

# MARINE PHYTOPLANKTON (ALPHA 3 CMP)

## PROGRESS REPORT FROM THE DIRECTOR OF RESEARCH LIFE ENRICHMENT RESEARCH FOUNDATION

A pilot study was contracted with the Department of Health Promotion and Education at the University of Utah to conduct clinical studies to determine the impact of Alpha 3 concentrated marine phytoplankton on human health indicators of apparently healthy individuals. Asymptomatic healthy individuals were randomly assigned to one of four treatment groups. One group took the recommended dosages of concentrated marine phytoplankton in liquid form, another group took the powder form, a third group had a placebo, and a fourth group did not take anything. This double blind study was conducted over a three-month period using a repeated measures design—that is they were clinically test three times over the three months and tested five times with psychospiritual health assessment tools. Several of the indicators showed no statistically significant changes. Three markers did show significant results.

When comparing the combined liquid and powder forms of Alpha 3 CMP with both the placebo group and the control groups there was a significant difference in the CD3 complex and two of the emotional tests. We can make the following statements in regards to the pilot study.

1. Those that took Alpha 3 CMP showed a significant ( $p < .01$ ) increase in the CD3 measures. CD3 is an indicator of the presence of T-Lymphocytes. T-Lymphocytes are primarily responsible for the elimination of internally manufactured antigens (viruses, bacteria, etc.) in organic tissues.
2. Those that took Alpha 3 CMP showed a significant ( $p < .05$ ) in scores on the emotional subscale of the SF36. The SF36 is health survey used by many in the medical community to determine functional health and well-being. The emotional items that showed significance were favorable responses to inquiries about how they felt in the previous four weeks. Some examples are shown below:
  - a. Feeling full of life
  - b. Feeling lots of energy
  - c. Feeling calm and peaceful
3. Those that took Alpha 3 CMP showed a significant ( $p < .05$ ) in scores on the Authentic Happiness Inventory. This instrument was developed by Dr. Martin Seligman, the Director of the Penn State University Positive Psychology Center. There are several areas of inquiry including the following.
  - a. Good moods
  - b. Feeling successful
  - c. Ability to focus
  - d. Filled with joy
  - e. How well you are doing
  - f. Proud of yourself
  - g. Level of enthusiasm
  - h. Level of optimism

*\* These results are based upon a pilot study. The results will be duplicated to be conclusive.*

*\*\*The University of Utah DOES NOT endorse Alpha 3CMP or any of its products.*