

LONG-TERM HEMOHIM USE AND PERCEIVED HEALTH CHANGES: A SURVEY STUDY

Hye-Ji Yang, M.D, Jung-Hoo Lee, M.D
Department of Rehabilitation Medicine, Presbyterian Medical Center (Jesus Hospital)

BACKGROUND

HemoHIM (Atomy Co., Ltd., Gongju, Korea) is a standardized herbal functional food widely consumed in Korea for immune support and fatigue relief^[1] (Figure 1). However, large-scale real-world data evaluating perceived long-term health effects remain limited. This study aimed to investigate self-reported changes in overall health and multiple symptom domains after prolonged HemoHIM intake in community-dwelling adults.



Figure 1. HemoHIM

(A) HemoHIM product. (B) HemoHIM extract. (C) Individual packaging. (D) Herbal ingredients of HemoHIM (from top to bottom: *Angelica gigas*, *Cnidium officinale*, *Paeonia japonica*).

METHODS

We conducted a cross-sectional survey of adults who had consumed HemoHIM for ≥ 1 year. Participants were recruited via mobile announcements to Atomy Co., Ltd. members and completed a self-administered questionnaire. A total of 3,201 participants were included (mean age 56.1 ± 9.6 years; 80.3% women). Participants rated overall health and 23 health-related domains on a 10-point numeric scale before and after intake. Pre–post changes were analyzed using paired t-tests with effect sizes (Cohen's d), and logistic regression was used to identify factors associated with symptom improvement.

