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## Positive results on "Clinical trial on beneficial effects of long term MenaQ7® (Natural Vitamin K2) intake by postmenopausal women"

In 2007 NattoPharma initiated a 3-year clinical intervention study on the effects of MenaQ7® on bone and cardiovascular health, respectively. Recruitment for the study started in early 2008 and the last measurements have been completed in the fall of 2011. The compliance was excellent - with 91.4% of the randomized participants staying in the study until its completion. The data are presently evaluated but already it may be concluded that the results are positive and that the primary efficacy parameters are met.

*"The results from the 3 year human study on MenaQ7® are encouraging. This is the first time in history such effects have been scientifically documented with natural vitamin K2"* says CEO Peter Carlsson and continues *"- it is an essential step for NattoPharma to get this confirmation, and we will actively use the findings together with our customers and partners to improve our commercial platform. NattoPharma has made a significant investment in this study and is working on expanding its partnerships with leading companies commercializing MenaQ7® in the supplement and functional food markets throughout the world."*

### Background

In April 2008, NattoPharma started a clinical intervention study with 244 postmenopausal women randomized to receive either MenaQ7® or placebo. The study has been conducted at VitaK at the Maastricht University in the Netherlands and lead by Associate Professor of Biochemistry Cees Vermeer. The aim of the study was to investigate the effects of a sustained intake of a low dose (180 mcg) of natural vitamin K2 (MenaQ7®) on both bone and vascular health parameters. Final results of this clinical study are expected to be released during 2012 and are likely to generate several scientific publications. The results will also be used for the important regulatory work worldwide.

### Cardiovascular Health

Cardiovascular disease (CVD) is the most common cause of death in the Western society. In Europe cardiovascular mortality amounts 4.5 million each year. With increasing problems of obesity and type-2 diabetes, which are strong risk factors, CVD is expected to increase not only in the Western world but especially in Asia. Any component that can prevent the development of CVD is therefore of significant importance. The study shows that MenaQ7® has positive effects on several CVD-parameters; among several findings the pulse wave velocity parameter improved significantly by MenaQ7® treatment.

### Osteoporosis

Osteoporosis is a disease that leads to an increased risk of fractures of bones. In osteoporosis the bone mineral density (BMD) is reduced, bone micro architecture deteriorates, and the amount and variety of proteins in the bone is altered. According to the *International Osteoporosis Foundation*, osteoporosis it is estimated to affect 75 million people in Europe, USA and Japan. The results of NattoPharma's current study show that MenaQ7® plays a positive role in bone health. Both the amount of bone and quality of bone

are better conserved in the MenaQ7® group.

**About MenaQ7®** MenaQ7® provides natural vitamin K2 as a fermentation extract manufactured by using *Bacillus subtilis* natto. This process generates a highly pure and bio-available form of vitamin K2, menaquinone-7 (MK-7). MenaQ7® is the best documented, commercially available natural vitamin K2 with guaranteed activity and stability. Nattopharma holds several granted and pending patents that protect the use of K vitamins.

For more information on the health benefits of MenaQ7®, please visit [www.menaq7.com](http://www.menaq7.com).

**About NattoPharma** NattoPharma ASA, Norway is the exclusive international supplier of MenaQ7®, the natural vitamin K2. NattoPharma has since 2007 entered into a multi-year research and development program to substantiate the health benefits of natural vitamin K2. The results underline the relevance and importance for new and innovative applications in the functional food and health food supplement markets.

Please visit [www.nattopharma.com](http://www.nattopharma.com)

For more information, please contact:

Peter Carlsson  
CEO  
Phone: +47 950 49 906

Dan Edwall  
R&D Manager  
Phone: +46 70 798 80 89