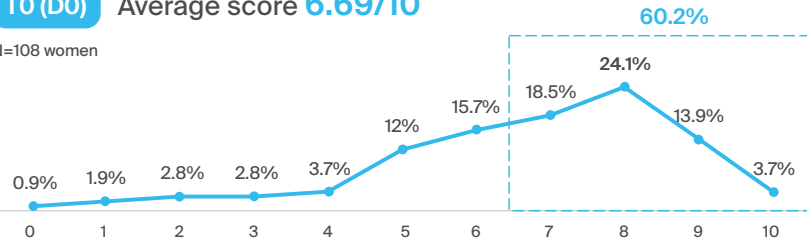
3. The improvement rate measures the % of positive migration, i.e. the % of women who noticed a positive result between T0 and T2. Example: "9 out of 10 women notice a reduction in their mood swings" => 90% of improvement rate.

WHAT ABOUT THE SPM IMPACT ON THEIR QUALITY OF LIFE?

Question: On a scale from 0 to 10, what impact does your PMS have on your quality of life?

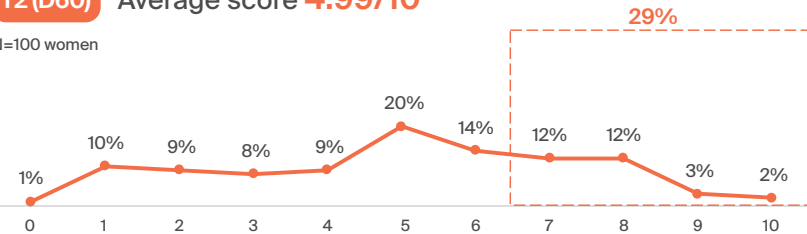
T0 (D0) Average score **6.69/10**

N=108 women



T2 (D60) Average score **4.99/10**




N=100 women



Oligobs® SPM / PMS improved women's quality of life as from the 1st month of treatment and reduced PMS-related discomforts by **25%**⁵ at the end of the study.

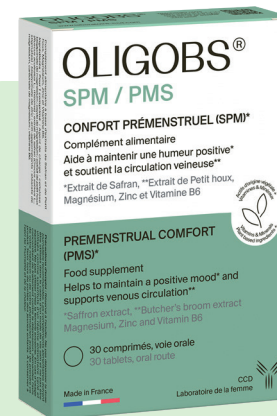
WHAT ABOUT THEIR PARTICIPANT'S COMPLIANCE OF OLIGOBS® SPM / PMS?

Question: Do you like the galenic form? Do you agree with the dosage? Do you agree with the program terms? (T0, N=108)

 Adherence to galenic form	88.9%
 Adherence to dosage	81.5%
 Adherence to program terms	93.5%



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



Recommendation

82%
would recommend

Oligobs® SPM / PMS to a relative in the same situation



Intention to buy

76%
would buy

Oligobs® SPM / PMS to reduce PMS-related discomforts

5. 25 = ((6.69-4.99)/6.69)x100

OLIGOBS[®] SPM / PMS

A GENUINE AND EXCLUSIVE FORMULA
TO PROMOTE PREMENSTRUAL COMFORT

Saffron extract - 102 mg

Helps maintain a comfortable menstrual cycle, helps maintain emotional balance and positive mood



Butcher's broom extract
138 mg

Supports venous circulation

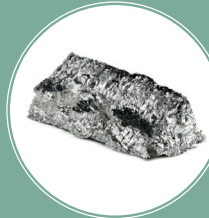


Vitamin B6
1.4 mg

Helps regulate hormonal activity and reduce fatigue



3 tablets per day,
in one intake



Magnesium
300 mg

Contributes to normal physiological functions



Zinc - 15 mg

Contributes to good cognitive function

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

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