RESULTS

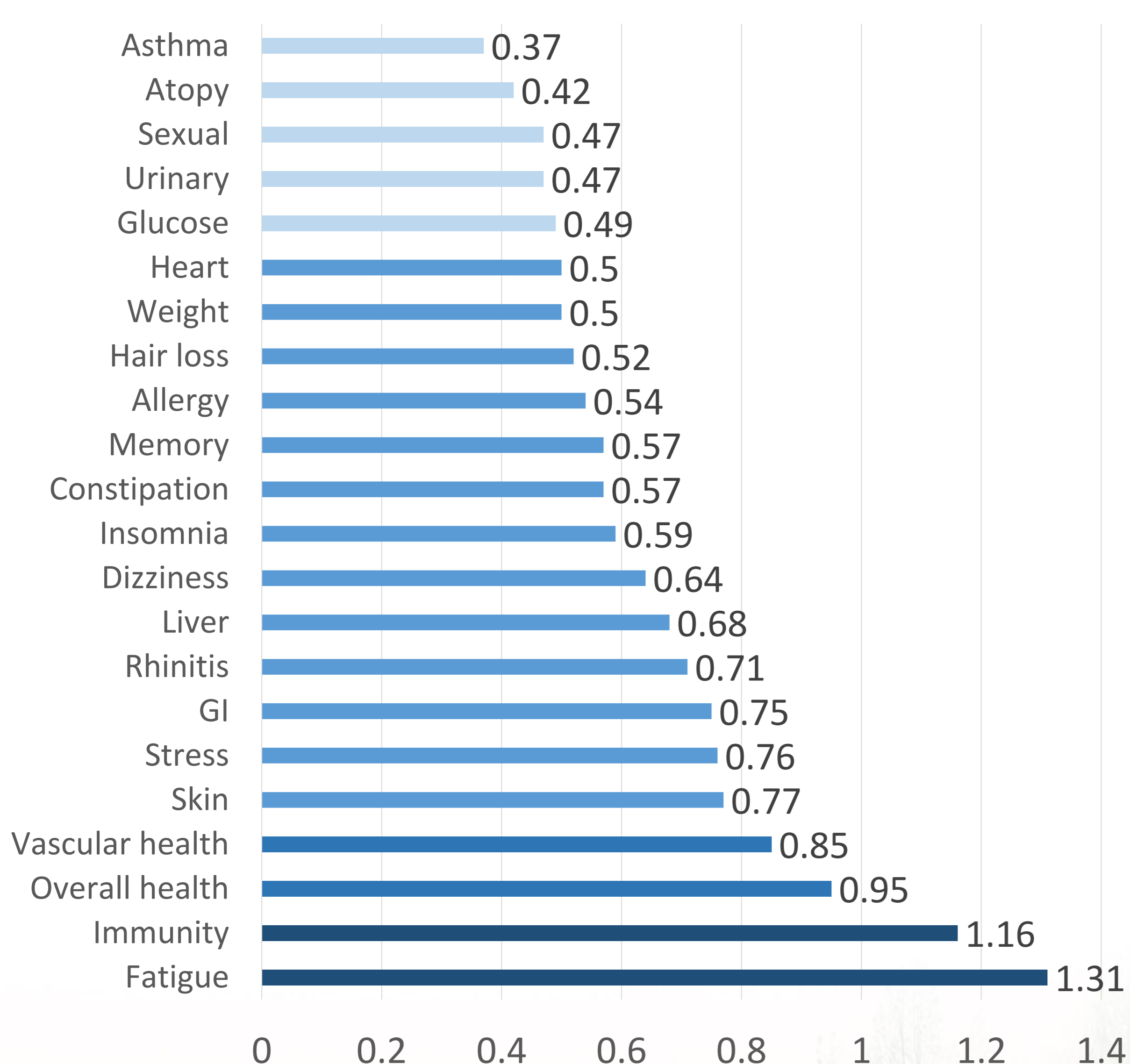


Figure 2. Effect sizes (Cohen's d) of health-related domains after HemoHIM intake

All 23 health domains demonstrated statistically significant improvement after long-term HemoHIM intake (all $p < 0.01$). The most pronounced effects were observed in fatigue and immunity, followed by overall health, with consistent moderate improvements across multiple organ systems. These results indicate broad, multi-system benefits of HemoHIM (Figure 2).

Longer intake duration and higher daily dose were both associated with greater symptom improvement, demonstrating a clear dose–response relationship (Figure 3).

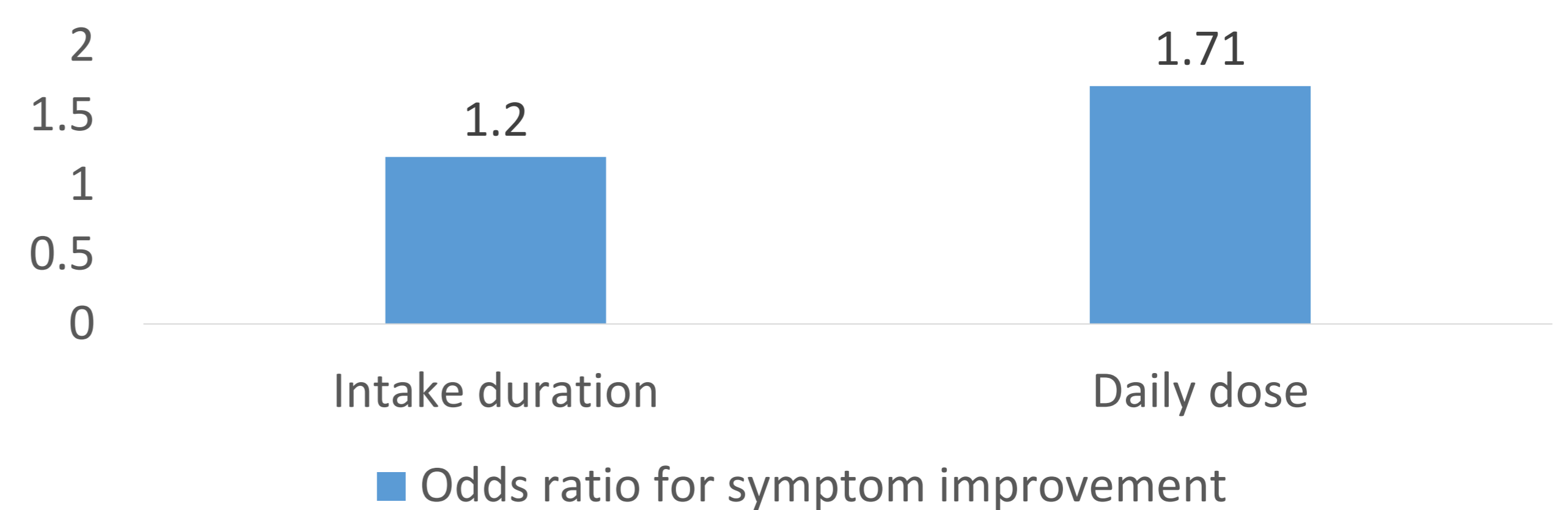


Figure 3. Association of intake duration and daily dose with symptom improvement

DISCUSSION

In this large real-world survey of long-term users, HemoHIM intake was consistently associated with perceived improvements across overall health and multiple symptom domains, with the strongest effects observed in fatigue and immunity. In addition, longer intake duration and higher daily dose were associated with greater symptom improvement, suggesting a dose–response relationship.

However, the cross-sectional design and self-reported measures limit causal inference, and further prospective studies with objective measures are needed.

CONCLUSION

Long-term HemoHIM intake was associated with broad multi-system improvements, particularly in fatigue and immunity, with evidence of a dose–response relationship.

Reference

1Yoon YS, Lee JH, Lee M, Kim KE, Jang HY, Lee KJ, Bajgai J, Kim CS, Cho IY. Mechanical changes of the lumbar intervertebral space and lordotic angle caused by posterior-to-anterior traction using a spinal thermal massage device in healthy people.