# Mediator®

Mediator® Phosphatidic Acid for Muscle Mass & Strength

CHEMI Nutra

## Strength Continuity™

Strength is often thought of as something we build. Yet for many people, strength is equally something they hope to preserve.

Through training, aging, recovery, and body composition change, the goal is not only performance, but continuity. The ability to stay capable, steady, and strong through change.

Mediator® supports that need by helping activate pathways involved in muscle adaptation, lean body mass support, and physical resilience.

Support not only for building strength.

But sustaining it.

## Where Strength Begins

Strength doesn't exist without signaling.

At the center of strength adaptation is the body's muscle protein synthesis (MPS) pathway, where training, amino acids, and key signaling nutrients like phosphatidic acid come together to drive change.

Mediator® (phosphatidic acid) plays a direct role in this process, helping support signaling pathways that influence muscle growth, strength adaptation, and recovery.

## From Performance to Continuity

Mediator® has strong roots in sports nutrition, where phosphatidic acid is recognized for its role in supporting strength and muscle adaptation.

Today, that same scientific foundation is extending into broader areas where maintaining strength matters.

## Proven Applications

- Performance & Strength Adaptation
- Lean Body Mass Support
- Resistance Training & Recovery

## Expanding Opportunities

- **Healthy Aging**
  (muscle preservation)
- **Body Composition Support**
  (in conjunction with nutrition and exercise)
- **GLP-1 Muscle Maintenance**
  (in conjunction with nutrition and exercise)

What connects these applications is a broader view of strength — not simply output, but continuity.

THE ORIGINAL PA® FOR STRENGTH CONTINUITY™

# Why Mediator®

Mediator® is a patented phosphatidic acid ingredient clinically studied at 750 mg and supported by research demonstrating measurable effects on muscle adaptation, strength outcomes, and lean body mass.

With strong roots in performance nutrition and growing relevance in emerging health categories, Mediator® offers a scientifically grounded platform for strength support across life stages.

# Proof in Performance

Mediator®'s role in muscle protein synthesis is not theoretical.

It has been studied in resistance-trained individuals, demonstrating measurable improvements in strength and lean body mass.

# Key Advantages

- The Original PA® – Patented
- Clinically studied at 750mg
- Supports pathways involved in muscle protein synthesis and adaptation
- Flexible across powder blends, capsules, and functional formats

# Why Now

Strength support is evolving.

What was once defined by performance alone is now being understood more broadly — as resilience, maintenance, and the ability to adapt through change.

Mediator® sits at the center of this shift. Helping support the signals that allow strength to endure.

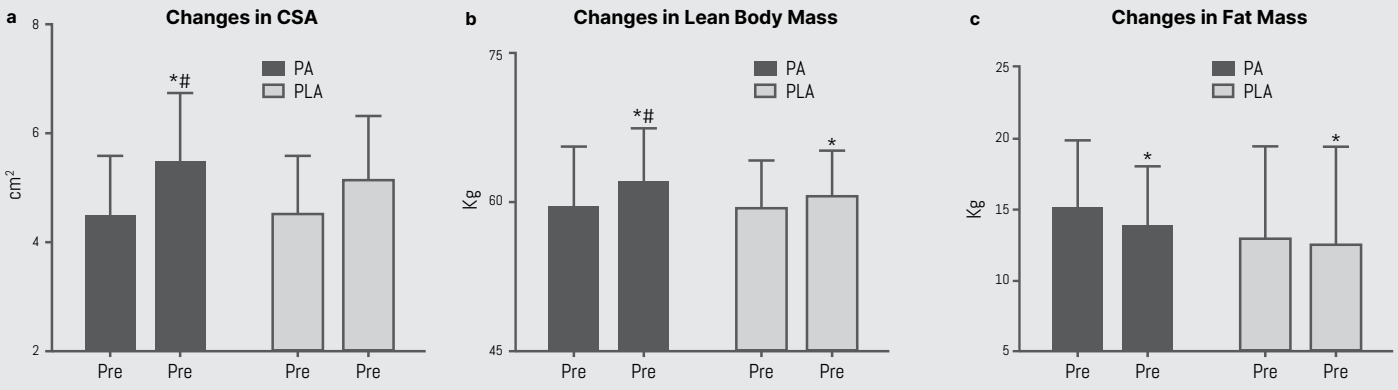
## CAN YOU TURN ON PROTEIN SYNTHESIS WITH ORAL PA?

### HOFFMAN STUDY SUPPORTS YES

| | |
|---|---|
| "Efficacy of Phosphatidic Acid Ingestion on Lean Body Mass, Muscle Thickness, and Strength Gains in Resistance Trained Men" | **Study included:** 17 resistance-trained males<br>**PA Dose:** 750 mg per day orally<br>**Duration:** 8 weeks |
| 1. PA subjects saw a **12.7% increase in squat strength vs 9.3% for placebo**<br>2. PA subjects saw a **2.6% increase in lean body mass vs 0.1% for placebo** | |

### SCIENCE IN ACTION

**Joy study supports positive effects of soy-derived PA supplementation on concentrations of IPA and PA molecular species in human plasma.**




**Changes in body composition. a.** PA significantly improves the resistance training-induced increase in CSA following 8 weeks of periodized resistance training. Data presented are means and standard deviations. (* denotes significantly different from pre, # denotes significantly different from placebo). **b.** PA significantly improves the resistance training-induced increase in LBM following 8 weeks of periodized resistance training. Data presented are means and standard deviations. (* denotes significantly different from pre, # denotes significantly different from placebo). **c.** PA and PLA both experience significant fat loss following 8 weeks of periodized resistance training. However, only a trend is observed between groups over time. (* denotes significantly different from pre).