

SPECIAL REPORT

FPP book published in Italy

Ms. Margherita Enrico, a famous Italian journalist and Dr. Pierre Mantello, the director of the Osato Research Institute, published a new book on FPP called "The PAPAAYA : An Alliance in Health"

Several years ago the late Pope John Paul II invited Ms. Margherita Enrico to a dinner by with her brother, a priest at the Vatican. At the dinner table, the Pope introduced her to FPP. She then became interested in FPP as a journalist and immediately contacted Dr. Mantello straight away. After years of researching FPP under the scientific guidance of Dr. Mantello, she finally finished the book.

On September 19, 2006, a press conference for the book was held in Milan, Italy, with 30 journalists and 200 celebrities in attendance including Prof. Luc Montagnier who wrote the preface. Various newspapers covered the press conference, as well as several major Italian TV networks, including the "TG5 Evening News" which included an interview with Ms. Margherita Enrico.

Ms. Margherita Enrico



press conference in Milan

The book consists of 10 chapters of scientific health topics, including clinical data. This interesting book is easy to read even for people who are not specialists in medical fields. It is due to be published in France and the U.K., and possibly in Japan as well. Now let's take a look at the contents of this new book:

In the first chapter, "The PAPAAYA: An Alliance in Health" opens with the topic of the late Pope John Paul II, although it is already quite well known how the Pope first encountered FPP, his recovery while using FPP astonished many people all over the world. In the second chapter, the book explains the basic knowledge of the papaya

which is known as the "fruit of angels" or the "tree of eternal youth" and is recognized throughout the world as a nutritious fruit with potential medical properties.

In the third chapter, Dr. Mantello answers to questions from Ms. Margherita about "What it means to be old" The questions relate to our every day lives and Dr. Mantello's answers are easily understandable for all readers. He also introduces a questionnaire in this chapter for measuring human stress levels.

In the fourth chapter, the book explains the "body guard" for personal health; the immune and anti-oxidant systems. The immune system protects the body against attacks of microorganisms and cancers, while the anti-oxidant system protects against excess activated active oxygen. These important systems are vital in order to experience "healthy aging".

In the fifth chapter, The PAPAAYA: An Alliance in health discusses fermentation and FPP. The book explains how papaya was first fermented in the beginning as well as its effectiveness. It is astonishing to realize how powerful the effect of fermented papaya is in activating immune and anti-oxidant systems. This chapter concludes with the methods of production system for FPP which are certified internationally as ISO 9001 (the quality standard) and ISO 14001 (the environmental sensitivity standard).

In the sixth and seventh chapters, the book focuses on the vast amount of scientific evidences supporting the impressive properties of FPP. FPP has much supporting clinical data which ordinary supplements do not. Many scientists in the world have special interest in FPP and have presented their research internationally. One research project concerns AIDS vaccines and FPP



and the book explains that oxidative stress is related to the progression of AIDS and that the properties in fermented papaya work effectively to combat immune system disorders. It also states that the intake of FPP helps Parkinson disease and Alzheimer disease patients reduce their biological instability. The seventh chapter concludes that FPP can complement conventional medicine in treating patients suffering from diseases caused by oxidative stress as well as immune disorders, and in so doing contribute to the improvement of their quality of life (QOL).

In the eighth and ninth chapters, The PAPAAYA: An Alliance in health, refers to how widely FPP can be used as a supplement to improve the natural recovery of patients suffering from such ailments as influenza, aging, environmental oxidative stress (tobacco, alcohol, stress, pollution), cataract, cancer, heart disease, diabetes, AIDS, rheumatism, Alzheimer disease and Parkinson Disease etc. In the words of some professional sportsmen, FPP can be used as a "shield" to protect athletes against serious conditions caused by excessive sports activity.

In the final chapter, the book introduces various celebrities who take FPP, such as Jean Alesi (former F1 race-driver), Stefano Gabbana (fashion designer), and Claudia Cardinale (actress), including their own testimony that taking FPP helps keep youthful and healthy.

Clinical Study Reports

Recently health supplements have become more and more popular, but most of them do not provide enough supporting clinical data to satisfy people's needs. The Osato Research Institute (ORI) dedicates substantial resources researching FPP in order to scientifically prove its effectiveness, especially in relation to oxidative stress and inflammation. FPP shows promising properties reducing inflammation associated with different kinds of disease. The ORI uses oxidative stress parameter methods, such as 8-OH-dG.

Thalassemia

Although Thalassemia is not a common disease in Japan, there are about four million patients worldwide suffering from this intractable blood disease.

