



For release

Seinäjäki, Finland 19.11.2021

Positive results from human clinical study concluded on Fenno-Chaga® Organic

Eevia Health Plc (" Eevia" or" The Company") has concluded a human clinical study of the effects of Eevia's branded ingredient Fenno-Chaga® Organic on Upper-Respiratory Tract Infections (URTIs) and Psychological Mood State with positive and promising results.

Forty (40) healthy long-distance (marathon) runners participated in a research study investigating the effects of a one-month dietary supplementation of **Fenno-Chaga® Organic** on their physical and psychological well-being. The hypothesis was that Fenno-Chaga® Organic might improve immune system vigilance in the test group, compared to the control group. Twenty males and females received **Fenno-Chaga® Organic**, while another same size group received a placebo.

To stress and suppress the immune system of the volunteers, participants trained for and completed a strenuous endurance running event (half-marathon to marathon distance) to induce physical and mental stress. This endurance event created a "susceptibility window," whereby a higher risk for upper-respiratory-tract infections (URTIs) is more likely to be observed. **Fenno-Chaga® Organic** may be a natural "immune-modulator," which may balance overall immune system activity and either stimulate a suppressed immune system (up to optimal) or suppress an overactivated immune system (down to optimal). An adequately primed immune system "pays attention" to factors it should fight, such as viruses, bacteria, cancer cells, etc. On the other hand, it ignores factors that should be considered non-harmful, such as pollen, mucus membranes, joint cartilage, etc.

In the study, we observed that the **Fenno-Chaga®** group experienced the following positive benefits of supplementation compared to the placebo group:

- **There was a 51% reduction in upper-respiratory tract symptoms (total number of reported symptoms such as cough, sore throat, sniffles, stuffiness, etc.)**
- **A 10% improvement in overall well-being (global mood state)**
- **A 61% increase in microbiome species *S. Thermophilus*, which is known to be involved in immune-system regulation**
- **A 30% reduction in cortisol (primary stress hormone)**

The study concluded that **Fenno-Chaga® Organic** significantly decreased URTI incidence and improved psychological mood state compared to Placebo. An abstract of the study can be found at Eevia Health webpages www.eeviahealth.com. The results will be presented at a scientific conference. Eevia Health will use the results in the market positioning of its branded product **Fenno-Chaga® Organic** as an effective ingredient in immunomodulating dietary supplements. Scientifically documenting the efficacy of Eevia's plant extracts is essential as a crucial factor in growing customer interest and sales.

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INFORMATION ABOUT EEVIA HEALTH PLC

Eevia Health Plc, founded in March 2017, addresses significant health problems with bioactive compounds extracted from plant materials. The materials are primarily wild-harvested from the pristine Finnish and Swedish forests near or above the Arctic Circle. The extracts are sold B2B as ingredients to dietary supplements and food brands globally. These global brands utilize the ingredients in their consumer product formulas.

Eevia Health is a fast-growing Finnish manufacturer of 100% organically certified plant extracts. Although a significant product; Elderberry extract, is made from cultivated berries, most of Eevia's other raw materials, such as bilberry, lingonberry, chaga-mushroom, and pine bark, are wild-harvested in a sustainable fashion. Eevia's branded ingredients, such as **Feno-Myrtillus® Organic** (high concentrate bilberry extracts with 36% anthocyanins) and **Fenoprolin® 70 Organic** (pine bark extracts with 70% oligomeric proanthocyanidins), are organically certified.

Eevia Health operates a modern green-chemistry production facility in Finland. The factory operates near the raw material harvest areas. A uniquely short value chain enables an environmentally friendly carbon footprint, competitive pricing, and extreme transparency. Eevia listed its shares at Spotlight Stock Market in Sweden in June 2021, with the short name [EEVIA](#).

To learn more, please visit www.eeviahealth.com or follow Eevia Health on LinkedIn @EeviaHealth.