

Intermittent Fasting, Adipokines, & Heart Health

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The Question

Can an intermittent fasting plan with calorie restriction — using IsaLean® Shakes or food-based meals — improve weight, waist circumference, and heart-health markers by modulating adipokines?

Study Design

- Obese women ages 35–65 (54 participants)
- 10-week trial: 2-week maintenance + 8-week weight-loss phase
- Compared two plans (IFCR = Intermittent Fasting + Calorie Restriction):
 - IFCR–Liquid: IsaLean® Protein Shake for two meals + low-glycemic dinner; weekly Cleanse for Life® fast day
 - IFCR–Food: Three TLC-style meals; weekly placebo fast day
- Measured body weight, body fat, waist circumference (visceral fat marker), plasma lipids, LDL particle size, and adipokines (leptin, IL-6, TNF-alpha, IGF-1)

Results

After 8 weeks, the shake-based IFCR–Liquid group lost about 9 pounds and 2.5 inches from the waist, compared with about 7 pounds and 1.5 inches in the food-based plan. Both groups reduced body fat and improved LDL particle size, but the liquid-meal plan showed larger drops in total and LDL cholesterol, triglycerides, and several key adipokines associated with heart-health benefits.

Takeaway

An intermittent fasting plus calorie-restriction regimen improved weight, waist circumference, and heart-health markers, with the IsaLean Shake–based plan delivering greater benefits and more favorable adipokine changes.

Product Spotlight: IsaLean® Protein Shake

A balanced meal replacement with high-quality protein, good fats, and low-glycemic carbohydrates to support weight loss, lean muscle, and everyday energy — an easy way to follow an intermittent-fasting system with built-in portion control.

Learn More