Thalassemia is an inherited disease in which there is a recessive trait in the globin gene. The red blood cell precursor dies in the bone marrow and then normal-functioning red blood cells stop being produced. The leukocytes also do not function properly, which leads to serious infectious diseases and also excessively active blood platelet which causes blocked blood vessels. These symptoms appear to be directly linked with oxidative stress. In the blood of Thalassemia patients, ROS (Reactive Oxygen Species)

increases and GSH (Reduced Glutathione) decreases. GSH is an enzyme, which works not only to eliminate active oxygen, but also to maintain strong immunity.

Professor Elizer Rachmilewitz of Israel, the international authority on hematology, achieved unexpectedly positive results in clinical tests using FPP on Thalassemia patients. He decided that he should not limit the study just to Israel, so he conducted a 12 to 15 week research project using FPP at the KK Hospital for Women and Children in Singapore, and also at the Mahidol University Thalassemia Research Center in Thailand. At the same time, he performed research at

the Hadassah University in Israel in order to study the influence of FPP on the blood of Thalassemia patients. As a result, Professor Rachmilewitz confirmed that FPP decreases ROS and increases GSH in Thalassemia patients. This proves that FPP reduces oxidative stress in the red blood cells, the leukocytes, and also in blood platelets.

Blood diseases in general attract more attention these days, since they are becoming more and more common among elderly people in their seventies because of DNA damages. The results of this clinical study in three different countries also has the possibility of clinical applications to other blood diseases, including leukemia.

2006 International Meeting on Free Radicals

The International Meeting on Free Radicals happened at Davos, Switzerland in August 2006. Professor Anjero Azzi, the chair man of the meeting, invited the Osato Research Institute (ORI) to make a clinical presentation. Professor Elizer Rachmilvitz and Dr. Francesco Marotta, M.D. presented their clinical studies on FPP, and Dr. Pierre Mantello, M.D. gave

a presentation on stress and FPP.

Free radical studies generally lack clinical data.

However, the studies by the ORI in this field attract more and more attention as precious clinical data becomes available.



From left, Mr. Hayashi, Prof. Rachmilewitz, Dr. Marotta, Dr. Mantello



Presentation of Prof. Rachmilewitz



Presentation of Dr. Marotta

2nd Meeting on New Medicine & New Treatment, BICHA University, France

The second meeting on "New Medicine and New Treatment" happened at the BICHA University in France in September 2006. Dr. Okezie Arouma, M.D. of the South Bank University in the United Kingdom presented his research on how FPP affects on neurodegenerative diseases caused by oxidative damage. Dr. Mark Weksler, M.D. from Cornell University in the united

States presented his speech on the relationship between oxidative stress and Parkinsons and Alzheimers diseases.

Dr. Francesco Marotta, M.D. presented his clinical study on the effect of FPP on oxidative stress in the internal organs.



ORI Scientific Board Members



Their research papers are listed in the summary book of the meeting

New Clinical Study at Pisa University, Italy

It is said that there are 50 % chances that MCI (Mild Cognitive Impairment) patients will develop Alzheimer's disease within 5 years. Since MCI patients are constantly suffering from oxidative stress, they can easily develop DNA damage and end up with Alzheimer's. As might be expected, clinical data states that the 8-OH-dG levels of MCI patients are extremely high.

A new clinical study on the effect of FPP

on Alzheimer's disease was accepted by ethical committee at Pisa University, Italy and then started in January 2007. This clinical study aims to prove that FPP can reduce DNA damage by reducing oxidative stress in the brain and thereby preventing a progression of the disease. If the scientists can develop new parameters for Alzheimer's disease, the clinical study will expand tremendously.



The Pisa University has the second oldest University in Europe.

Approach to academia



Articles about FPP have been accepted by various authoritative scientific journals after passing rigorous examinations by the editors. The Osato Research Institute (ORI)'s approach to research on FPP is always objective.

The ORI aims to prove FPP's functions in anti-oxidant and immune adjustment through the presentation of research papers at various academic conferences. In 2006, the ORI presented the following research papers: written by Dr. Francesco Marotta, MD: "*Nutraceutical Supplementation: Effect of a Fermented Papaya Preparation on Redox Status and DNA Damage in Healthy Elderly Individuals and Relationship with GSTM1 Genotype*" published in the *Annals of the New York Academy of Science*; "*Oxidative-Inflammatory Damage in Cirrhosis. Effect of Vitamin E and a Fermented Papaya Preparation*" published in the *Journal of Gastroenterology & hepatology* as well as in the *Japan Mibyo System Association Journal*; and "*Relationship Between Aging and Susceptibility of Erythrocytes to Oxidative Damage: In View of Nutraceutical Interventions*" published in *Rejuvenation Research*.

