

Weight Loss & Maintenance

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The Question

Can an Isagenix System, with its Shake Days and Cleanse Days, improve body composition and help maintain weight loss more effectively than a traditional heart-healthy diet?

Study Design

- Adults (ages 30–65) who were overweight or obese
- Duration: 64 weeks total — 12 weeks weight loss, 52 weeks maintenance
- Phase 1: All participants followed the Isagenix System
- Phase 2: Compared results between those continuing the Isagenix System and those following a heart-healthy diet
- Measured weight, body fat, lean mass, and cardiovascular health

Results

After 12 weeks on the Isagenix System, participants lost 10% of their body weight, 19% of their total fat, and 33% of their visceral fat, while increasing their lean-mass proportion by 9%.

After 52 weeks, those who stayed on the Isagenix System maintained 6% lower body weight, 10% less total fat, and 5% more lean mass than those following a heart-healthy diet, who regained weight and fat.

Takeaway

The Isagenix System helped participants lose more fat, keep more lean mass, and maintain results for a full year compared to a heart-healthy diet.

Product Spotlight: Whey-Based IsaLean® Protein Bar

A convenient, delicious way to stay on track. Each IsaLean Bar delivers 18 grams of high-quality protein, balanced carbohydrates, and healthy fats to help curb cravings, support metabolism, and build lean muscle — great-tasting nutrition on the go.

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