

CLINICAL RESEARCH STUDIES*

FAST FACTS

Isagenix Clinical Research Supports:



Weight Loss



Long-Term Weight Maintenance



Improvements in Performance

For more information on the science behind Isagenix products, visit eu.isafyi.com/nutrition.

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 of following the Isagenix Weight-Loss System:

- 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
- 33% increase in total PCBs released from fat stores
- 25% decrease in oxidative stress
- 5% increase in total antioxidant capacity

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 markers despite their lower average calorie intake
- The ease of use and flexibility of the Isagenix System contributed to long-term compliance and success
- 20% greater decrease in PCB release in the heart-healthy group compared to the Isagenix group

Skidmore College **Performance Women's Study**

CHIEF RESEARCHER: Dr. Paul Arciero

RESULTS: Key findings after 12 weeks comparing increased protein with Isagenix products vs. lower protein intake with 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. lower protein intake with 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

* All Scientific Studies and published Research conducted in the USA using Isagenix North American products and systems.

