

Summary of the application study for the HerbaChaud® heat plaster

Scientific background

The effect of heat is mediated by thermoreceptors (sensory cells that register heat and report it to the brain so that the sensation enters consciousness). This allows the heat to reach both superficial and deeper structures. The effects of heat therapy are individually dependent on the reaction behaviour of the patient.

In addition to influencing nervous connections, the therapy mainly has a circulation-promoting and metabolism-activating effect. Heat therapy therefore works in different ways:

- relaxation of the musculature
- improvement of the elasticity of the connective tissue
- decrease of joint stiffness
- increase of blood circulation
- hypotension
- increase of the metabolism
- calming and deeper breathing
- pain relief

In the case of the HerbaChaud® Heat Patch, the product is primarily used for pain relief.

To relieve pain, medical guidelines from Germany, Canada and the USA recommend the use of heat as an alternative to taking painkillers or applying pain ointments. Medical guidelines have the task of supporting doctors in the treatment of their patients. Based on clinical studies, they give recommendations as to which diagnostic and therapeutic means or procedures are appropriate for a particular disease. They are based on the latest scientific findings and procedures proven in practice and provide for more safety in medicine, but should also take economic aspects into account.

The use of heat plasters is preferred over all other treatment options for neck pain, menstrual pain, acute and chronic back pain and chronic pain.



