

## **Dietary Supplementation of RiduZone (Oleoylethanolamide/OEA) Results in Weight Loss in Humans: The First-in-Human Case Studies**

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### **ABSTRACT**

#### **Introduction**

[RiduZone™](#) (OEA/The Product) is an FDA acknowledged, safe, new dietary supplement that support a healthy weight, appetite and body fat composition in humans. OEA is produced in the small intestine and is a metabolite of dietary oleic acid. OEA is also the most potent known agonist of the PPAR- $\alpha$  receptor. OEA acts in the small intestine and induces satiety and stimulates lipolysis. In animal studies oral administration of OEA resulted in weight loss, calorie restriction and serum cholesterol reduction. In humans, the amount of endogenously produced OEA from dietary precursor is insufficient to induce weight loss.

#### **Methods**

In one study, fifty (n=50) human subjects interested in losing weight were advised to take the product, 2-3 times/day, 15-30 minutes before a meal for 4-12 weeks. Subjects included those who had not used weight loss products before, those who experienced adverse events with other weight loss products, those whose weight loss plateaued on other weight loss agents such as phentermine, those trying to implement life style changes (portion control and regular exercise), and those actively being managed for medical conditions including impaired glucose tolerance, dyslipidemia, hypertension and cardiovascular diseases.

In a second study, 4 subjects with baseline weights of 229, 242, 375 and 193 lbs respectively, were instructed to take the product. Subjects took 4 capsules (1 capsule 15-30 minutes before meals and they were to take an extra capsule prior to their largest meal of the day) daily for 28 days. The last subject had previously undergone lap band placement. Subjects were instructed to make no changes to their diet and exercise habits.

#### **Results**

In the first study, subjects lost an average of 1-2 lbs/week. There were no side effects except for one patient experiencing transient nausea that was resolved in less than a week.

In the second study, 3 out of 4 subjects reported weight loss (3, 7, 15 and 0 lbs respectively). All 4 subjects reported a 10-15% decrease in portion size, prolonged inter-meal intervals, and no side effects.

#### **Conclusion**

The early first-in-human study results support the fact that the product is a safe and effective tool for calorie restriction and weight loss. Subjects with history of lap-band placement (or other bariatric procedures) may require a longer duration of treatment to experience desired weight change. Further studies with larger sample size are warranted for further confirmation.