

For immediate release

Nutritional Supplement Yields Positive Results for Treatment of Bipolar Disorder in University Study

**Study validates preliminary research
conducted by Synergy Group of Canada –
developers of the nutritional supplement**

**Calgary, AB – October 5, 2000 – A study
conducted by the University of Calgary to test the
efficacy of a nutritional supplement on Bipolar
Disorder patients has yielded positive results. The
nutritional supplement being tested is known as
E.M. Power + and was developed by the Synergy
Group of Canada Inc., a non-medical research
group dedicated to researching and overcoming
disorders of the Central Nervous System (CNS).**

**The findings were presented to the Canadian
Psychiatric Association's annual meeting
yesterday in Victoria B.C. by researchers
Bonnie J. Kaplan (PhD) and Dr. Steve
Simpson. The abstract summary of the
findings indicate: "In most cases, the
supplement has entirely replaced
psychoactive medications and the patients
have remained well. Side effects (e.g.,
nausea) have been rare, minor, and
transitory."**

**The supplement has 36 ingredients, 34 of
which are natural dietary vitamins and
minerals including Vitamins A, C, D, E various
B vitamins, calcium, iron, magnesium, zinc,
copper and potassium. The other two
ingredients are antioxidants.**

**The Synergy Group has been studying the
effects of nutrition on CNS disorders and has
conducted open case trials and collected data
from volunteers since 1996.**

**"We have spent the last five years developing
and testing a nutritional supplement that will
help alleviate mental illness," said Anthony F.
Stephan, Co-Founder of The Synergy Group**

000036

of Canada Inc. "To have our research findings validated by such a formidable institution and group of academics makes us very proud and hopeful for the many families who are suffering through tragic circumstances because of mental illness."

"Our goal all along has been to research the supplement as much as we could and have the medical and research community corroborate our findings," said David L. Hardy, Co-Founder of The Synergy Group of Canada Inc. "Although we are not surprised by Dr. Kaplan and Dr. Simpson's findings, we are extremely pleased that our goal is being realized."

"I was skeptical at the outset of this study," says Bonnie Kaplan (PhD) Principal Investigator for the study. "However, the results are quite striking. The findings certainly warrant further exploration of this supplement as a new treatment for bipolar disorder."

Along with the open trial research on Bipolar Disorder, there is currently a double blind bipolar study being carried out at the University of Calgary with funding from the Alberta Science and Research Authority.

About The Synergy Group of Canada Inc.

Anthony F. Stephan's wife, and mother of ten children, Debbie Stephan, was diagnosed with Bipolar Affective Disorder (BAD) and committed suicide on January 30, 1994. Her tragic death initiated a series of events that would eventually lead to the discovery of a new and exciting nutritional supplement, eliminating the effects of a variety of Central Nervous System Disorders. The supplement was first administered by Anthony F. Stephan and David L. Hardy for the benefit of two of the Stephan children who were also diagnosed and suffered symptoms of BAD. The successful long - term effect, i.e. that is the elimination of all symptoms of a severe bipolar diagnosis in Anthony's children for a period approaching five years, as well as the similar experience in hundreds of others has formed the basis for the development of the current nutritional supplement. This program is now being made available for all those who suffer with CNS disorders and who may wish to participate in the Truehope Research Program. This can be accommodated through

000037

the organizations' Web sites found at:
www.truehope.com (Western Canada –
Manitoba westward)

www.truehope.tv (Eastern Canada –
Ontario eastward)

Telephone: 1-888-TRUEHOPE

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000038