

COLLECTION OF ELO ANECDOTES

Real People. Real Stories.
Real Experiences



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Where the data is in the form of anecdotal evidence, it does not constitute medical evidence from scientifically designed randomized controlled trials, they are from real people with real conditions that have testified to the benefits they experienced from drinking and soaking in ELO Water.

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We are in the process of conducting human clinical trials in Singapore to investigate the effects of ELO on certain medical conditions.

DIABETES MELLITUS ANECDOTAL EVIDENCE

TYPE 2 DIABETES

Profile

53 yr/Indian/Male

Wt: 70 kg Ht: 1.72 m

Non-smoker

Past History

- Diagnosed Type 2 diabetes mellitus in 2011.
- HPT diagnosed in 1997
- On OHA – Metformin 800mg 3 X per day
- Micardis 40 mg

Diet

Eats an Indian vegetarian diet



Disclaimer: Anecdotal Observations, Not Medical Evidence

TYPE 2 DIABETES

Started drinking 1.5 L of ELO water per day on Jan 2016

Blood Glucose Readings

Fasting Glucose	Before ELO	4 months later	5 months later	6 months later	7 months later
mmol	8 - 9	7.6	6.3	4.5 – 5.2	5.8 – 7.0
	Metformin 3 times a day	Metformin 3 times a day	Metformin 3 times a day	Metformin twice a day	Metformin Twice a day

	Before ELO	6 months after starting ELO water	11 months after starting ELO water
HbA1c (%)	7.8	7.3	6.8

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DIABETES – PATIENT WAS INSULIN DEPENDENT

Profile

55 yr/Chinese/Female

Wt: 49 kg

Ht: 1.5 m

BMI: 21.9

Non-smoker

Past History

Diagnosed in 1996 and prescribed oral medications. Since year 2000, patient was converted to insulin (Mixtard 22 U om 10 U on) and oral Metformin 1000 mg bd.

Diet

Eats a normal diet

No regular consumption of sweetened beverages

Started on 1.5L
of ELO Water
daily in Jan 2016




+ Started ELO bath
soaking from 20 Jan 2016
until early April 2016
(total of 74 soaks)



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DIABETES – PATIENT WAS INSULIN DEPENDENT

Insulin dose reduced



DATE/Insulin	Fasting
January 2016 (22 U om 10 U pm)	14.1
Feb 2016 (22 U om 10 U pm)	6.7 6.1
Mar 2016 (22 U om 10 U pm)	5.1 6.3
March 2016 (22 U om 8 U pm)	5.2
March 2016 (20 U om 8 U pm)	7.1
April 2016 (18 U om 6 U pm)	7.2
4 – 18 Apr (16 U om 6 U pm)	7.0

Long term average glucose control improved – blood test done by patient’s managing doctor

	November 2015	22 February 2016
HbA1c (%)	7.8	7.0
	Jan 2016	Feb 2016
Weight (kg)	49	48.5

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