

# Clinical Study on Weight Reduction by Fang Feng Tong Sheng San (Sun Ten Powdered Ready-Form)

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## ABSTRACT

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The objective of this project is to study the clinical effect of Fang Feng Tong Sheng San (Sun Ten powdered ready-form) on reducing weight among INTI International University staff and students. These prescription powders were being sponsored by Sun Ten Pharmaceutical Mfg(M) Sdn Bhd. The method used in this study is a *Blinded Experiment*, where all participants did not know which groups they were being sorted in. Participants were being randomly picked and separated into two groups, naming group A and Group B. Group A is the treatment group, participants are given with daily intake of 4g of FFTS before sleep; while group B is the control group, participants are given with daily intake of 4g of Moong bean-Barley powder before sleep.

FFTS is statistically proven to be successful in reducing weight by showing 99.50% of effectiveness in the clinical research. A maximum weight reduced 4.50 kg with an average mean of 1.08kg reduce in weight are found among the participants treated with FFTS. Maximum BMI reduced among them is  $1.91\text{kg/m}^2$  with a mean average of  $0.40\text{kg/m}^2$ . Maximum fats reduced are 11.00%, with a mean average of 1.26% reduced. Lastly, the most effective participant shows 19.67mm lesser for Abdominal Skin-Fold, with a mean average of 6.05mm each participants.