

## Isagenix Clinical Research Supports:



Weight Loss



Long-Term Weight Maintenance



Improvements in Performance



Improvements in Cardiovascular Health

For more information and details about Isagenix research, visit [IsagenixHealth.net](http://IsagenixHealth.net), and click on “Isagenix Science: Clinical Research” on the right-hand sidebar.

### University of Illinois at Chicago **Weight-Loss Study**

**CHIEF RESEARCHER:** Dr. Krista Varady

**RESULTS:** After 8 weeks, subjects on the Isagenix System achieved:

- 56% more weight loss
- 47% percent more fat loss
- Twice as much visceral (abdominal) fat loss
- Better improvements in cardiovascular health markers
- Better adherence with Isagenix Systems (easier and more convenient)

### Skidmore College **Weight-Loss & Weight-Maintenance Study (Phase 1)**

**CHIEF RESEARCHER:** Dr. Paul Arciero

**RESULTS:** Key findings after 12 weeks comparing weight loss with an Isagenix System vs. a heart-healthy diet:

- Men and women lost weight equally
- Participants had the right type of weight loss (fat loss, not muscle loss)
- 20% reduction in fat mass
- 9% increase in lean body weight percentage
- Cardiovascular health markers significantly improved
- The Isagenix protocol of intermittent fasting (Cleanse Days) and protein pacing (Shake Days/meal replacements) are very effective for safe and healthy weight loss

### Skidmore College **Weight-Loss & Weight-Maintenance Study (Phase 2)**

**CHIEF RESEARCHER:** Dr. Paul Arciero

**RESULTS:** Key findings after 52 weeks comparing weight maintenance with an Isagenix System vs. a heart-healthy diet:

- The Isagenix group maintained weight loss and continued to lose body fat and abdominal fat
- The Isagenix group continued to increase lean body mass percentage
- The Isagenix group maintained improved cardiovascular health markers
- The heart-healthy group returned to baseline (original state) or trended toward baseline for all markets despite their lower average calorie intake
- The ease of use and flexibility of the Isagenix System contributed to long-term compliance and success

### Skidmore College **Performance Women’s Study**

**CHIEF RESEARCHER:** Dr. Paul Arciero

**RESULTS:** Key findings after 12 weeks comparing increased protein with Isagenix products vs. supermarket brands:

- 2x upper body muscular endurance
- 2x more core muscular endurance
- 5x more upper body explosive strength and power
- 5x less arterial stiffness (measure of cardiovascular health)

### Skidmore College **Performance Men’s Study**

**CHIEF RESEARCHER:** Dr. Paul Arciero

**RESULTS:** Key findings after 12 weeks comparing increased protein with Isagenix products vs. supermarket brands:

- 2x more upper body strength
- 14x more lower body explosive power
- 4x more aerobic (cardio) power
- 3x more lower back and hamstring muscle flexibility