



## Frequently Asked Questions

### cGPMAX Paediatric Support and Rett Syndrome

#### 1) What is cGPMAX Paediatric Support?

cGPMAX Paediatric Support is a natural supplement formulated from blackcurrant (fruit) powder and hydrolyzed collagen. These food ingredients are naturally rich in a dipeptide called cyclic Glycine-Proline (cGP). Our proprietary manufacturing process concentrates and stabilizes cGP within the powder. cGP is a molecule that is naturally made in the body, however in some disease states, our internal levels of cGP may be inadequate, hence supplementation may be a good option to replenish the body's cGP levels.

cGP is an essential nutrient for brain development and function. cGPMAX supplements are standardised to deliver a recommended daily dose of natural cGP. cGP levels are verified by an independent ISO accredited laboratory, ensuring consistency and purity. Each capsule of cGPMAX Paediatric Support delivers 20mcg natural cGP.

#### 2) What is cGP?

cGP normalises Insulin-like Growth Factor-1 (IGF-1), a crucial hormone. cGP has been well-researched for its mechanism, it is known to cross the blood-brain-barrier providing support to healthy brain development and function.

#### 3) Are all ingredients entirely natural?

Yes.

#### 1. How is cGPMAX™ Paediatric Support absorbed and excreted by the body?

The cGP in cGPMAX™ Paediatric Support is orally bioavailable in humans; meaning, it is easily absorbed through the digestive system, into the circulation, and available for uptake by the brain. The effective dose is low and within physiological concentrations. cGP is a small, lipophilic, and enzymatic resistant molecule which allows it to be excreted via the urine.

#### 4) How does it work?

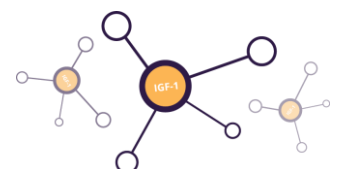
The gene mutation that causes Rett syndrome increases the production of IGFBP-3 proteins which in turn reduces IGF-1 function. cGPMAX binds to IGFBP-3, thereby releasing IGF-1 and increasing the activity of IGF-1.

#### 5) Was this supplement developed as a natural alternative to Daybue for Rett syndrome?

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cGPMAX® PRODUCTS ARE NATURAL SUPPLEMENTS AND ARE NOT INTENDED TO TREAT, CURE OR DIAGNOSE ANY DISEASE OR CONDITION. THIS INFORMATION IS PROVIDED FOR EDUCATIONAL PURPOSES ONLY

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No, cGPMAX was developed for supporting brain function in the aged population.

**6) Have any studies been conducted for its use in Rett syndrome?**

No.

**7) What studies have been done in other groups and what were the results?**

We have done several clinical observation studies in older populations with vascular diseases (stroke, cognitive impairment, and hypertension), one completed clinical trial in Parkinson's Disease, and one trial currently underway in patients with peripheral neuropathy caused by type 2 diabetes.

- Clinical observational studies demonstrated that people with more cGP in circulation have better memory. Increased levels of cGP are key to maintaining cognitive function in aged populations whereas the decreased levels of cGP with age is strongly associated with the onset of dementia.
- The clinical trial in Parkinson's patients shows that cGPMAX is orally bioavailable and crosses the blood-brain barrier. This study also showed that taking cGPMAX improved mood scores (anxiety and depression) in Parkinson's patients.
- The preliminary outcome from type-2 diabetes the clinical trial shows that cGPMAX improves the recovery of peripheral neuropathy and improves blood sugar levels.

**8) What improvements might we expect to see in someone with Rett syndrome?**

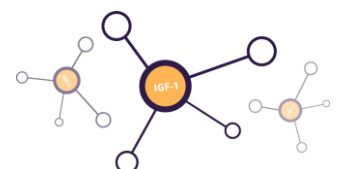
Although we have not conducted any clinical trials on cGPMAX in children with Rett Syndrome, we often receive positive feedback from parents of children with Rett Syndrome, including:

- Mood (less irritability/anxious)
- Improved concentration
- Improved sleep
- Improved impulse control

**9) How is the supplement given? e.g. capsule, liquid?**

cGPMAX is available as a capsule – a hard shell with powder inside. You can dissolve the full capsule in water, or you can open the capsule and empty the powder. The entire capsule is water soluble so can be dissolved in water. We have not had any feedback from our customers on gastric or nasal tubes so cannot comment.

**10) Please tell us a little more about the dosage.**





As with all supplements, we recommend consulting your healthcare provider prior to and during supplementation. Unfortunately, we are not medical doctors and cannot give medical advice. As everyone has different levels of IGF-1 deficit, a person's need for cGP supplementation and subsequently, their responses may vary.

As a guide, you may wish to try the following dosing:

- For children under the age of 5, you may wish to start your child on half a capsule per day for one month, to ensure the product is well tolerated. Half a capsule per day of cGPMAX<sup>®</sup> Paediatric Support provides 10mcg cGP daily. Once you are confident that the product is well tolerated, you may wish to increase the dose to 1 capsule per day (providing 20 mcg cGP).
- For those over the age of 5 years, 1-2 capsules of cGPMAX Paediatric Support daily may be suitable. Each capsule provides 20mcg cGP daily.

### **11) Are there any known interactions with other medications or particular health issues?**

No, so far, we do not have any knowledge or information about contraindications in children. However, we have some feedback from parents of girls with Rett Syndrome who have reported positively on the product.

We have no information on medical interactions in children. However, the clinical trials conducted on adults were done with populations using other medications and have reported no known contraindications.

We also believe that as a natural nutrient that is made from everyday food sources, the interactions of cGP with other drugs would be minimal.

### **12) Is it suitable for children and adults?**

We have not completed any formal trials in children; however, we have had girls with Rett syndrome using cGPMAX and the feedback has been positive without any obvious side effects.

### **13) Are there any side effects?**

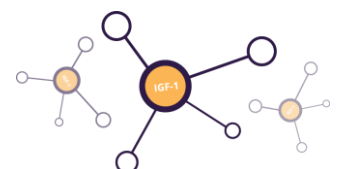
So far, we do not see any side effects in adults.

### **14) What would happen if someone stopped taking the supplement? Would it need to be withdrawn slowly?**

We have not done any reviews on children. In adults, stopping cGPMAX does not require a slow withdrawal.

### **15) Where can we buy it?**

Orders can be placed at [www.cgpmax.com](http://www.cgpmax.com) and we ship globally.





## 18) What is the cost?

The cost of cGPMAX Paediatric Support is NZ\$75/bottle (30 capsules), however we offer special pricing for those parents of children suffering from Rett Syndrome.

To trial the product at 40% off, purchase three bottles of cGPMAX Paediatric Support and enter the code [TRIAL-DD](#) at checkout. This discount can only be used once per customer.

To have 3 bottles of cGPMAX delivered every 3 months, purchasing a subscription is an excellent choice and provides the best ongoing value.

To purchase a subscription, add a cGPMAX Paediatric Support "subscription" to your cart, enter [SUB-DD](#) at checkout for a discount off the subscription price. Using [SUB-DD](#) discount code provides 20% off the price of 3 bottles delivered on subscription every 3 months.

*Please note international orders incur a freight charge, and duties are the responsibility of the purchaser.*

## 16) Where can I find out more information?

You can find access to all the detail on the development of natural cGP and the relevant scientific papers on [www.cgp-health.com](http://www.cgp-health.com).