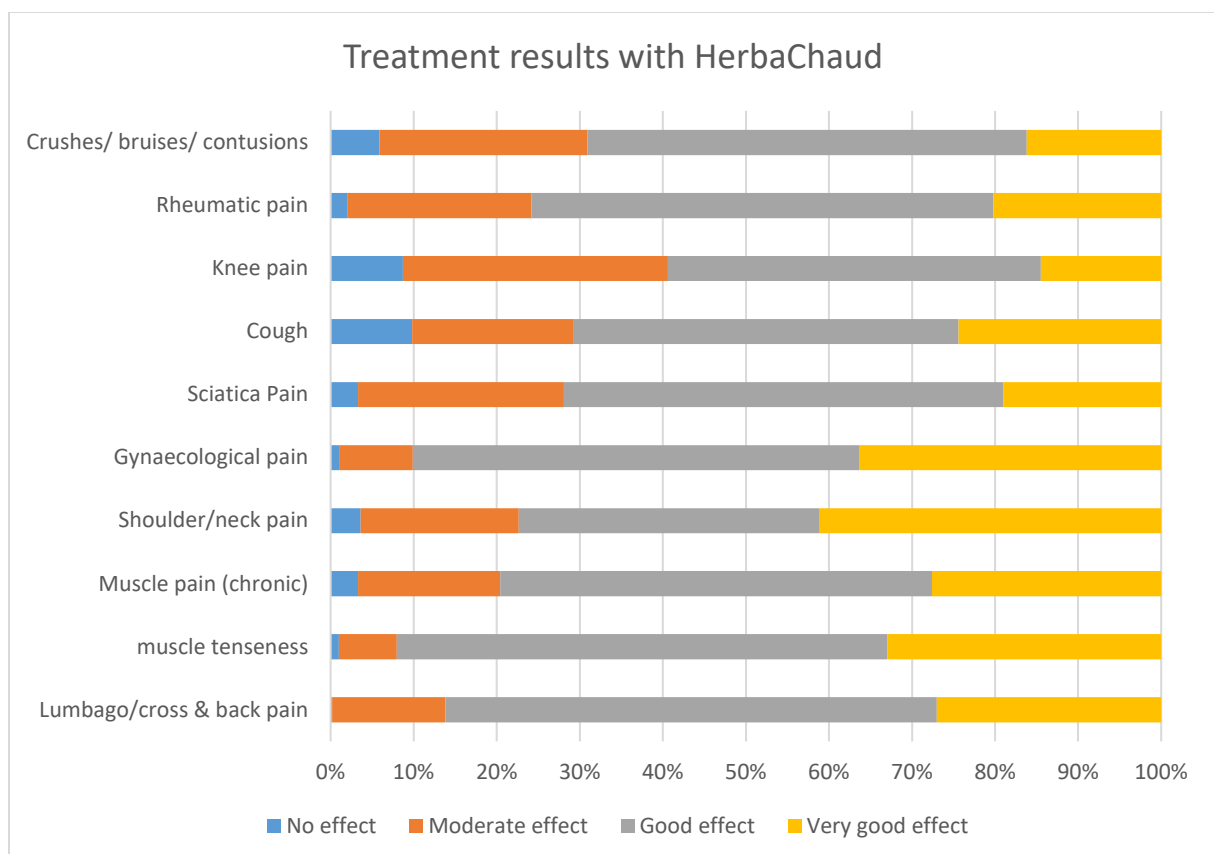
Aim of the application study

The study should provide evidence that

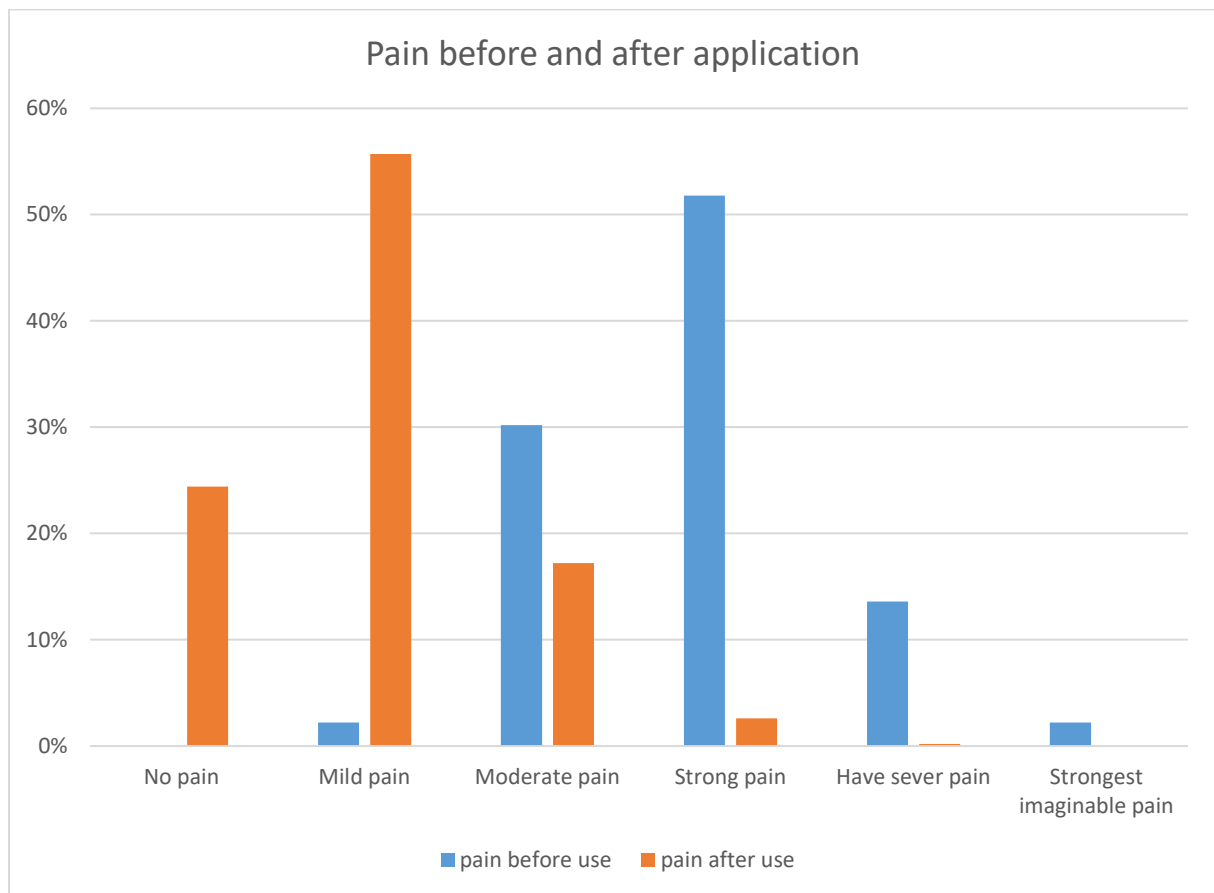
1. the pain relief in the indications osteoarthritis, lumbago and low back pain, whiplash, tension, muscle soreness and menstrual pain is lasting.
2. the heat output of the product lasts for up to 12 hours.