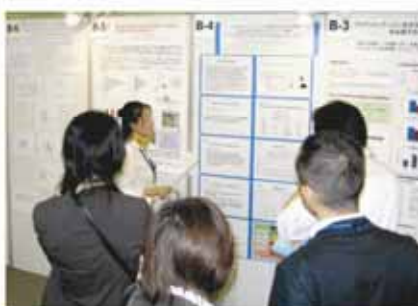
Written by Dr. Okezie Auroma, MD, "*Molecular effects of fermented papaya preparation on oxidative damage, MAP Kinase activation and modulation of the benzo[a]pyrene mediated genotoxicity*" published in *Bio Factor 26*. In addition, the ORI presented "*Treatment of Patients -Thalassemia with Fermented Papaya Preparation (FPP) Improves their Oxidative Status and Hematological Parameters*" written by Prof. Elizer Rachmilwitz at The 9th Japanese Society for Complementary and Alternative Medicine, at the 4th Japanese Society of Preventive Medicine, and at The 13th Japan Mibyou System Association.

The 9th Japanese Society for Complementary and Alternative Medicine.



Complementary and alternative medicine is defined as a medical system which has not been proven scientifically or has not applied to in a clinical setting. Most of traditional folk remedies do not have any scientific

proof, but more and more patients are keen to find a good complementary and alternative medicine through internet or other media resources and making a new medical trend. The Japanese Society for Complementary and Alternative Medicine focuses on developing this medical system which is out of western medical system and making it well-known. The Osato Research Institute (ORI) participated in the 9th Japanese Society for Complementary and Alternative Medicine held in Mainichi News Paper Oval Hall in Osaka on October 28-29, 2006. Ms. Chisato Yoshida, a research worker at the ORI, made a poster presentation on effect of FPP from the view point of complementary and alternative medicine.



The 4th Japanese Society of Preventive Medicine



To achieve healthy aging, we need information about lifestyle-related diseases prevention, financial issue on health care costs, effectiveness and safety of dietary supplements and

folk remedies. The Japanese Society of Preventive Medicine aims to establish a new academic system of true preventive medicine by taking a broader view of Preventive Medicine including dietary supplements, functional water, acupuncture, Chinese medicine as well as conventional clinical preventive medicine.

The Osato Research Institute (ORI) participated in the 4th Japanese Society of Preventive Medicine held in Omiya Sonic City in Saitama-city on December 1-2, 2006. Mr. Hiroshi Shimizu, a research worker at the ORI, made a poster presentation on FPP from the view point of preventive medicine, with a theme of "effect of FPP on thalassaemic patients"



The 13rd Japan Mibyou System Association



In Japan nowadays we quite often hear the word “Mibyou” recently. This word originated in the oldest Chinese medical book called Kouteinaikyoku which is about 2000 years old.

The book explains that Mibyou is “a condition toward a disease”, and the best healthcare professional could find “Mibyou” in people and treat them before they get really ill. In Japan, the word “Mibyou” first appeared in the book of Mr. Ekiken Kaibara called Youjoukun (written in 1712). (excerpted from the Japan Mibyou System Association Website)

“Mibyou” can be defined as both “condition in which there is something wrong in medical checks without any subjective symptoms” and “condition in which there is

nothing wrong in medical checks but with subjective symptoms.” The Japan Mibyou System Association aims to raise awareness for this “Mibyo” condition and systemization of the control of “Mibyo” condition, which would be a help to reduce medical costs tremendously and achieve healthy aging society. ,

The Osato Research Institute participated in the 13th Japan Mibyo system Association held on December 2-3, 2006 at Tokyo Conference Center. Ms. Chisato Yoshida, a research worker at the ORI, made a presentation with the same theme as Japanese Society of Preventive Medicine, “effect of FPP on thalassaemic patients” The ORI participated in the 12th Japan Mibyo system Association in the previous year as well and presented “ “.

The continuous participation of the ORI increased the publicity of FPP’s name in this Japan Mibyo system Association and the presentation of the ORI had quite a good response from many participants. The ORI believes that FPP helps to stop the diseases caused by oxidative damages from progressing and there are good chances of clinical applications and

FPP also helps people in “Mibyou” condition to prevent oxidative damage-related diseases.



