

# ISAGENIX<sup>®</sup>

## Clinical Research Studies

The Isagenix commitment to scientific research that adds to the understanding of the relationship between diet, nutrition, and health is one of the factors that sets the company apart. For more information & details about our clinical research, visit [IsagenixHealth.net/Research](http://IsagenixHealth.net/Research).

### Skidmore College Cleanse Day, Digestive Wellness, and Weight Loss Study

Publications: *Nutrition Journal*, *Frontiers in Nutrition*, *Obesity*  
Key findings after 8 weeks of following an Isagenix System, compared to the heart-healthy diet:

**64%**  
greater weight loss

**71%**  
greater fat loss

**40%**  
greater reduction in  
the desire to eat

**84%**  
increase in proportion  
of lean body mass

**2×**  
as much visceral  
(deep belly) fat loss

Results that stand out after 4 weeks of using the Isagenix System with either one or two Cleanse Days:



#### Is it better to Cleanse one or two days?

- More weight loss from two Cleanse Days per week
- Same average calories per week for both groups
- Excellent results from both one and two Cleanse Days per week



#### How does an Isagenix System affect gut health?

- A shift toward a healthier gut microbiome
- Decrease in digestive symptoms vs participant's baseline

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

Key findings after 12 weeks of following the Isagenix Weight-Loss System

**↓**  
**20%**  
fat mass

**↑**  
**9%**  
lean bodyweight

  
Cardiovascular health markers  
significantly improved

Key findings on toxin release: 33% increase in total toxins (PCBs) released and 25% decrease in oxidative stress

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

Publications in: *Nutrients*, *Frontiers in Physiology*, and *International Journal of Environmental Research and Public Health*  
Key findings after 52 weeks comparing weight maintenance using Isagenix System vs. heart-healthy diet



#### Isagenix System

- ✓ Maintained weight loss
- ✓ Continued to lose body fat and abdominal fat
- ✓ Continued to increase lean body mass percentage
- ✓ Maintained improved cardiovascular health markers



#### Heart-Healthy Diet

- ✗ Regained weight
- ✗ Regained body fat and abdominal fat
- ✗ Decrease in lean body mass percentage
- ✗ Cardiovascular health markers returned to baseline

## University of Illinois at Chicago Weight-Loss Study

*Publications in: Nutrition Journal and Nutrition and Metabolism  
Key findings after 8 weeks of following the Isagenix  
Weight-Loss System compared to a heart-healthy diet*

  
**56%**  
more weight loss

  
**2×**  
as much visceral  
(abdominal) fat loss

  
Better improvements in  
cardiovascular health markers


## Chia Nan University of Pharmacy and Science Collagen Elixir™ Study

*Publication: Journal of Food Science and Nutrition  
Key findings after consuming Collagen Elixir daily for  
4 weeks compared to a placebo beverage:*

  
Increased facial  
collagen density

  
Increased skin  
moisture  
and elasticity

  
Decreased fine  
lines and  
wrinkles

  
Decreased UV and  
visible sunspots  
compared to baseline

## Skidmore College Performance Women's and Men's study

*Publications in: Nutrients and Growth Hormone & IGF Research  
Key findings after 12 weeks comparing increased protein with Isagenix  
products vs. lower protein intake with supermarket brands*

### MEN

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

### WOMEN

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

## Clarkson University E+ Study

*Publication in: Nutrients, Applied Sciences  
Key findings from a double-blinded, placebo-controlled, randomized trial:*



- One serving of E+ significantly improved cognitive reaction time (a quicker response) compared to a control beverage containing synthetic caffeine
- Greatest benefits for those with high stress and fatigue

## University of Pittsburgh AMPED Nitro Study

*Publication in: The Journal of Strength and Conditioning Research  
Key findings compared to a calorie matched placebo beverage:*



*When taken just before and during a battery of power and endurance exercise tests, AMPED Nitro increased anaerobic power and vascular blood flow. AMPED Nitro also increased aerobic endurance (VO2 peak time).*