A total of 509 people took part in the survey.

The effectiveness was examined for different indications.



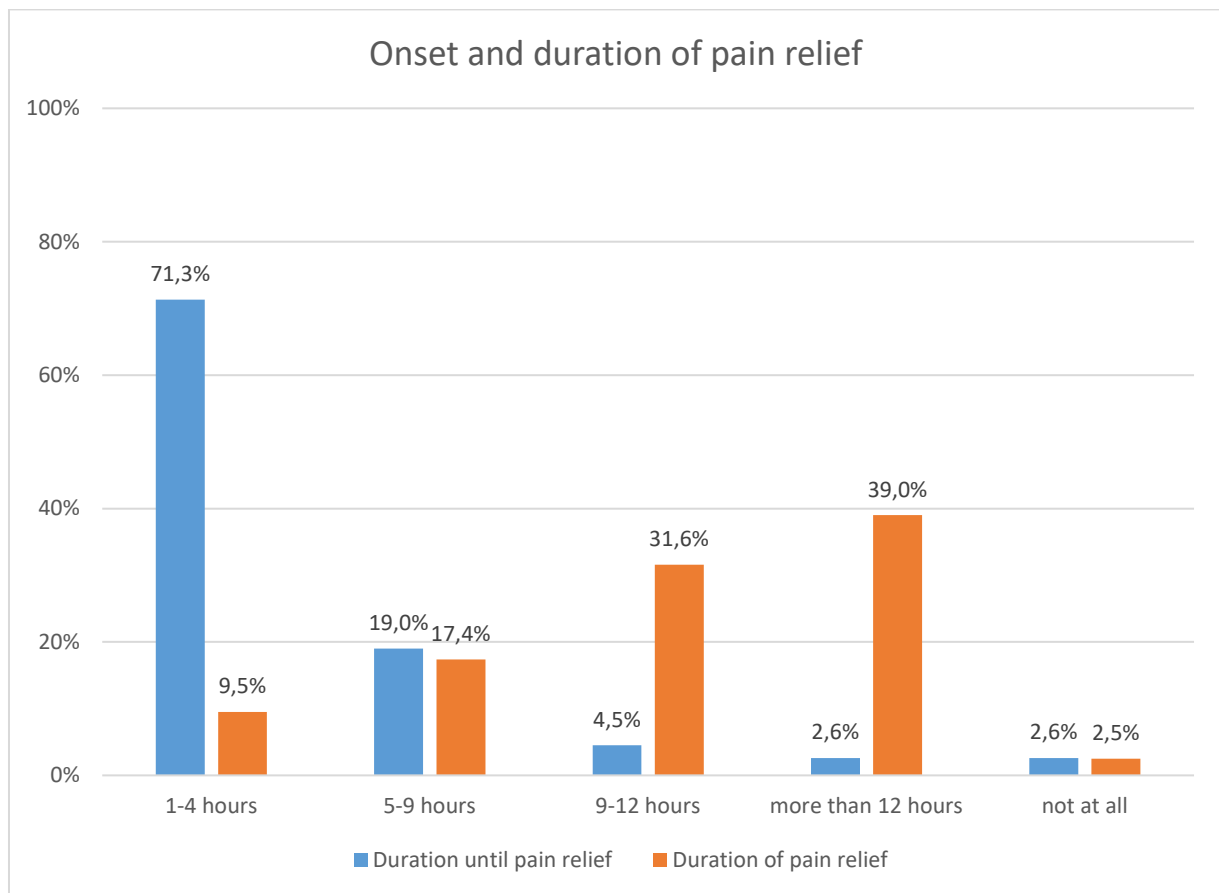
Questions were asked about the intensity of pain and the relief provided by the product, among other things.