List of the Academic Conferences in which the ORI participated in 2006

- May 13-14, the 28th Society for Free Radical Research, Japan in Mie
- October 28-29, The 9th Japanese Society for Complementary and Alternative Medicine in Osaka
- November 11-12, The 24th Japan Dental Society of Oriental Medicine in Tokyo
- December 1-2, the 4th Japanese Society of Preventive Medicine in Saitama
- December 2-3, the 13th Japan Mibyou System Association in Tokyo

Oxidative Stress and Sports

The anti-oxidant and immune systems will start decreasing their capacities due to aging and environmental factors and makes us suffer from pre-disease symptoms. Also excessive sports training would produce active oxygen and lower immune system by giving continuous oxidative stress. FPP helps to eliminate active oxygen and activate antioxidant system by improving function of antioxidant enzyme.

The Osato Research Institute (ORI) have been researching mainly about how to maintain healthy condition and how to stop

progress of diseases but will start focusing more on relation oxidative stress and sports. The professional race drivers of the Aston Martin Racing Team in England and Ferrari 360 Racing Team in Italy have been taking FPP for a few years and we have been observing their conditions such as fatigue, mental and physical stress before a race and after a race.

Professional racing drivers are required to endure extreme tension and physical fatigue. They are always facing danger of death and needs to recover from stress as quickly as possible in order to prevent

injuries. FPP does not improve their capacities as drivers, but it seems to help to reduce their physical fatigue.

Regarding stress, it used to be checked by blood but recently method to check stress level with saliva which is easy to use with sports athletes compared with blood tests. So it would become easier to measure stress level of sportsmen scientifically using this parameter with saliva and our research will also develop more in this field.



Aston Martin Racing Car with Immun'Age Logo at the 24 hour race of Bahrain International Circuit



Researchers at the laboratory of the ORI

Immun'Age Ferrari 360 won the “360 World Cup” race of Ferrari Day.

Professor Montagnier visits Japan

Professor Luc Montagnier visited Japan to meet with Mr. Iwao Matsuda, former minister of Science and Technology. Mr. Matsuda requested professor Montagnier's support for Japanese research organizations and new scientific technology, such as controlling

oxidative stress. After the meeting, professor Montagnier held a press conference at the Foreign Correspondents' Club of Japan and gave a presentation on the current HIV/AIDS situation in Asia and the effect of FPP on reducing oxidative stress and side effects in the treatment of AIDS patients.



Press conference at the Foreign Correspondents' Club of Japan

2006 Health Exposition

The 2006 Health Exposition happened at the "Big Site" in Tokyo, from March 22 to 24. The Health Exposition is one of the largest trade shows in this field in Japan and in its 24th year drew 48533 participants as well as 560 companies. Dr. Pierre Mantello, M.D., the director of

the Osato Research Institute (ORI), presented a health seminar and explained the function of FPP in adjusting our immune and anti-oxidative systems, which help keep people young and healthy.



Lecture by Dr. Mantello and Ms. Yoshida

AISET 2006

The first annual symposium AISET 2006 (Anti-aging International Symposium and Exposition Tokyo) happened at the Gran Pacific Meridien Hotel in Tokyo from June 16 to 18, 2006. The Japanese Health, Labour and Welfare Ministry sponsored this event. Many specialists in the field of anti-aging met together and participated in more than 40 sessions, including over 10 workshops and 8 public conferences, with more than 9,000 participants over

three days. At the general session on June 17, Dr. Francesco Marotta, M.D., from Italy presented his clinical study on FPP regarding its function in reducing oxidative stress and the progression of certain visceral diseases.

The Osato Research Institute (ORI) had a booth at the symposium which presented main clinical studies performed so far. It drew a great deal of positive attention.



Presentation by Dr. Marotta



Booth of the ORI at the symposium

Integrative Medicine Asia 2006

The Integrative Medicine conference happened in Singapore October 20 - 22, 2006. Integrative Medicine is a multilateral medical approach that aims to improve conventional medicine by introducing traditional remedies and alternative healthcare. It is becoming more and more popular, especially in

Asia, and is expected to be developed all over the world. At the conferences, Dr. Pierre Mantello, M.D., presented a lunch seminar and explained the FPP's potential role in alternative healthcare.



