Clinical Studies of Proprietary Specialized Pro-Resolving Mediators (SPM) Formula at a Glance

Collaborators/ Researchers	Key Takeaways
Jesmond Dalli, PhD (Queen Mary University of London)	• Subjects: healthy volunteers • Study type: randomized trial aimed to increase understanding of SPM actions in humans • **Findings: SPM supplementation increases circulating SPM levels and enhances immune cell function and resilience**
Jen Stagg, DO **Bridget Briggs, MD** **Taz Bhatia, MD** **Cory Rice, DO** **Robert Bonakdar, MD** **Andrew Heyman, MD**	• Subjects: patients with chronic inflammatory conditions • Study type: practice-based case series • **Findings: reductions in proinflammatory markers, pain scores, and improvements in pain-related quality of life**
Erik Lundquist, MD	• Subjects: patients with fibromyalgia and CIRS • Study type: N-of-1 type case reports in real-life setting • **Findings: improvements in physical functions without flare-ups**
Ryan Lazarus, DC	• Subjects: two competitive athletes • Study type: case studies •**Findings: reductions in pain after physical activity; improvements in fatigue and mood**
Michael Conte, MD (UCSF Heart and Vascular Center)	• Subjects: patients with peripheral arterial disease vs. healthy volunteers • Study type: short-term dose escalation study • **Findings: increases in the levels of SPMs and SPM-to-prostaglandin ratio in plasma, increases in SPMs in HDL particles, and changes in immune cell resolution phenotype**
Ryan Bradley, ND (National University of Natural Medicine)	• Subjects: patients with a history of chronic pain lasting at least 3 months • Study type: single-arm observational study • **Findings: reductions in pain and improvements in quality of life**
GRAS expert panel	• Study type: safety review • **Findings: expert panel unanimously concluded the proprietary SPM formula is GRAS**