The average pain level was 2.83 (severe pain) before the application of HerbaChaud® and an average pain level of 0.99 (slight pain) after the application of HerbaChaud®. These values show that the pain decreases after using HerbaChaud®. Thus the pain relief can be considered biostatistically significant. This means that the product has proven pain relief for all the indications queried.

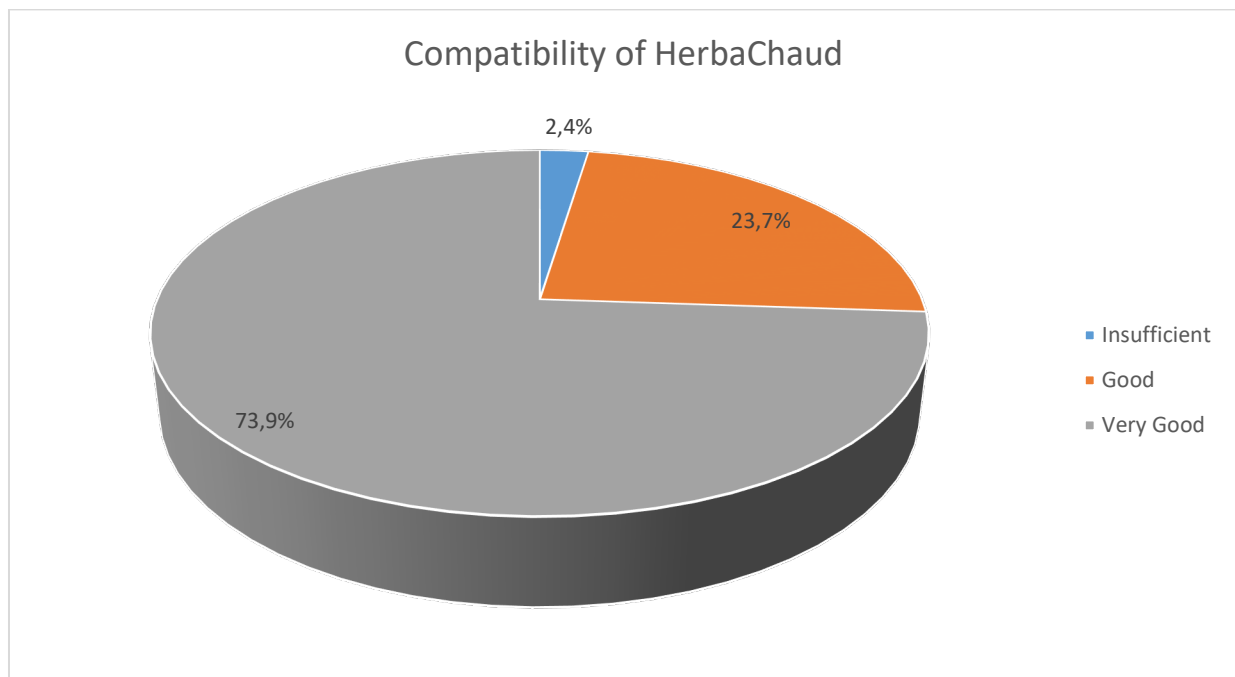
A further question related to the long-lasting relief effect of heat.

Pain relief lasted for 31.6% up to 12 hours, for 39% more than 12 hours.



The safety of the product is equally important for the user.

The tolerability and thus the safety of the product was described by 97.6% of the users as very good or good.



Conclusion

The HerbaChaud® Heat Patch is very well suited for pain relief in various indications. The effectiveness can be considered significant. The heat output and thus the pain relief lasts for a long period of time (up to 12 hours and beyond). The product is effective and safe to use.