Lunch seminar by Dr. Pierre Mantello, M.D.,

Osato Research Institute Foundation Established in Switzerland

We now live in a world with numerous aging societies, and require self-management of our health more than ever. The Osato Research Institute (ORI) created its own foundation with the aim of reducing medical costs worldwide through research activities. The ORI now has a base laboratory at the Genolier Hospital in Geneva,

Switzerland, where Dr. Mantello's office is also located. Here, the ORI have been studying the parameters of oxidative stress.



Genolier Hospital where the ORI foundation is located

Idyllic scenery of Genolier

Our bodies have powerful natural systems designed to protect our health. They constantly fight against attacks from various threats. These systems are generally divided into two: first, the immune system for fighting against attacks from viruses and cancers; and second, the anti-oxidant system for fighting against oxidative stress through the elimination of excessive active oxygen. FPP functions to enhance both of these systems.

Dr. Pierre MANTELLO
O.R.I. Director

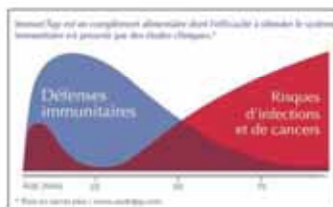
CES Bacteriology,
Virology, Parasitology,
Immunology,
Hematology, Biochemistry



FPP enhances immune system

The immune system is essential for dealing with ultraviolet rays, pollution, physical stress, diseases, etc. Diagram 1 shows how the risk of infectious diseases or cancers increases as our immune system gets weaker and weaker through the aging process. The human immune system will begin to decrease after peaking sometime in the late teens to early twenties. Accordingly, the risk of infectious diseases and cancers will increase as shown in red in Diagram 1. There are many clinical reports which prove that FPP is effective in enhancing the immune system. Dr. Luc Montagnier, MD, co-discoverer of HIV, has given his AIDS patients FPP together with ordinary medical treatment. His results show that the patients who took FPP gained weight and their CD4 (a glycoprotein expressed on the surface of T helper cells) levels increased. Also, Dr. Marc Weksler, MD, of Cornell University, took interest in the fact that elderly people cannot produce antibodies even after they receive flu shots due to their compromised immune systems.

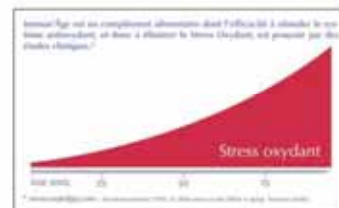
The results of his study show that the capacity for antibody formation in his patients increased when they took FPP for three weeks before the flu shots.



FPP fights against excessive active oxygen

In the ORI Report # 4, we discussed the redox system. Active oxygen is produced when white blood cells kill viruses and bacteria entering our body, as well as when cells produce energy. Therefore, active oxygen is essential for us to live. It is also produced when we are exposed to ultraviolet radiation or experience other damage due to an unhealthy lifestyle. Excessively produced active oxygen will start attacking our own cells, including our cell membranes and DNA. When these attacks continue unchecked, they cause physical and psychological fatigue, and can also cause various long-term diseases. The redox system works to

rid our bodies of this excessive active oxygen. However, the functionality of the redox system itself weakens when we get older. As shown in Diagram 2, the older we get, the more oxidative stress we experience. This is why we have more fatigue and disease in old age. Dr. Francesco Marotta, MD, of Milan University in Italy has performed many clinical studies on the function of FPP in eliminating active oxygen. He reported that FPP helps to reduce DNA damage in gastric mucosa as well as in the liver. These organs are easily affected by oxidative stress (as introduced in ORI



Report # 4: clinical study using 8OH-dG as a stress marker). In conclusion, the immune and anti-oxidant systems protect our bodies from active oxygen, but these systems diminish over time and also due to stressful lifestyles. We need a product like FPP to support these vital systems. The daily intake of FPP will help these systems function optimally for a long time.

How to take FPP

Stress	Conditions	Intake
Level I	Healthy. Take FPP to keep healthy and to prevent degenerative diseases.	1 to 2 sachets a day (3g ~ 6g)
Level II	Subjective symptoms Occasional pains	2 sachets x once or twice a day (6g ~ 12g)
Level III	Doctor's diagnosis Continuous pains	2 sachets x twice or three times a day (12g ~ 18g)
Level IV	To improve QOL in a critical condition	3 sachets x three times a day (27g)

Take FPP between meals (10:00 am, 3:00 pm or before going to bed). Hold the powder in your mouth until it has dissolved. Do not eat or drink anything for 10 minutes after taking in order to ensure it is mixed well with saliva and activated.



The amount of taken depends on the level of stress and conditions of the individual. The diagram is for your reference based on the clinical studies of the OSATO Research Institute.