



For Immediate Release

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## **Relora® Significantly Reduces Stress, Anxiety and Sleep Latency** New Findings Presented at the WorldNutra Conference

October 18, 2005- Irvine, CA – Revealing the results of a new study, Next Pharmaceuticals, Inc. announced today that their proprietary botanical ingredient Relora® (which is a blend of *Magnolia officinalis* and *Phellodendron amurense* extracts) significantly reduces anxiety, stress and sleep latency in women who suffer from these problems. The new findings were presented at the WorldNutra Conference, held at the Crown Plaza Anaheim Resort in Anaheim, California this week.

“The news headlines are ominous and Americans are worrying more than ever. Anxiety levels are up and the risk for overeating, heart disease and other disorders related to excessive stress has never been greater,” said Bob Garrison, President and CEO of Next Pharmaceuticals, Inc. “There is extensive research on Relora that indicates it can play a very useful role in helping people deal with daily anxiety issues.”

The Relora randomized, placebo-controlled, parallel-group, clinical trial was conducted to assess the safety and efficacy of the formulation in reducing anxiety, salivary cortisol and food intake. The study enrolled 40 healthy, overweight, physically active, 25-50 year old women with anxiety who reported eating more in response to stressful situations. Subjects were randomized (1:1) to receive either placebo or 750 mg of Relora for 6 weeks. An intent-to-treat analysis indicated that the Spielberger Trait Total and Anxiety Index scores improved significantly, and by twice as much with Relora as with placebo ( $p=0.047$ ). The Relora group also had twice as much average reduction in sleep latency (11 minutes,  $p=0.012$ ) as the placebo group (5 minutes,  $p=0.147$ ). Most importantly, the formulation was found to significantly reduce anxiety and stress.

“Up until now, there was no natural formulation that has shown such results in reducing anxiety,” added Garrison. “People who have used Relora, appreciate it as an effective formula that helps them deal with the increasing tension in their lives.”

Next Pharmaceuticals, Inc. is a research and development company that markets its patented or patent-pending ingredients such as Relora®, Nexrutine®, Seditol® and Citri-Z™ to food, beverage, and dietary supplement companies seeking differentiation and a marketing edge with their healthy living products. For more information log onto [www.nextpharmaceuticals.com](http://www.nextpharmaceuticals.com).

