Harley Health Limited
Lab 108
3 Edgar Buildings
George Street
Bath BA1 2SJ
Tel: 01884 243568

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TO WHOM IT MAY CONCERN

Harley Health Limited supplies pure Marine Collagen Capsules to **Katharine Botanicals Limited**.

Prior to commencing supply, **Harley Health Limited** had studies carried out on this product, on their behalf, independently, by **Laser & Cosmetic Clinic**, 591 Fulham Road, Fulham Broadway, London SW6 5UA under the control of **Doctor Z. Khader**.

Harley Health Limited, using the findings of that study, hereby confirm the attached report with regard to **Katharine Botanicals Pure Marine Collagen Capsules**:

(Signed)

Dr K. Nulliah
Harley Health Limited

REPORT

Various therapies are available for treating ageing symptoms of the skin. One substance that has been convincingly used to combat ageing is collagen products. Katharine Botanicals Marine Collagen is a food supplement based on marine products.

A self evaluating study was undertaken to investigate the efficacy of the product with ageing symptoms of the skin.

Subjects and methods:
Females with aging symptoms and facial scar were recruited. All subjects received verbal and written information about the aim of the study before giving informed consent. The study protocol was not required to be approved by a Human Ethical Committee as the preparation used is classified as a dietary supplement.

The participants were asked to take 2 tablets at night before retiring to bed. Treatment was continued for 2 months.

Evaluation of Skin Ageing Symptoms:
Symptoms were evaluated clinically using a five-point score
0 absent
1 very modest
2 modest
3 moderate
4 good improvement

Results:
A total of 30 females aged from 28 to 64 years of age were included in this study. The mean age was around 45 years of age.

Grading of skin ageing symptoms:

Absent	0
Very modest	2
Modest	8
Moderate	12
Good improvement	8

Evaluation:
There was a significant improvement in the quality of the skin texture and improvement of fine lines and wrinkles.

Discussion:
In this study the Katharine Botanicals Marine Collagen had significant improvement in the skin quality. The effects seemed to develop over time and were more pronounced after six weeks.

In addition, patients had also seen improvement in joint problems and sleep pattern. Based on this study, Katharine Botanicals Marine Collagen can be considered as a good therapy for the treatment of aging skin symptoms.