

6<sup>th</sup> March 2018

Re: The threatening letters from PM International's consultant

To whom it may concern,

I have recently received threatening messages from the consultant hired by PM International. With this letter would like to summarize the sequence of events as well as provide feedback and reply to PM International.

I published my blog article about the health claims related to Fitline products on 21.8. 2016. After the feedback from readers, I made one specific correction on 24.8. 2016 (about CellReset).

On 24.8.2016 I received email from PM International Finlands representative Jussi-Pekka Teräs. He informed me that he was not happy with my article. However, there were no specific information what was wrong in my text.

On the same day, 24.8.2016 I replied to Mr Teräs as follows (translated): *"I will immediately correct the errors in my text providing you will tell specifically what is wrong and send me your justification and evidence. My writings are based on all available evidence and anyone can ensure their correctness. You are also welcome to write your comments, suggestions and additional evidence to the blog commentary."*

On 26.8. 2016 and 28.8. 2016 I received some documents from Mr Teräs and then again 31.8. an email stating that I should address all questions related to Fitline products and studies to Dr Tobias Kuhne. I studied the material and found nothing that indicated that my writings should be revised. There were no specific comments, what part of the text was wrong. I had no further questions to Dr Kuhne and believed the issue have been finished.

On 27.2.2018, nearly 2 years after the blog article was published, I received the following email, and phone messages from a consultant PM International had hired to threaten me (typos from original text):

*"Dear Professor Knuuti, my name is Thorsten Nigge, I am working as consultant and mediator for different companies in the network business.*

*PM Internationa is on the way to hire a bunch of expensive lawyers to make sure you change some statements in one of your blogs, they are sure that some wrong statements are done there. They want to go on court and clear that.*

*I am sure this is a waste of time, money and other resources. Let's talk about that subject and find a better solution than on court. Siencewise I have seen them winning all the cases, so please let's try to find a fair way to solve that without a waste of money and time.*

*I will call you on Monday and write the same text as email and sms to you to make sure it's reaching you.*

*Best regards, Thorsten Nigge "*

There were no specific information about the claimed errors in my writings. I sent an email to Mr Nigge on 27.2.2018 stating that if I just will get clear, specific and detailed information about the mistakes and justification, I will immediately correct the text. He could not provide any material but promised to consult PM International.

Meanwhile, I consulted the Editor-in-Chief of *Turun Sanomat*, the local newspaper on which platform my blog is running. The newspaper journalists interviewed Mr Nigge and after these discussions, the journalist received some files. I received the material from the journalist and wrote point-by-point reply to the comments. The file is now enclosed.

It demonstrates that there are no need to revise the blog writings. Most of the requests were based on false translation or taking one sentence out of its context.

Despite this, I decided to make one sentence to be more specific and clear. I have replaced the following sentence: "This NTC-concept is 100% nonsense" with the following sentence "The mechanism described above about the NTC-concept is 100% nonsense".

I also want to emphasize the following issues:

- I have always responded promptly to the criticism and revised the text when justified
- PM International never provided any specific criticism toward my text even I asked that number of times.
- Instead, nearly 2 years later I started to receive threatening letters from the consultant PM International have hired. Even that moment, there were no specific criticism but general complaints. The normal rule in Finland is that the complaints should be received in 3 months from the publication.
- On 4<sup>th</sup> March 2018 after I finally got the file containing specific comments and I wrote a detailed point-by-point reply to the criticism (enclosed).
- Thereafter, I revised one sentence in the blog text and marked the changes.

From my perspective, this case is now closed.

As you can see from my detailed reply, I also updated my knowledge about the health claims I criticised in your platforms. I noted that all those claims are still there unchanged.

Instead of attacking on me, the easier and more constructive way would have been simply to revise your health claims receiving such criticism. I also found, that the inappropriate symptoms- and disease-related comments are common in your distributors' websites despite you strongly emphasized your strict code-of-conduct. I recommend you to delete inappropriate statements and health claims to avoid future criticism.

Yours sincerely



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