

ActiveAMP 2021

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Article

*The effect of an orally-dosed
Gynostemma pentaphyllum extract
(ActivAMP®) on body composition in
overweight, adult men and women: A
double-blind, randomised, placebo-
controlled study*

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Key Words

- ActivAMP
- Body composition
- Body weight
- *Gynostemma pentaphyllum*
- Herbal extract

Summary / Key Points

A 2021 study shows improvements in body and fat composition with supplementation of herbal extract, *G. pentaphyllum* (Gpp). The Brisbane-based trial adds to a vital evidence base for safe and effective weight loss tools.

Read below to find out more...

Gpp is a natural herb derived from a vine of the cucumber and gourd family. It has been used traditionally in East Asia for obesity and diabetes and forms a routine medicine in China today. The herb is proposed to be linked to dammaranes and their activation of AMPK, which mimic the effects of physical exercise.

This study examined the effects of ActivAMP[®], a commercially available supplement containing Gpp. It was a randomised controlled trial (RCT), meaning that participants were randomly allocated into two groups. An 'active' group supplemented with Gpp daily for four months, and a 'control' group took a placebo over the same period. The trial was double blinded so that neither participants nor investigators were aware of who was in each group.

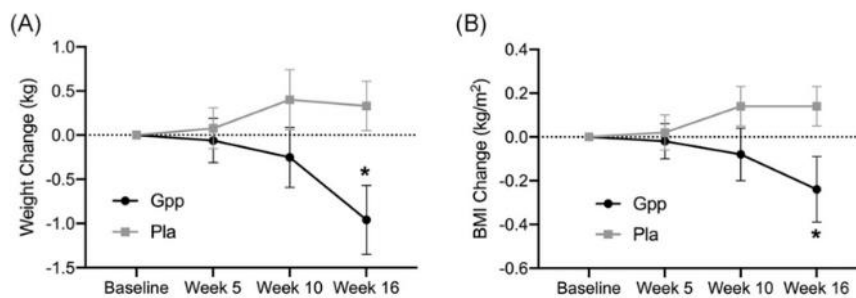
Male and female participants (over 18 years, overweight or class 1 obese) were asked to maintain their usual dietary intake and exercise regime which were recorded using 24-hour recall diaries and assessed by a dietician and accredited exercise physiologist. Body composition was measured using dual-energy X-rays, anthropometric measures and blood tests.

After 16 weeks of treatment, the Gpp group showed a significant reduction in BMI, total body weight, total fat and gynoid fat mass compared to the placebo group. There were also statistically significant differences in blood measures, including plasma triglyceride (fat in blood), alanine aminotransferase (an enzyme mainly in the liver and kidneys) and tumour necrosis factor- α (inflammatory protein for cell signalling). Compared to placebo subgroups, males dosed with Gpp showed a significant reduction in visceral fat (abdominal). Females in the active group saw statistically significant reductions in gynoid fat (hips and thighs), though not in waist or hip circumference, which is likely to be attributed to the number of participants analysed in each group.

- Gpp supplementation shown to reduce body weight and fat mass in overweight and obese males and females
- Abdominal fat reduction seen in males
- Lower plasma triglycerides compared to placebo

[Click here \(link to website / paper\)](#) for further details on the study.

HERBAL SOLUTION FOR WEIGHT LOSS



Brisbane-based RCT shows improvements in body and fat composition with...

G. pentaphyllum (GPP)

